

THE ACCUMULATION OF DEUTERIUM IN THE BODY AND MITOCHONDRIA”

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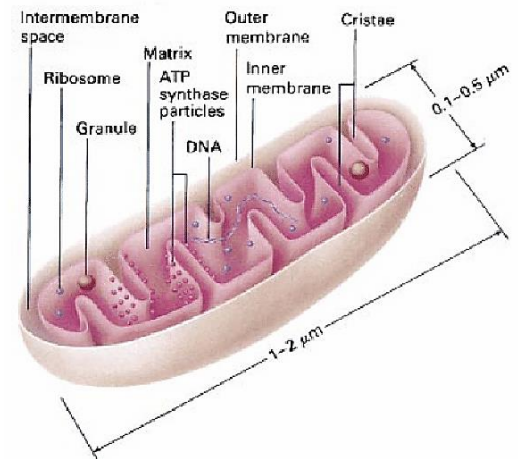
We want to thank Dr. Richard Gerhauser for his continued interest in studying the effects of drinking deuterium depleted water

Our bodies need a lot of ENERGY to function properly.

This energy is created by "little engines" inside our cells (called **mitochondria**) which power our entire bodies.

But as we get older, our mitochondria accumulate damage and create less and less energy. With this loss of energy, our bodies start to break down, the aging process kicks in, diseases start forming and our health falls apart quickly.

The good news is, the SOLUTION IS SIMPLE -- repair the damaged mitochondria so the body has enough energy to function properly... and make sure the mitochondria don't get damaged again.



Too Much Deuterium?

Deuterium decreases your energy production.	Deuterium changes the shape of proteins, fats and carbohydrates.
Deuterium decreases your ability to use energy you create	Deuterium doesn't allow your DNA to properly fold and replicate
Deuterium changes the chemical reactions of your metabolism.	Deuterium causes accelerated aging and disease

WHY YOU NEED TO START DRINKING DEUTERIUM DEPLETED WATER 25 PPM or 50 PPM

By drinking water that is depleted in deuterium, you dilute the deuterium that exists in your body. With lower levels of deuterium, your mitochondria operate much better and create optimal energy for your body.	Eating foods that are low in deuterium is essential to rebuilding your metabolism and ability to produce energy. We follow an easy-to-follow dietary program that focuses on adding deuterium depleted foods from high quality sources and eliminating high-deuterium foods.	What we eat and drink is incredibly important for lowering deuterium. But there are many environmental factors that affect our mitochondria. Our approach focuses on getting back to nature and learning how to lower your exposure to man-made
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By drinking Deuterium Depleted Water, you can easily lower your deuterium levels and turn back the clock on aging and disease.	The results are a faster metabolism, more energy, and more mental clarity.	technologies that affect your cellular health.
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A Closer Look at Metabolism...

What powers your metabolism?

It's the "Little Engines" inside your cells called mitochondria that create energy from the food we eat. This process is called metabolism.

What breaks your metabolism?

Deuterium. Deuterium is a rare form of hydrogen that enters our body from the foods we eat, liquids we drink, and the air we breathe. Deuterium breaks the "little engines" when there is too high of levels inside of our cells.

Do you know what modern complex diseases like cancer, obesity, Alzheimer's, diabetes, and chronic fatigue have in common?

It's too much deuterium for the body to deplete. This leads to more broken mitochondria and little energy to power your body. Your body becomes a car with a tank almost on empty. Sometimes it gets so bad your car breaks down and disease happens.



Deuterium is like "thick oil" for your car's engine -- when you put thick oil into an engine, the engine sputters and eventually breaks down.

Tell Me More About Deuterium...

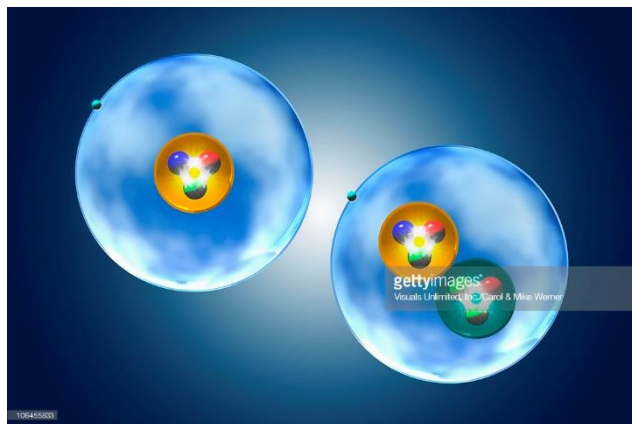


Deuterium has all of the same properties as hydrogen, except it's twice the weight.

This is due to an added neutron to go with the proton in the nucleus.

Because of this, deuterium is also referred to as "Heavy Hydrogen".

In nature, deuterium helps things grow. For example, deuterium is really high in babies and small plants.



However, having too much deuterium in our cells can lead to major problems.

The "little engines" in our cells (the mitochondria), when functioning properly, actually deplete deuterium to protect critical functions of the cell.

But, due to our poor environments and bad lifestyle, we have way too much deuterium inside of the cell and this overwhelms our "little engines".

This starts a vicious cycle of deuterium building up and breaking more of our mitochondria.

When our mitochondria break, our metabolism slows to a halt.

Dr. Gerhauser and his son, Howard Gerhauser, are first and foremost focused on correcting the root cause of disease. This is achieved by studying the relationship between metabolism, food, environment, lifestyle, disease and aging. Dr. Gerhauser educates on these topics through his practice, at conferences, and through his large social media channels.

Dr. Gerhauser uses a variety of tools and approaches to measure how your metabolism is working. When it comes to health, knowing your deuterium levels is just as important as knowing the numbers for you cholesterol, glucose and weight.

The deuterium tests we use can easily be done from your home or office.

Testing allows you to determine the metabolic pathways and level of deuterium associated with something as simple as weight loss or as complicated as stopping the growth of a cancer or occurrence of Alzheimer's.

How Do We Measure Your Levels of Deuterium?

When it comes to achieving optimal health, knowing your **deuterium levels** and your **metabolic efficiency** should be the main focus.



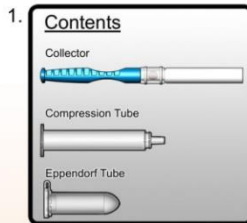
It is equally important to know how much deuterium is in the foods you eat and the beverages you drink. We use these as a road map to wellness.

Testing allows you to determine what metabolic pathways and level of deuterium is associated with the biological response you need for something as simple as weight loss or as complicated as stopping the growth of a cancer or occurrence of Alzheimer's.

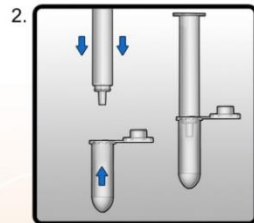
SUPER•SAL™ UNIVERSAL SALIVA COLLECTION KIT, CATALOG # SSAL-601

INSTRUCTIONS FOR SALIVA COLLECTION USING THE SUPER•SAL™ UNIVERSAL SALIVA COLLECTION KIT

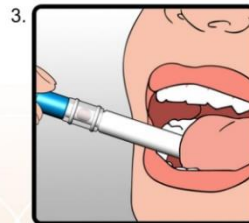
1. Do not eat, drink, smoke, or use oral hygiene products for at least 30 minutes before you start the collection process.
2. Prior to collection, review the detailed instructions for the Super•SAL™ Universal Saliva Collection Kit below, particularly the illustrations showing the appearance of the Sample Volume Adequacy Indicator (SVAI) changing from white to **fully red** after sample collection (Figure 4 below).
3. Open the package containing the Super•SAL™ Universal Saliva Collection Kit and place contents on a clean and dry surface. Follow the illustrated instructions below. Remove Collector from Compression Tube, place on a clean table.



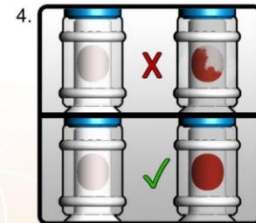
Place contents on a clean and dry surface. In preparation for saliva collection, **pool saliva** in the mouth. Video instructions are available on our website at: 4saliva.com/products/super-sal/



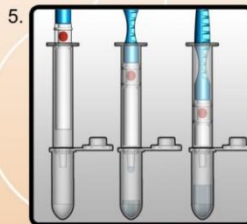
Attach the Eppendorf tube provided to the base of the Compression Tube firmly. Sample collection may now begin.



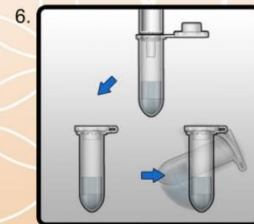
Place the tip of the pad of the Collector where saliva has pooled. The Collector may be removed from the mouth periodically to read the SVAI, but resume collection immediately afterward.



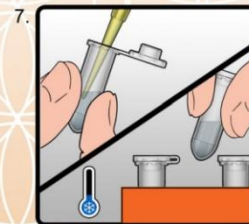
Collect until the appearance of the SVAI changes **completely** to red. The collection procedure should last approximately 1-5 minutes.



Place the white absorbent pad end into the Compression Tube holding the Collector in an upright and vertical position and firmly push the plunger downwards to transfer saliva from the absorbent pad into the Eppendorf Tube. Push and hold for 30 seconds.



Gently remove the Eppendorf Tube from the end of the Compression Tube (it is appropriate to remove the Eppendorf Tube during expression if necessary due to foam blockage). Add preservative (not provided), if required, and close the lid on the tube tightly.



Process the collected sample immediately or store at refrigerated temperatures (depending upon the specific application) until required.

