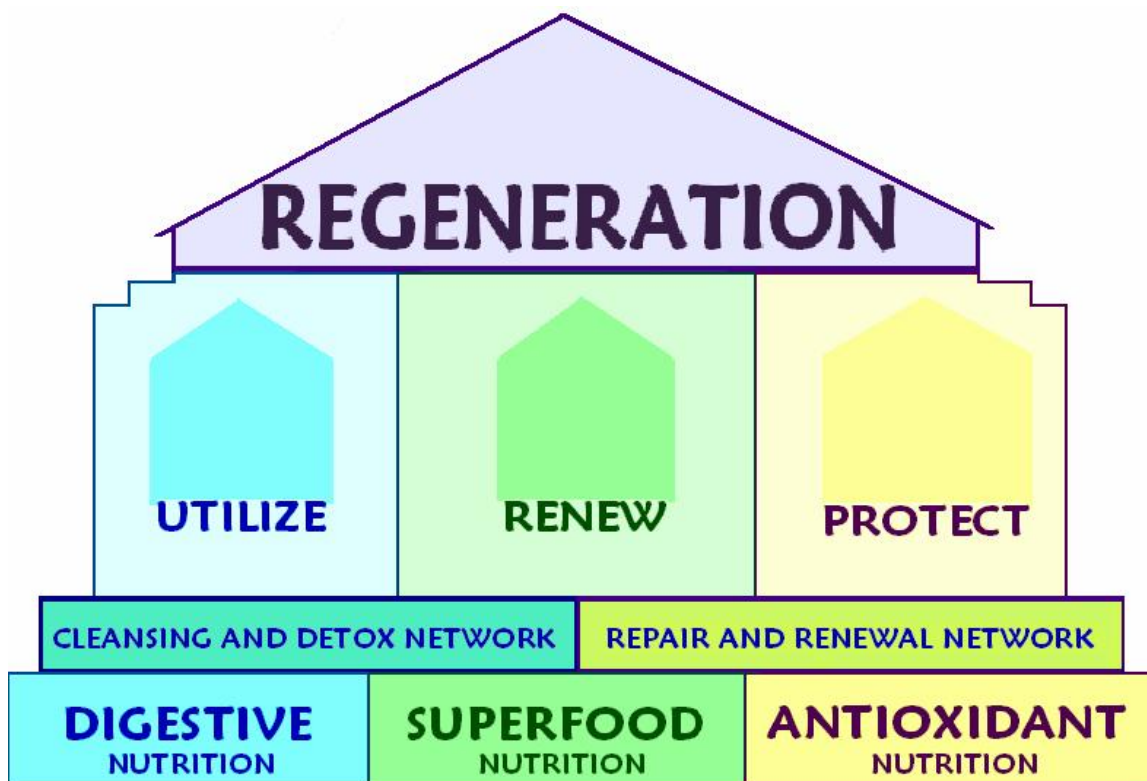


# Networks of Regeneration

As you have learned in your House of Health, the three nutrient building blocks provide raw materials for your body. These nutrients also supply the two major networks that work together to keep your body healthy and functioning: the Cleansing & Detox Network and the Repair & Renewal Network.

These networks are different from the basic biological systems like the reproductive system, the nervous system, the skeletal system, etc. If we were to label the biological systems of the body as though they were our house, then the skeleton would be the framework, the circulatory system our air ducts, the digestive tract our plumbing, and so on. These are the systems that *define* your physical body.

The Cleansing & Detox Network and the Repair & Renewal Network use these other systems to *support and maintain* your entire body as a whole.



# Cleansing and Detox Network



In your House of Health, as in a real home, things get dirty!

The Cleansing & Detox Network (CDN) is what goes in and ‘cleans house’—all the other systems—so that they function at their optimum. We call the CDN a *network* because it uses many of our biological systems—ideally all working in harmony.

If you miss cleaning house for a week or two, it will still be standing. However, if, over time, if you do not clean, the home itself deteriorates—it ages badly. In a real home, you use and clean air filters, to protect your heating system. If you do not, you will ruin your heating system and have to replace it. You wash dishes, counters, and the flooring. If you do not, over time you cannot use that space any more...and you are exposed to potentially deadly bacteria that will thrive in the muck. You flush your toilet to keep it from backing up. If you do not...yuck. You get the idea!

In the CDN, many different organs work directly and indirectly to support cleaning our internal house. The most obvious and one of the most important is the digestive tract. Through it we eliminate the remains of what we eat but cannot use, and the body uses it to help eliminate the deadly residues of metabolism. However, many other organs also are essential. The liver is a major organ of cleansing and detox, and without it, our blood is not filtered and cleaned of the toxins we accumulate in our tissues. These toxins are normal, waste byproducts of being alive, but they must be removed or the body will suffer. An example is when we exercise. The next day, our muscles might be sore—this tenderness is from a build up of lactic acid, a toxic byproduct of the exercise. Our blood and lymph carries it away as the muscle recovers. If for some reason, it could not be removed, we would lose the ability to use that muscle at all. The bladder, sweat glands, lungs, blood and lymph—all of these systems work to help remove toxins that are a natural byproduct of living. In fact, most of the other systems of the body have a hand in helping out the CDN.

Digestive nutrients, without a doubt, are essential to your cleansing and detox system. Without them, the detox system gets clogged and cannot work effectively. We need them in order support the immune system in searching, destroying and then removing invaders and diseased cells.

Superfood nutrients also work in aiding the detox and cleansing systems, by providing energy and raw materials for the other organ systems to keep up the work of toxin removal. Like money in the bank, your Superfood nutrients provide the energy to pay the cost of cleaning your house.

## Repair and Renewal Network

### **REGENERATION**

Replace nutrients to feed tissues

Police and respond to chemical signals for help in tissues

Repair damage to muscle Repair or replace damaged cells

**SUPERFOOD NUTRIENTS**

**ANTIOXIDANT NUTRIENTS**

**REPAIR AND RENEWAL NETWORK**