



The Power of God: The Authority of YOU HOW DOES XOOMA FIT IN?

By Dr. Michael Triglia



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Hi! I'm Dr. Michael A. Triglia. Many of you know me as "Dr. T" when I speak at Xooma's corporate events and on our Thursday night Health Education calls. I often talk about the magnificent power of all the unknown things our body does daily that we are not even aware of on a conscious level. As a Christian, I call this the Power of God! Below are a few examples that come from an article entitled, "A Journey Through God's Amazing Human Body."

Sometimes you may feel like your body is beginning to creak and fail you on the outside, but do you ever stop to consider the incredible work that is taking place on the inside? There is so much going on and everything fits together so well, that it's almost impossible to comprehend. Hopefully this article will remind you that there are miracles going on inside your body every single day.

Your incredible bodily systems

Your heart pumps approximately 2,000 gallons of blood through its chambers every single day. It beats more than 100,000 times a day to achieve this incredible feat.

You take around 17,000 breaths a day on average, and don't have to think about a single one of them. A typical pair of adult lungs can hold an entire six liters of air.

Every day your body ensures you don't contract cancer thousands of times over. Cancer is formed when cells are altered in a way which re-programs their DNA. It's estimated that tens of thousands of cells suffer cancer-causing lesions every day. But the body sends special enzymes scuttling around to inspect DNA strands for faults and fixes them before they turn into tumors.

Your brain doesn't stop working. It's estimated that an average of 50,000 thoughts pass through it each day, although some scientists put the figure closer to 60,000. That would equate to a whopping 35-48 thoughts every minute!

The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralize stomach acid. If they didn't do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals.

You blink about 28,000 times each day, with each one lasting just a tenth of a second.



Most of the body's energy is expelled via heat. Your body produces the same amount of heat as 25 light bulbs over the course of a single day.

Red blood cells literally shoot around the body, taking less than 60 seconds to complete a full circuit. This means each of yours makes 1,440 trips around your body every day, delivering oxygen and keeping your body energized. Each cell lives about 40 days, before being replaced by a younger model. It's no surprise their lifespan is short; having made 50,000 trips around the body, they must be exhausted!

You shed more than 1 million skin cells every day, but they are constantly being replenished automatically. You might be surprised to learn that your skin is actually an organ. In fact, it's the largest organ you have with a surface area of 18 square feet!

Your hair (speaking as a man) - if you still have it - grows about half a millimeter per day. The average adult with a full scalp has around 100,000 hairs on their head.

The brain and the mouth work together to allow us to speak an average of around 5,000 words per day. Well that may be if you are a woman, because studies suggest that men only speak 2,000 words. Interestingly though, both sexes utter 500-700 words of real value (i.e. that get a job or provide useful information).

Your liver is so busy over the course of a day, it is almost impossible to summarize its activities. It manufactures cholesterol, vitamin D and blood plasma. It also identifies the nutrients your body needs and stores some away for future use. Additionally, it filters 1.53 quarts of blood every minute and produces a quart of bile every day to help you break down your food. Basically, you have a factory plant running inside you every day!

The glands in your mouth produce an incredible 1.5 liters of saliva every day. That's a lot of dribble! If this did not happen, your mouth would dry up and become overrun with bacteria, and you would not be able to digest your food.

The average male's testicles manufacture 10 million new sperm cells every day. Those that aren't used age and are eventually broken down inside the body, with any useful nutrients being absorbed and put to use.

Each of your kidneys contains 1 million tiny filters that work together an average of 2.2 pints of blood every minute. That's 3,168 pints every single day, despite each kidney only being the size of a fist. If that wasn't enough, they also expel an average of 2.5 pints of urine from your body every day, too.

Most amazing of all, your body cells are regenerating themselves every single day without any prompting. This means you have an entirely new set of taste buds every 10 days, new nails every 6-10 months, new bones every 10 years and a new heart every 20 years.

So next time you think that your body is starting to creak, just think about all the incredible things that are happening inside it every day, because all of us really are a miracle!

Our Authority

Well, we certainly see the Power of God in all the above examples. So where does our authority come in? The answer is fairly simple. We have the authority each day we get up out of bed as to how we take care of this miracle called our body! As a parent, we have an even more powerful responsibility to use our authority to take care of this miracle, in ourselves and to help our children.

Xooma's Products

There are many examples of how to take care of this miracle. First, let's look at Xooma and its role of how it can positively impact all of the above examples!

Let's start with our foundational product **X2O™**. If any of those cells mentioned above are too acidic, do you think it may have a negative response to its function? The answer is absolutely "Yes". For me, there is no other place to start than with X2O.

Begin each day by setting a goal of drinking approximately half your body weight in ounces of water. If you are going to drink that much water, doesn't it make sense to drink the most powerful water on the planet by adding X2O to it daily? The body needs minerals each day. So why not fire up this great miracle with 70 trace minerals needed daily, that are already in each of our "Power Pack" sachets of X2O.



Now for your daily needs, this should indeed be your foundation and not your end-all be-all. I firmly believe that in most cases it is NOT possible to get all the other nutrients you need through the food you consume each day. Therefore you want to take high quality supplements. What better combination than Xooma's supplements, in particular LifeSource™, Berry Balance™, Omega 3/75™ and Assimilator™. Here is some brief background on the benefits of these products.

LifeSource is a premium quality multi-vitamin / multi-mineral formula. It has a full array of vitamins and minerals and also contains four powerful longevity ingredients.

Berry Balance has vital antioxidants with more than 12 fruit and berry extracts. It also offers cardiovascular protection and support in helping to balance blood sugar.

Omega 3/75 formula contains the two principal fatty acids found in fish, DHA and EFA. Today's research is showing that these nutrients provide a multitude of proven health benefits, including cardiovascular support.

Assimilator is a potent combination of natural plant enzymes that are necessary for optimal digestion. For many people enzymes are the missing ingredient in their daily diet.

Now each of us is different and has different needs. To that end, I highly recommend you take a closer look at Xooma's products to determine what may best help to achieve maximum health and wellness for you.

Hopefully you can see why I believe God created quite a miracle in the human body. More importantly, I hope you can see how YOU have daily authority over how you treat this miracle, and how Xooma's awesome products can help you maintain this amazing miracle!

Until next time,
Yours in health,
Dr. Michael A. Triglia, "Dr. T"
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About Dr. Triglia

Dr. Triglia has been in private practice for over 25 years. As an entrepreneur he knows the value of diversification. As a Doctor of Chiropractic for over 25 years he has also been involved for that long or longer in the health and wellness and motivation industry. As a Christian he attempts to look at all areas of life through the lens of the word of God. Dr. "T" states that is the most important center piece of his life that keeps him highly motivated to do his very best daily.

Dr. Triglia is President/Founder/CEO of Peninsula Chiropractic Center, ISOROBIC Life Improvement Center, Fitness Motivation Institute of America, Bushin Kai Martial Arts Academy, where he holds a sixth degree black belt as well as black belts in four other martial arts.

About seven years ago he had a friend who asked him to accompany him to Hampton, Virginia to take a close look at XOOMA Worldwide. After hearing people like Ron Howell, Ken Marsh, Zack Howell, and Erick Stinger, he said, "I realized I may be a Doctor but knew I had more to learn about water, pH, and the power of healing!" Xooma's mission was so appealing that he decided to join the team and is very happy he did. Xooma's many multifaceted products have been a part of his and his patient's daily life ever since.

Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to prevent, cure or treat any illness or disease.