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## Cellfood pictures explained

Fibrin fibres is so called because it is deposited as a network of **fibrin** that cause the blood to clot. An elastic, insoluble, whitish protein derived from **fibrinogen** by the action of thrombin and forming an interlacing fibrous network in the coagulation of blood.

Regardless of the **cause**, inflammation is the result. Inflammation causes a build-up of fibrin – a living protein fibre in the body.



### Excess of fibrin can also cause death

Fibrin is the healing tool of body but its excess, like anything else, is not good. Most people have excess of its in their body. Due to activation of coagulation cascade, excess generation of fibrin takes place and causes thrombosis, formulation of a blood clot inside a blood vessel, which obstructs the blood flow through circulatory system. Other health hazards of excess fibrin include multiple sclerosis, Alzheimer's disease, arthritis and chronic fatigue.

## Ageing is associated with excess fibrin levels

Excess fibrin is not good for health. Fibrinolytic enzymes are good enzymes that eat away the excess but as we grow older, our bodies decrease the production of these enzymes. As a result, excess fibrin accumulates and causes decreased functioning of aging organs. This also implies that wounds heal slowly and leave bigger scars.

## Smokers have different fibrin functionality from nonsmokers

Research has shown that cigarette smoke exposure causes shortened time duration for fibrin formation and higher clot strength. Factor XIII, which cross-links fibrin, is found to be increased in smokers. Factor XIII also introduces fibronectin into the fibrin network which increases the size as well as the density of fibrin fibres. Thus, upon any injury, the fibrin network as well as the FDPs will be highly thickened which may struggle to dissolve naturally and lead to stroke or thrombosis.

## Fibrin level is associated with malignancy

Though the amount of fibrin deposited has not been shown to correlate with the degree of malignancy, it has been proved that there exists a correlation. Cancer cells have about 15 times as much fibrin around them as healthy cells. This protein's stickiness makes it impossible for the immune system to reach the cancer cells and heal the system.

## A nutritional supplement like CELLFOOD can assist

## in a lifestyle and can help maintain a healthy fibrin

## level as shown in the pictures below

Fibrinogen may play an active role in the development and progression of atherosclerotic plaques. We assessed the association between fibrinogen levels and atherosclerotic plaques over three different arterial sites in an asymptomatic never-treated male population with increased cardiovascular risk. We included 652 men aged 40 to 60 years old with at least one of the following cardiovascular risk factors: cholesterol  $>6.2$  mmol/L and/or systolic blood pressure  $\geq 160$  mm Hg and/or diastolic blood pressure  $\geq 95$  mm Hg, and/or because they smoked. Carotid and femoral arteries and the abdominal aorta were assessed by using

ultrasonographic methods for the presence of plaque, and subjects were categorized according to the presence (or absence) and extent (one versus two or three sites) of plaque. Plasma fibrinogen was measured according to the thrombin-time method of Claus. While the presence of atherosclerosis was significantly related to age, current smoking, systolic pressure, LDL cholesterol, and fibrinogen levels, the extent of atherosclerosis was related to age and triglyceride and fibrinogen levels. Multiple regression analysis indicated independent associations between fibrinogen and the presence and extent of atherosclerosis. Plaque prevalence was significantly more pronounced with increasing tertile of fibrinogen levels. The odds ratio of the upper to lower fibrinogen tertiles for the presence of plaque was 1.6 (95% confidence interval, 1.4 to 1.8) and 1.4 (95% confidence interval, 1.2 to 1.7) for its extent. Adjustment for other risk factors slightly reduced the association between fibrinogen and atherosclerosis. In conclusion, fibrinogen levels are related to atherosclerosis, supporting the hypothesis that increased fibrinogen may be one of the mechanisms linking cardiovascular risk factors to formation and progression of plaques.

### What Is Plaque Made Of?

Arterial plaque is made up of materials that enter the artery wall from the bloodstream. These include fat, cholesterol, calcium, waste products from cells and a clotting agent called **fibrin**. This is why your physician tests your cholesterol levels. High levels of “bad cholesterol” (low-density lipoprotein, or LDL cholesterol) can indicate a higher risk of plaque build-up.

It is difficult for cholesterol, calcium and waste product to form plaque if it doesn't have a clotting agent called Fibrin.

### What Causes Plaque in Arteries?

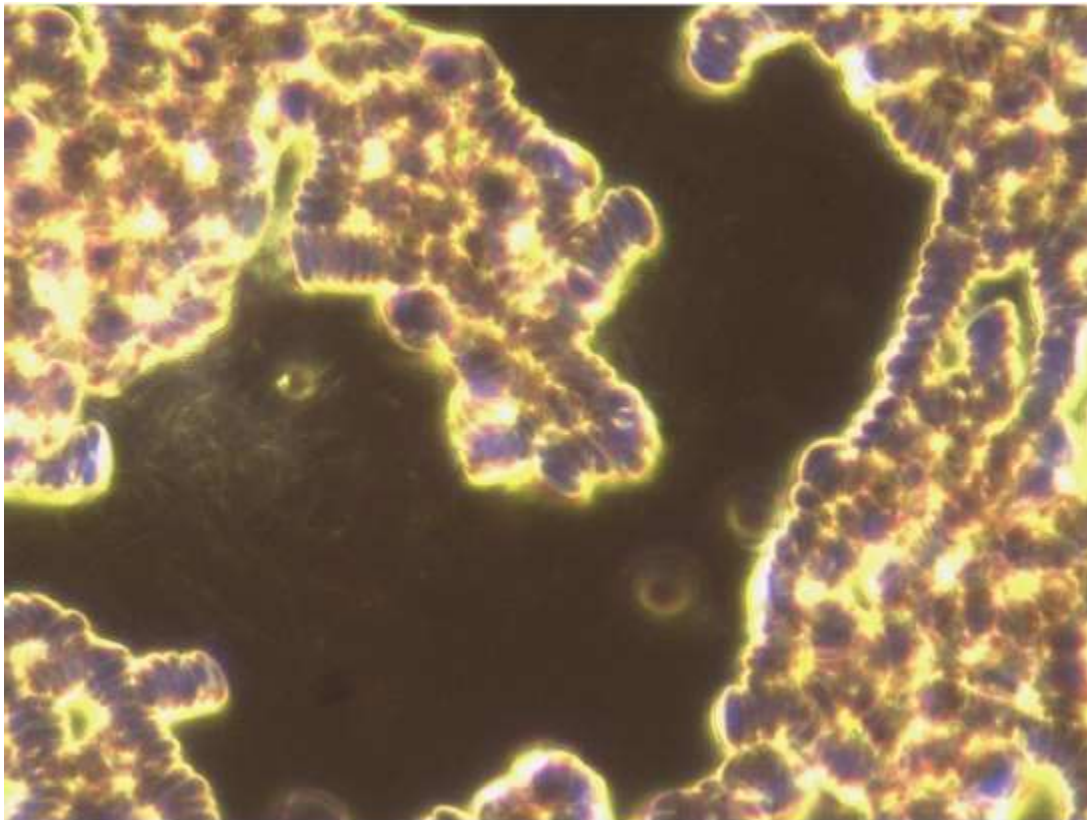
Plaque build-up in arteries is, unfortunately, a natural part of living. Even children and adolescents have early evidence of the process.

However, diet and other lifestyle factors play an important role. **High blood pressure, high LDL cholesterol** and **smoking** can all worsen atherosclerosis. High blood

pressure and the toxins in tobacco products damage the smooth inner lining of the artery, called the endothelium. These and other causes of inflammation of the artery lining contribute to cholesterol and other materials embedding in the artery wall to form plaque. Additionally, some people are predisposed to having atherosclerosis. A genetic condition called **familial hypercholesterolemia** causes some people to have abnormally very high LDL cholesterol levels in the bloodstream.

### Picture 1: Before Cellfood

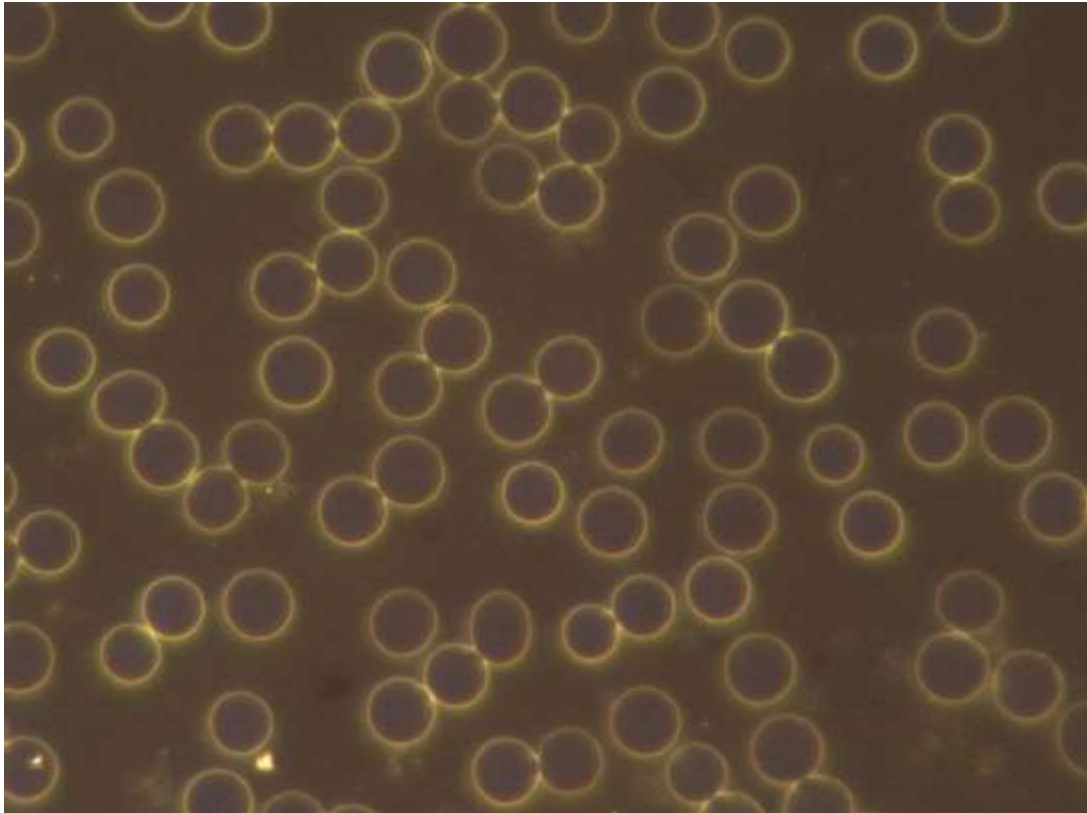
The picture below is an indication of Fibrinogen fibre causing Rouleaux formation of the red blood cells causing poor circulation, lack in oxygen, fatigue and even atherosclerosis particularly **fibrinogen**, interact with sialic acid on the surface of RBCs to facilitate the **formation of rouleaux**.



Picture 2:

### 30 minutes after taking Cellfood

30 min after taking Cellfood 20 drops in a glass of water. It is clear that the fibrinogen dissolved and the Rouleaux formation broke up. This will lead to an increase in circulation, oxygen consumption will improve, inflammation reduce and prevention of arteriosclerosis.

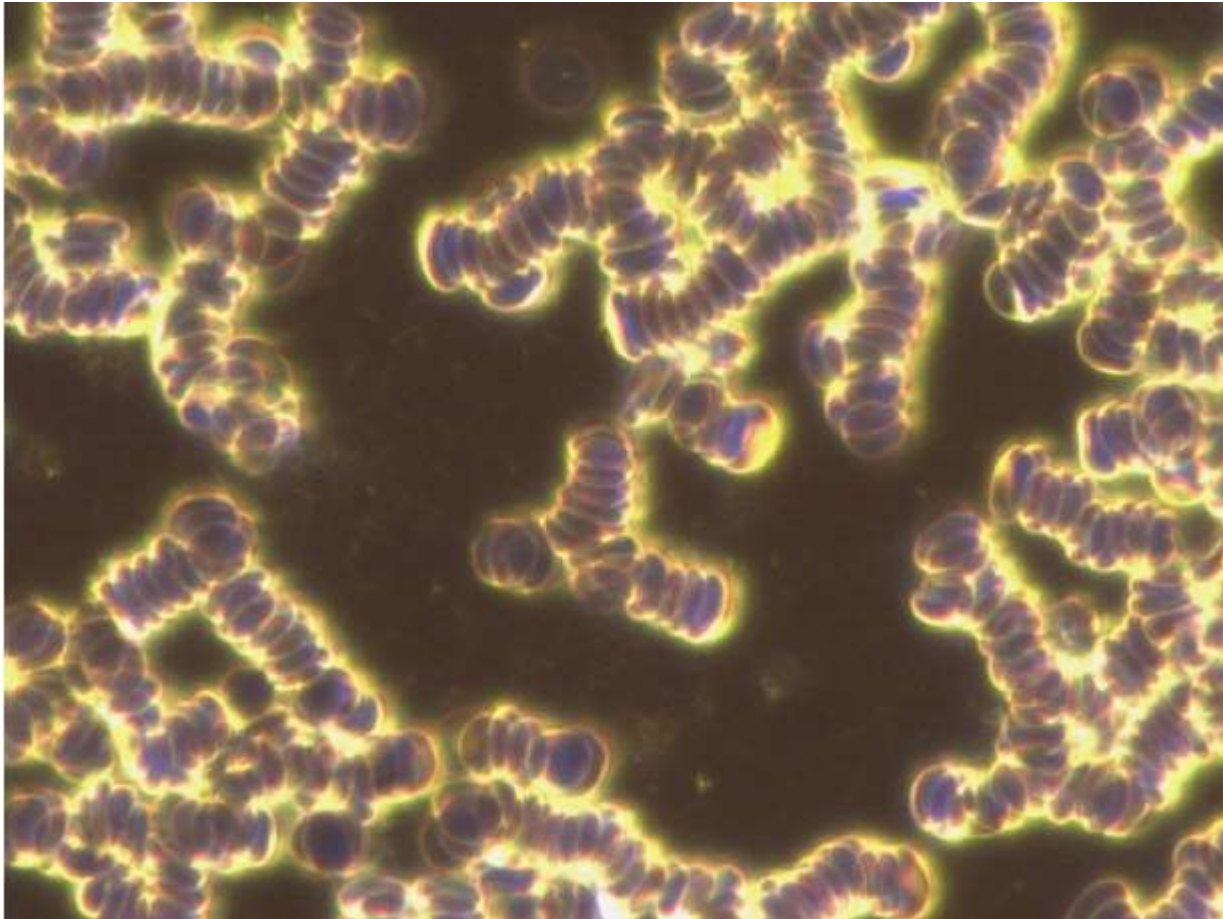




Picture 3:

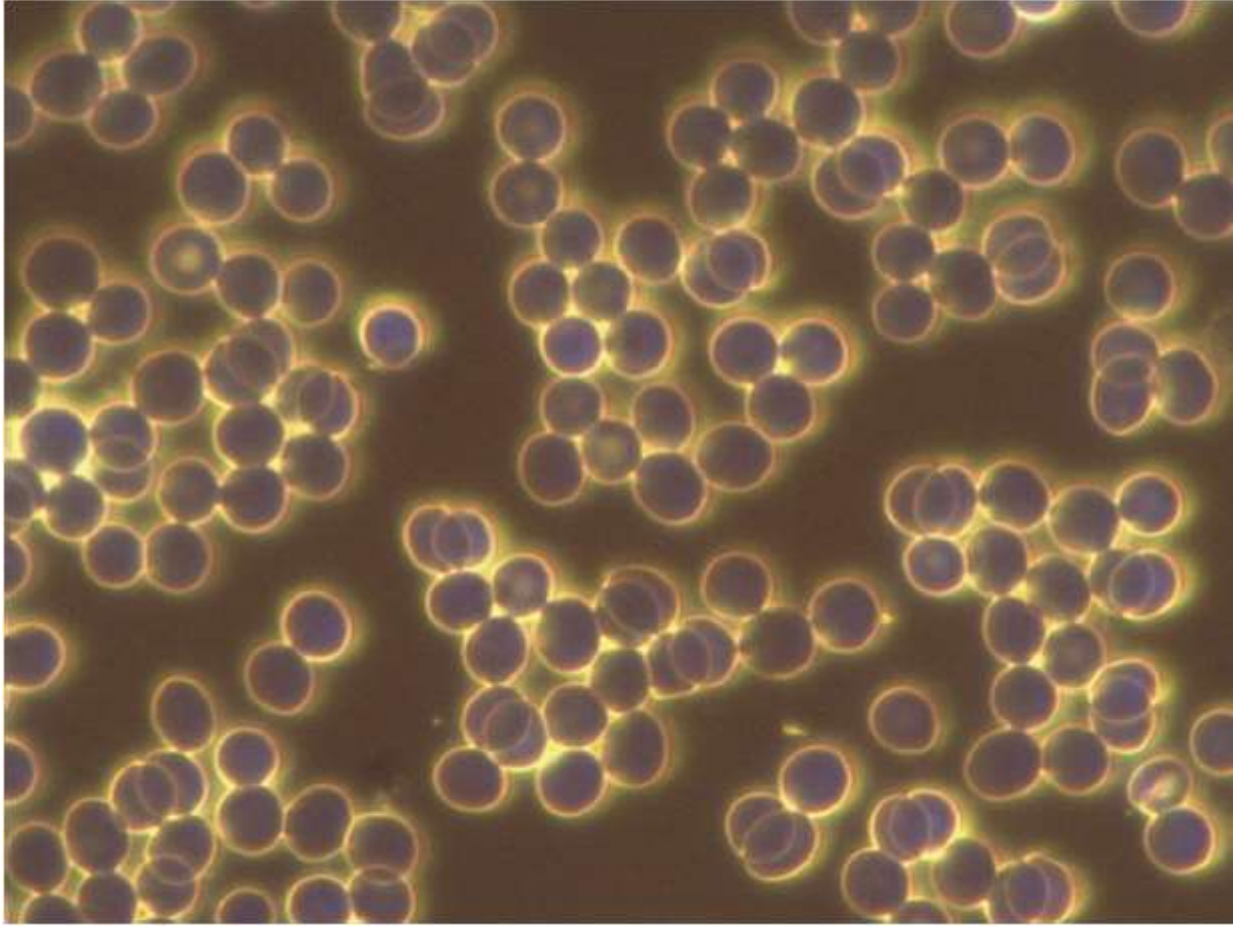
Before Cellfood

This blood is taken from a 35 year old woman that suffers from fatigue, allergies and Forgetfulness



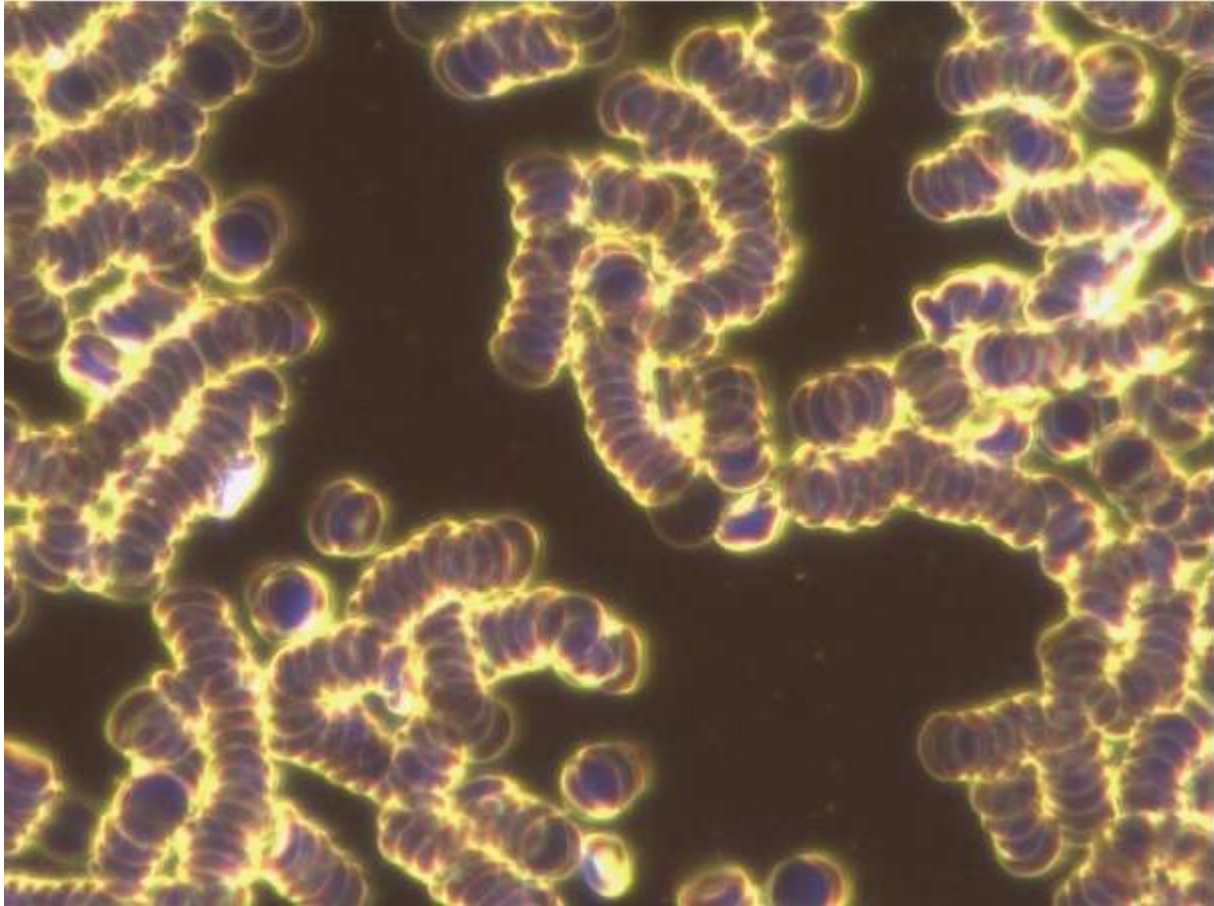
Picture 4:

30 minutes after taking Cellfood



### Picture 5: Before Cellfood

This is a blood sample from a 72-year old male. He suffers from poor circulation and is due for a triple heart bypass.





Picture 6:

30 minutes after taking Cellfood

