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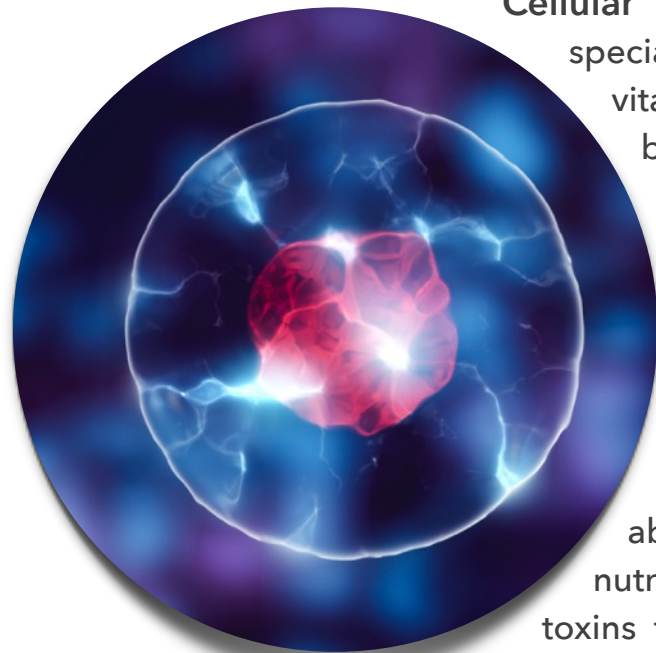


What Is Cellular Nutrition

Nutritional Evolution in the Most Fundamental Form.

By Elizabeth Pereda - Daskalov
Nutricionist

"Feel and look your best in a body you love"



Cellular nutrition can only be obtained through a special blend of highly soluble essential natural vitamins nutrients and minerals that activate the body cells and help them to observe the daily essential nutrients and vitamins from foods and supplements as we age, our metabolism slows down, and our body doesn't absorb all the daily essential nutrients from foods anymore. That is natural aging.

In order to get the inactive body cells to absorb all the daily essential vitamins and nutrients again they need to be cleaned up of toxins that keep them active through whole foods, supplements and minerals.

The issue that we are all facing today is not only the poor quality of foods. But also, the fact that we do not absorb enough nutrients and vitamins from foods and supplements. There is so much information about nutrition, health and weight loss. Most people are confused, hoping to find a program that works for them.

When we think of weight loss, health and nutrition, few of us imagine the body cells. But actually, the body cells or the source of the body's energy supply and the core of your health, it's what keeps you not only functioning at optimal and maintaining a good health and weight but functioning in general

The nutrition we recommend is based on the most advanced cellular nutrition science which is acting at the cellular level of your body.



The cellular level is the core of your body's Health. By incorporating cellular nutrition, you're cleaning up your body cells of toxins, which are helping all your body cells to become active again.

Cellular Healing, controls inflammation throughout your body. This type of inflammation affected every organ tissue, artery, blood vessels, hormones, and cells, and therefore determines your state of health.

Studies indicate that inflammation is the root cause of the number one killer in America and the majority of the generative disease we are dealing with today.

**Buildings have an infrastructure to support them.
What about the human body?**

The infrastructure of the human body is the spine.



A building's infrastructure is somewhat rigid. The human infrastructure is more flexible to allow for movement.

The vertebrae are stacked but not in a straight line. There is a small inward curve in the cervical spine (neck), a larger sized, somewhat outward curve in the thoracic spine (upper and mid-back) and an inward curve in the lumbar spine (low back).

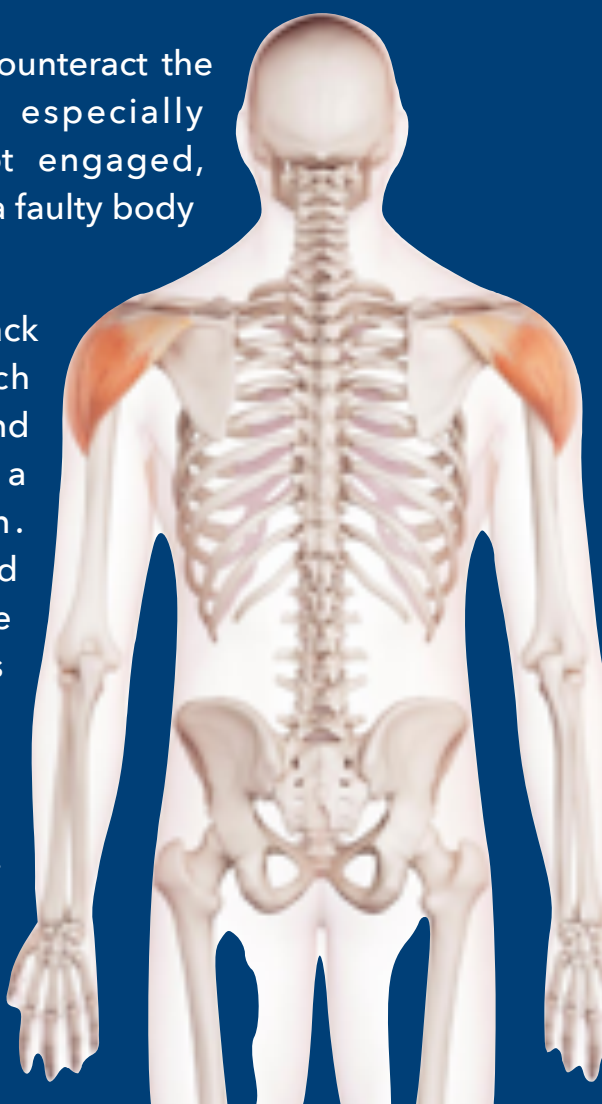
This orientation gives the spinal infrastructure the most stability while allowing for balance and mobility in place of rigidity.

When the body is still, the infrastructure (spinal curves) should be maintained for proper support and to minimize stress to the spinal structures.

The spinal curves of the cervical and lumbar spine are maintained primarily by muscles. The thoracic spine attaches to the ribcage which adds to stability in that area. Ligaments and discs attached to the spine assist in stability as well.

The postural muscles are working to counteract the effects of gravity on the spine, especially when sitting. When these muscles are not engaged, the infrastructure collapses resulting in a faulty body position.

Some structures will be placed on slack and some will be under too much tension. Some muscles will shorten and become taut, while others will develop a stretch weakness and lengthen. Intervertebral discs can also be placed under abnormal stress, especially in the late teen to mid-thirties population. This can lead to muscle spasms and strains, ligament sprains, herniated discs (not to be confused with a degenerative disc) resulting in spinal dysfunction. Structures which are not in a good position can become painful. Changes in spinal posture can cause pressure on the spinal nerves as well, possibly resulting in radicular pain down the arm or leg.



Initially these poor postures are functional, meaning that the person can pull themselves out of this position if they try. Left unaddressed, these postures can become more prolonged and pronounced leading to structural changes which prevent the body from moving into the ideal posture and from functioning at optimal levels.

It is important to learn good postural habits and awareness at a young age

