



NEW HAIR
every 3-6 years

NEW LUNGS
every 3 weeks

NEW RED BLOOD CELLS
every 4 months

NEW NAILS
every 6-10 months

NEW BONES
every 10 years

NEW TASTE BUDS
every 2 weeks

NEW HEART
every 20 years

NEW LIVER
every 5 months

NEW STOMACH LINING
every 2-3 days

NEW OUTER LAYER OF SKIN
every month

ONLY IF WE ABSORB WHAT THE BODY NEEDS

CELLULAR REGENERATION