

YOU ARE AS YOUNG AND AS VITAL AS YOUR CAPILLARIES AND MICROCIRCULATION

by Dr. Chris D. Meletis

The average human body is made of over 50 trillion cells (50,000,000,000,000) that is 5×10^{14} . The ongoing cell death is balanced by the formation of new ones that is dependent upon minimizing cell damage and delivery of sufficient nutrients and oxygen to target tissues for optimal regeneration. The delivery of the energy, oxygen and nutritional are monumental in order to achieve the replacement and sustenance of the cells that comprise each of us.

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Facts

Your skin replaces itself every 5 weeks

Each year 98% of the atoms that comprise the body are replaced.

Every 5 days you acquire a new stomach lining

The following facts reflect the importance of microcirculation and clearly demonstrate that the compromised circulation alters local tissue health and ultimately the well-being of your entire body. Simply put your body's wellness is a composite result of the health of the sum of the parts and even with superb diet and excellent supplementation without optimal microcirculation all is for not. The incorporation of TCM medicinal mushrooms and BioWave microcirculation enhancement techniques should be considered by all those that seek deep rooted vitality through optimized microcirculation.

Energy to Live Life

Without adequate oxygen and nutrients to the cells of your body performance at the cellular level is diminished. When tens of thousands of cells become malnourished due to lack of circulation you begin to become consciously aware of decreased energy, performance and the aging process of the body. It is only through optimized microcirculation combined with the proper fueling of your body that will slow the aging

process and put you in the driver's seat of your body's destiny.

Stamina and Endurance

Your physical ability to live an active life centers around your heart and circulatory system. The average heart beats 72 times a minute at that rate the following inspiration number is arrived at: 72 beats per minute x 60 minutes per hour x 24 hours per day = 103,680 beats per day. As amazing as the hearts capacity to beat so many times a day prior to birth and without interruption hopefully during one's lifetime is put into further perspective that the heart pumps blood through 60,000 miles of blood vessels the average number miles for a 150 pound person. It is the delivery of oxygen and nutrients via these vessels that determine endurance, stamina and health of your bones, joints, and muscles.

Sexual Vitality

One of the single most evident measures of circulatory health other than cardiac health itself is the functioning of sexual organs. By their nature both male and female reproductive organs are highly vascular, meaning they are bathed by a rich supply of blood. It is not surprising that with compromised heart and circulatory health that sexual function becomes progressively compromised. The concept of taking a little pill to increase sexual functioning is literally a band-aid approach and doesn't take into account that the rest of your body lacks life sustaining blood essential for longevity and vitality. Thus sexual performance in part can serve as a barometer of overall circulatory health and if compromised points to likely significant impairment of circulation assuming it is not drug induced or arising from nerve impingement. Yet even

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About Dr. Meletis

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