

Physiology Of The Blood

“All should have an intelligent knowledge of the human frame that they may keep their bodies in the condition necessary to do the work of the Lord...the relation of the physical organism to the spiritual life is one of the most important branches of education. It should receive careful attention...” (COL 348)

“Without health, no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings or to his Creator. Therefore, the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort.” (Ed 195.1)

“The ignorance of physiology, and a neglect to observe the laws of health, have brought many to the grave who might have lived to labor and study intelligently.” (Fe 321.1)

***Today we will be discussing the Physiology of the Blood.

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

Psalms 139:14 – “I will praise thee; for I am fearfully and wonderfully made; marvellous are thy works...”

FUNCTIONS OF THE BLOOD:

Blood performs many important functions within the body including:

- * Supply of **oxygen to tissues.** (bound to hemoglobin, which is carried in red cells)
- * Supply of **nutrients** such as glucose, amino acids, and fatty acids (dissolved in the blood or bound to plasma proteins. (e.g., blood lipids))
- * **Removal of waste** such as carbon dioxide, urea, and lactic acid.
- * **Immunological functions,** including circulation of white blood cells, and detection of foreign material by antibodies.
- * **Coagulation,** which is one part of the body's self-repair mechanism. (blood clotting after an open wound in order to stop bleeding)
- * **Messenger functions,** including the transport of hormones and the signaling of tissue damage.
- * **Regulation of body Ph.**
- * **Regulation of core body temperature.**
- * **Hydraulic function.**
- * (For more info, see the link at the bottom (Wikipedia))

IN THE BIBLE WE ARE TOLD THE FOLLOWING ABOUT BLOOD:

Leviticus 17:11 – “For the life of the flesh is in the blood...the blood that maketh an atonement for the soul.”

***The PH of the Blood should be between 7.35 - 7.45. Some say between 7.2-7.6. The higher the number, the more Alkaline the body is.

***What we put into or onto our bodies can determine whether our blood will be acidic or alkaline. Blood flows to every organ/tissue/cell of the body. Whatever is in the blood is carried to every organ/tissue/cell. If the blood is toxic, the organs will become toxic. This is why following the laws of Health is so important because each law helps keep the blood in a healthy, alkaline condition.

THE IMPORTANCE OF EACH LAW OF HEALTH AND HOW IT AFFECTS THE BLOOD:

N = Nutrition (**No bad combinations of food**; no aspartame, MSG, food coloring, additives, preservatives, carbonation, medicine, eating foods that cause fermentation, or eating foods that are already fermented. **Nothing with vinegar** in it, **no irritating spices such as white pepper, black pepper, allspice, nutmeg**, etc. No chili peppers either. This includes jalapenos and cayenne (Cayenne should only be used medicinally). **No coffee, tea** (this includes Green Tea. Only Herbal Tea is allowed), **alcohol**, etc. Be sure to eat foods that are high in fiber so you can have proper Bowel Elimination. Without this, the waste matter in the body will ferment, making the blood toxic.

E = Exercise (Exercise, especially **walking, helps with the circulation of the blood**.)

W = Soft Water (not the tap water...**be sure your water is purified**) helps proper waste elimination. Use both internally and externally. Bathing should be done daily. **If baths are not frequently taken, the filth on the body goes back into the pores of the skin, making the blood impure.** Clothing should be washed regularly as well. Nothing soiled should ever be worn upon the body.

S = Sunshine...Sunshine **helps equalize the circulation of the blood and cleanses the blood** as well. It is responsible for the necessary Vitamin D. Without this, hormonal functions (Vitamin D is responsible for 2000 + in the body) will not take place in the body, causing an imbalance, preventing the blood from doing what it is designed to do.

T = Temperance... (Not overdoing in anything, because doing this can bring undue stress to the body, which can produce too much cortisol in the body, making the hormones imbalanced, affecting the blood. Temperance also = **Abstaining from substances that are harmful like tobacco, drugs, chemicals, etc.**

A = Air...Fresh, outdoor air has what are called Negative Ions. These Negative Ions are essential for helping oxidize the blood. **YOU CANNOT HAVE GOOD BLOOD WITHOUT FRESH AIR MORNING AND NIGHT.** Be sure to keep your windows open in each room throughout the day and night. If it's chilly, be sure to do just a small crack in your windows, but **NEVER SHUT THIS BLESSING OF HEAVEN OUT.**

R = Rest...**Overwork can cause undue stress to the body**, which as said before, can produce an undue amount of cortisol (produced from the Adrenal glands which sit on top of the kidneys, which are located in the backside, right in the lower back region) and other body chemicals, causing an imbalance in the body, **making the blood toxic.**

T = Trust in God...OBEDIENCE TO GOD. **Every cell in the body, including the blood cell, is dependent upon God.** Trusting in the Lord can cause the body to release hormones, which are referred to as happy hormones, which help reduce stress, and bring the body together in balance. **The blood is truly benefited when the hormones in the body are properly balanced.** However, when a person does not trust or obey God, this can bring depression and a feeling of guilt which will cause the hormones to be imbalanced, making the blood toxic.

DRESS IS ANOTHER LAW OF HEALTH THAT SHOULD BE INCLUDED WHEN TEACHING THE LAWS OF HEALTH:

The reason for this is because, **it is impossible to have good health with improper circulation.** **When the extremities** of the body (arms and legs, ankles, feet, etc.) **are not equally clothed**, a chilling of the extremities (even in the summer), can chill back the blood from those areas, **causing improper/imbalanced circulation.**

SERVICE TO OUR FELLOW MAN IS ANOTHER LAW OF HEALTH THAT SHOULD BE DISCUSSED:

The reason for this is because Jesus says **"It is more blessed to give than to receive."** (Acts 20:35). When you do for others, your body releases those happy endorphins/hormones, which we spoke about before. This in turn, **by helping others, helps a person recover health speedily.** (Isaiah 58:6-8).

CLEANLINESS IS ALSO ANOTHER LAW OF HEALTH.

CONCLUSION:

I hope and pray, and truly understand why **the Lord gave us the Laws of Health** and why, through the Prophet, He refers to them as the "Doctors" or "Physicians." **They are crucial to Health.** May the Lord Bless you and keep you as you strive to obey His laws.

WEBSITES ABOUT BLOOD:

Blood Chemistry:

<http://www.contentcaboodle.com/health-and-fitness/staying-healthy-means-keeping-your-blood-in-the-proper-ph.html>

Proper PH of the Body:

<http://www.contentcaboodle.com/health-and-fitness/staying-healthy-means-keeping-your-blood-in-the-proper-ph.html>

Cortisol & Stress:

<http://stress.about.com/od/stresshealth/a/cortisol.htm>

SOP ABBREVIATIONS:

COL = Christ's Object Lessons

Ed = Education

Fe = Fundamentals of Christian Education

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/physiology-of-blood.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/physiology-of-blood.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/physiology-of-blood.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/physiology-of-blood.html>