

WHAT CELLS WANT

The Wellness Brothers

In the previous article we concluded by saying that the main motivator for what we eat needs to be the health and well-being of our bodies. Before taking that further and defining it from the perspective of human cells, I want to be clear that eating is not only about what's best for physical health. In fact, I believe that good food is a gift from God for us to enjoy. In saying that, if great health is what we want, we must remember that food's main purpose is to FUEL the body's trillions of cells. This means that Food needs to be CELL-FUEL first.

So, what exactly is CELL-FUEL?

CELL-FUEL is the sum of all the individual nutrients needed for cells to form, develop, function, repair, and protect themselves. In nutritional terms, it is the combination of MACRONUTRIENTS and MICRONUTRIENTS needed to grow and maintain life.

As the name suggests, the macronutrients are the ones the cells need in the largest quantities. These are the Proteins, Carbohydrates, and Fats providing the main structural parts for building the cells and components they contain. They are also the cells' sources of energy. The micronutrients are those that are required in tiny quantities but wide varieties. They include Vitamins and Minerals as well as the lesser known Phytonutrients (health promoters found in plants) and co-factors (helper molecules in the body's biochemical reactions). They contribute less to the structure of cells (apart from in bones and teeth) and more to their function.

It's important to note that CELL-FUEL can be stored. In saying that, the body is not capable of storing everything equally well. In terms of proteins, carbs, and fats it does a great job. Sometimes too good a job! But when it comes to the micronutrients, only a few minerals and even fewer vitamins are stored. These limitations demand a steady and sufficient supply.

So, here's a summary the main CELL-FUEL considerations:

- Cells want different things.
- Cells want highly specific things.
- Cells want a regular supply of things it uses up and cannot store.

With these fundamentals in place we must now move on and translate what cells want into something more practical. We like to do that with this 6-point sentence: “The best fuel for your body comes from a good variety of clean, whole-foods, plant-strong, mostly raw and in quantities that get you to the weight you want to be.” It’s that simple! For now, we’ll leave it here.

In the upcoming articles we will take a closer look into each of the six parts. By the time we’re done, you will have a comprehensive food selection system to enable you to create the best diets for you and your family. Not only that, but you will also be in a position to confidently answer the kinds of questions we had in our very first nutrition article and evaluate just about any diet that comes your way. Cutting through the nonsense and confusion that surrounds and fills the field of nutrition will be a piece of cake.

Until then – may I suggest you get into the habit of thinking about your cells when you’re deciding on what to put in your mouth. Also, go ahead and memorize the sentence that summarizes it all. Start using it to make better food choices. You won’t be sorry.

“The best fuel for your body comes from a good variety of clean, whole-foods, plant-strong, mostly raw and in quantities that get you to the weight you want to be.”

TAKE AWAY: UNLESS YOU GIVE YOUR CELLS WHAT THEY WANT – YOU WILL NOT GET WHAT YOU WANT.

[Core Direction](#) Article, written by Dr. Ryan Penny of [The Wellness Brothers](#)