



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