

CELL SALTS



Naturally Derived Cell Salts From Celery Juicing

Today we are taking our healthy highs to a new level. Everything we bring you, in the order we bring you is for a reason. Following through weekly on these challenges is your step by step beauty guide to a life waiting for you which will enable you to thrive.

So far, we have not asked you to do too much. Read a few books, review summary notes, respond to questions in order to engage with us. Did you read your summary notes for WHY you should be drinking the lemon elixir? If not you can still catch up by reviewing them. It's important you know why we ask you to do these things, it is part of your follow through. If you knew that "rat poison" was in your favorite drink would you keep drinking it? If you knew you could melt away toxic proteins and fats by drinking a totally natural remedy would you drink it? Part of the challenge is gaining and applying knowledge.

FOLLOW THROUGH

This week, we want you to load up on naturally derived cell salts by drinking celery juice. You can brush up on your review of [WHY Cell Salts](#) here. Cell salts come in many forms like sulphur and silicea—ALL vitally beneficial for the body and skin!. The one we are focusing on today is **sodium chloride** which is known to help with even heart conditions! [\(*0\)](#)

How can we get these natural cell salts of sodium chloride into our system? There are several ways. Cell salts are available in tablet form which dissolves under the tongue. You can also get sodium chloride in a concentrated liquid form through food, specifically celery juice. Eating celery is certainly beneficial as well, but the idea here is that you need large amounts of it to benefit you the way we want. In addition to cell salts which are vital, extracting celery in high amounts through juicing has been proven to be at least as effective as ibuprofen and naproxen in suppressing inflammation! [\(*1\)](#)

REDUCE INFLAMMATION

That is a profound study and one that should not be taken lightly for those who regularly take these anti-inflammatory agents which have side effects of stomach pain, heartburn, constipation, diarrhea, gas, vomiting and also lead to longer term effects like liver damage, ulcers, heart attack, stroke, intestinal bleeding, and decreased kidney function.

Now, of course those are all "possible" side effects...and it takes time to see the more serious ones develop. But if there is a better way to increase energy, clear the mind, strengthen the liver, build the immune system AND decrease inflammation...**WOW! GIVE ME THAT PLEASE!** For the next seven days, I want you to do your celery juice.

CELERY JUICE

Simply wash the celery and place it in your juicer. One full bag of celery makes about 16oz which is what you need to do twice a day (8oz each time), preferably two hours after your lemon elixir drink and before bed.

Be prepared to stay near a bathroom, as this will gently increase movement. As we "lighten the load" you will begin to feel more energetic as you're becoming free of burdensome inflammation.

DRINK UP, SUNSHINE!

To gain your 25 extra points, just answer these questions in your Episode 9 IBTV Challenge Response.

1. Which cell salt does celery contain?
2. How many ounces of celery juice should I drink each day for a week?
3. When should I drink it?

Live in good health with beautiful skin.

~Tiffany Andersen

Thank You!