



## ENERGY

Delivering energy to our body is just the start: our brains and organs have to be ready to make good use of it; we must use it efficiently; and we must reduce chronic infections which divert energy away from its intended purpose – our health and vitality<sup>(1)</sup>.

Cells in our body are the furnaces that convert fuel (or food) into biological energy for health and vitality. The biological unit for energy is the ATP molecule – it's like money to our cells - and has a significant impact on our respiratory health, oxygen levels and the role our brain plays in distributing the energy we need.

Respiration is the primary biochemical cycle responsible for producing ATP. A series of pathways, the respiration cycle is dependent on enzymes and co-factors to operate efficiently. Minerals like magnesium, calcium, manganese and zinc as well as vitamins, especially B-complex, are essential to the composition and function of health respiration and protection from fatigue.

Red blood cells deliver oxygen (used to burn the fuels) to the tissues and organs. Oxygen is carried around in the blood attached to haemoglobin (the red pigment in blood) which is produced by iron-rich foods. So, it is essential that we consume food with a good supply of iron to keep healthy levels of Oxygen pumping through the blood stream.

Our brains have a major influence on energy production by releasing hormones to stimulate or suppress energy production. There are natural herbs which activate the brain and revitalise our bodies, for example, Ginkgo Biloba which can stimulate the mind and improve blood circulation to improve energy<sup>(2)</sup>. On the defensive side of the equation, chronic infection and parasites can drain the body's resources and sap energy. Anti-microbial and anti-parasitic herbs such as Garlic and Olive Leaf can be used to protect from and treat infection<sup>(3,4)</sup> and restore energy to the body.

### Deep Blue Health products which can improve energy are;

**Bee Pollen** - one of nature's super foods supporting energy and the immune system.

**Royal Jelly** - a complex mix of nutrients supporting energy levels, strength and vitality.

**Shark Liver Oil** - rich in alkyglycerols and squalene and substances which enhance energy and support the immune system.

**Deer Velvet and Deer Velvet Executive** - formulated to promote energy, stamina and virility.

**Deer Blood** - a good source of haem-iron and protein for optimal wellbeing and performance.

**Sheep Placenta** - a potent source of vital nutrients, which can re generate energy and youthfulness.

**Ginkgo Biloba** - used as an anti-oxidant, to enhance brain activity and improve blood circulation.

**Garlic** - helps to control blood sugar levels, improve circulation and enhance energy production.

**Olive Leaf** - can provide protection against illness and increase energy and general wellbeing.

**Spirulina** - a super-food which contains phytonutrients, vitamins, minerals and essential fatty acid and anti-oxidants to super-charge the body.

**Wheatgrass** - supports normal body function and energy production.



#### References:

1. <http://www.who.int/mediacentre/factsheets/fs172/en/index.html> - Preventative medicine.
2. <http://altmedicine.about.com/cs/herbsvitaminsek/a/Ginkgo.htm> - Ginkgo biloba
3. <http://www.phytochemicals.info/phytochemicals/allicin.php> - Garlic
4. <http://www.phytochemicals.info/phytochemicals/hydroxytyrosol.php> - Olive Leaf



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