

# Cellular Health and Wellness

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The global scientific community spends nearly unimaginable money on medications and practices to prevent chronic illness. With that said, the global activities are attempting to create man-made mechanisms for natural defenses that have been created through cellular evolution.

The following are provided for discussion purposes using terms for mammalian cells.

Using Quantum Biology, all nine of these defenses can be reduced to their elemental constituents (elements/minerals and amino acids) to allow the scientific community to replicate or restore functionality if mutated.

## Cellular Defense Mechanisms

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- I. Transferrins**
  - A. Lactoferrin
  - B. Apolactoferrin
  - C. Hololactoferrin
- II. Mitophagy**
- III. Autophagy (SOD1 for Intracellular Activity)**
  - A. Lipids
  - B. Proteins/Amino Acids
  - C. Carbohydrates
- IV. Calcineurin - Autophagy without Lysomes**
- V. Superoxide Dismutase (SOD3) - Ex-cellular Autophagy without Lysomes**
- VI. Glycerol Monolaurate (GML) - Antimicrobial**
- VII. Apoptosis**
- VIII. Necroptosis**
- IX. Ferroptosis**

**Note: I. - III. Are the Granzymes A - G with Lysomes (aka CTLA 1 - 7)**