

Physiology of the Blood

Its Diseases and Treatments (Part 2)

Website: [Healthy Christian Living - Living by the Blueprint](#)

DISEASES OF THE BLOOD WE WILL BE COVERING TODAY ARE:

- **Anemias**
 1. Regular anemia
 2. Pernicious Anemia
 3. Sickle-cell Anemia
- **Bleeding Externally**
- **Bleeding from the Ears, Eyes, and or Nose**
- **Bleeding Internally**
 - Aka Hemorrhaging
- **Bleeding on the Brain**
- **Blood Clotting**
- **Blood Poisoning**
 - Also, Bacteria in the Blood
- **Poor Circulation**

GOOD INFO TO KNOW:

- One bitter thought changes the blood chemistry from Alkali to Acidic
- Orange Juice increases Iron Absorption - Vitamin C does this, not just orange juice
- A healthy liver breaks down estrogen, which is important in preventing anemia, since increased estrogen can cause heavy bleeding
- Blood in the urine could = Leukemia
- A build-up of calcium can produce blood clots. This can happen if there is too much calcium in the body and not enough magnesium to balance it out
- Those with blood clots should not have any oil in their diet. No one should really be using oil in their diet {CTBH 47.1; CD 83.1}
- The blood can be regenerated in as little as 120 days (4 months)
- Cooked Green Herbs build red blood cells
- **The Skins of Blueberries** = a natural blood thinner
- **Flaxseed** = a Natural Blood thinner - Don't eat more than 2 Tablespoons per day
- **Magnesium** = a Natural Blood Thinner
 - Don't take as a supplement! Get it from your food.
 - Ask for document on magnesium to know what foods are high in it
- Vitamin E prolongs the life of the blood cell
 - Don't take as a vitamin! Get it through your food

Okay, getting to our diseases for today. Today we will be dealing with Anemia. We will cover the other diseases in our next class.

- **ANEMIA**

#1: Standard Anemia

What is Anemia? It is a decrease in the number of Red Blood cells and a lower than normal hemoglobin. A consequence of anemia is a decrease in the amount of oxygen carried to body tissues

- **Normal RBC (Red Blood Cells) count =**
The normal RBC range in **males is 4.32 to 5.72** trillion cells per liter.
The normal RBC range in **females is 3.90 to 5.03** trillion cells per liter.
- **Hematocrit** = a blood test that measures the number of red blood cells and the size of red blood cells. It gives a percentage of red blood cells found in whole blood
Normal Hematocrit (HCT) range = 31.8 to 43.2 percent

Some of the above and below information is from the following website:

<http://www.healthline.com/health/rbc-count>

Higher Than Normal

You have erythrocytosis if your RBC count is higher than normal. This may be due to:

- Cigarette Smoking
- Congenital Heart Disease
- Dehydration
- Renal Cell Carcinoma, which is a type of kidney cancer
- Pulmonary Fibrosis
- Polycythemia Vera, which is a bone marrow disease that causes overproduction of RBC's and is associated with a genetic mutation

When you move to a higher altitude, your RBC count may increase for several weeks because there's less oxygen present in the air. **Certain drugs**, such as gentamicin and methyl dopa, **can also increase your RBC count**. Be sure to tell your doctor about any medications you take.

LOWER THAN NORMAL

If the number of RBCs is lower than normal it may be caused by:

- Anemia
- Bone Marrow failure
- Erythropoietin deficiency, which is the primary cause of anemia in patients with chronic kidney disease
- Hemolysis, or RBC destruction, due to transfusion, blood vessel injury, or other causes
- Bleeding
- Leukemia, which is a cancer of the blood cells
- Malnutrition
- Multiple myeloma, which is a cancer of the plasma cells in bone marrow
- Nutritional deficiencies, including deficiencies in iron, copper, folate, and vitamins b-12 and b-6
- Pregnancy

CERTAIN DRUGS CAN ALSO LOWER YOUR RBC COUNT, ESPECIALLY:

- Chemotherapy Drugs
- Chloramphenicol
- Quinidine
- Hydantoins

Hemoglobin = Hemoglobin is the protein molecule in red blood cells that carries oxygen from the lungs to the body's tissues and returns carbon dioxide from the tissues back to the lungs.

A normal hemoglobin count is defined as 13.5 to 17.5 grams per deciliter of blood for men and 12.0 to 15.5 grams per deciliter of blood for women, states Mayo Clinic. The levels may vary slightly between medical practices. In children, normal ranges differ with age and gender.

LOWER THAN NORMAL MAY BE AN INDICATION OF ANEMIC CONDITIONS SUCH AS:

- Thalassemia
- Hypothyroidism
- Iron deficiency
- Folate deficiency
- Bleeding...and
- Bone marrow cancers, notes mayo clinic.

A HIGH HEMOGLOBIN COUNT CAN BE AS A RESULT OF:

- Dehydration
- Heavy smoking
- Burns
- Extreme physical exercise or
- Living at a high altitude.
- It can also be an indication of disorders such as lung disease or
- Polycythemia vera

SIGNS/SYMPTOMS (S/SX) OF ANEMIA:

- Feel cold all the time
- Low blood pressure
- Fatigue
- Possible tachycardia
Heart rate 100 or more

ANEMIA COULD BE CAUSED FROM:

- The grains not being properly cooked
These should be cooked (baked in an oven at 150-170 degrees) for several hours {MH 301.3}
- The consumption of vinegar
Be sure to read labels
- Adulterated milk as is found in cows today {January 23, 1902 EJW, PTUK 61.8}

TREATMENT:

- Fill out the 'Basic Assessment Form'
Then in a week or two, fill out the Detailed Assessment Form
- Follow all the information in Part 1 of this document
- Read all the documents necessary
Please ask for these to be emailed to you
- **Fast** for 1 or 2 days
- Take a **warm bath** 3-4 x week
- Eat the **foods high in Iron, Folates, B6, Magnesium and Vitamin E**
- **Follow all the Laws of health**, especially

Proper diet

Sunshine every day

Walking every day

Deep breathing exercises every day, 5 rotations, 2 x day, morning and evening

Get adequate water every day

See the 'Two Month Healing Program' for the water calculation formula

Go on the 'Two Month Healing Program'

- Take 1-2 Tablespoons of **Blackstrap Molasses** every day
- Include cooked beets & spinach, fresh figs, prunes, apricots, cherries, lentils, and pistachios in your diet
- Drink pure grape juice and or pure cherry juice 1-2 x day
- Take 1 T. Honey every day. This increases the Hemoglobin count
- Take Barley Life per directions – 3 T. 3-4 x day till the bottle is gone
- Take Floradix 'Iron & Herbs'

Take 1-2 T. every day along with chlorophyll, foods high in iron and folate, etc.

<http://www.vitacost.com/flora-floradix-floravital-iron-plus-herbs-23-fl-oz>

OR

- **Do the Herbal Formula**, 8 oz. cup 3 x day
 - BLOOD:** Red Clover
 - LIVER:** Dandelion Root – Great for cleansing the liver and a rich source of Iron
 - ANEMIA:** Yellowdock and Nettle or Watercress or Sorrel – These are rich sources of Iron
- **Pray and Have Faith!!!**

“There is a promise: “My God shall supply all your need according to his riches in glory.” And it is a real thing. [“Amen.”] Was that woman suffering from a real disease, or was it only imaginary?—She was suffering from a real disease, and was about to die. Inasmuch as she had a real need, did she get anything to supply that need?—Yes, that which she lacked came into her; that touch of faith brought something real and tangible to her from the Lord Jesus; but nobody could see it. There are real things that these eyes cannot see, and that no eye has seen; but they are real, nevertheless. And there was a real thing in this case; real life came from Christ to this woman; HE TOOK HER DISEASE UPON HIMSELF, FOR “HE BORE OUR SICKNESSES AND CARRIED OUR DISEASES.” Enough of life went from Christ to fill the vacuum in this woman's life, and then he drew from the great ocean of God's life sufficient to keep him full. “Of his fulness have all we received, and grace for grace.” {March 9, 1899 EJW, MMC 12.4}

Well, if we have received it, why do we not have it?—Because we do not believe. By believing we get life through his name. **Now in the case of this woman there was a literal transfusion of blood.**” {March 9, 1899 EJW, MMC 12.5}

“I remember, when speaking of this some time ago, a physician told me of an incident in his experience: He said he once visited a patient who was himself a physician, and who was suffering from anemia, or lack of blood. He gave his patient real treatment, God's own treatment—he prayed with him; and one day his patient, in a half-apologetic way, thinking he might be deemed fanatical, said, “Every time we have prayer together it seems to me as if I have fifty per cent more blood in me than before.” That was no mere fancy, because the Lord gives real things; and when he gives life, it takes the form of blood. So it was in the case of this woman; the life came from Jesus, and it was made blood, and the woman was made whole; she had touched the Life.” {March 9, 1899 EJW, MMC 13.1}

- **DO NOT TAKE IRON PILLS!!!**
WHY NOT???

“From our study of the testimonies and the little work, how to live, we can see that **the Lord is strongly opposed to the use of drugs in our medical work . . . Several of the students are in doubt as to the meaning of the word 'drug' as mentioned in how to live. Does it refer only to the stronger medicines as mercury, strychnine, arsenic, and such poisons, the things we medical students call 'drugs,' or does it also include the simpler remedies, as potassium, iodine, squills, etc.?** We know that **our success will be proportionate to our adherence to God's methods.** For this reason I have asked the above question.” {2SM 278.3}

Your questions, [see introductory note, PP. 276-278.] **I will say, are answered largely, if not definitely, in How to Live. Drug poisons mean the articles which you have mentioned. The simpler remedies are less harmful in proportion to their simplicity; but in very many cases these are used when not at all necessary. There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer. I do not think that I can give you any definite line of medicines compounded and dealt out by doctors, that are perfectly harmless. And yet it would not be wisdom to engage in controversy over this subject.**” {2SM 279.1}

“**Not a poisonous drug should be used. When you have a case that does not respond to the use of simple remedies, take it to the Lord in prayer...**” (PC 43.1)

NATURAL REMEDIES for ANEMIA:

Blood Rebuilders:

- **Red Clover Tea** – Drink 1- 8oz. cup 3 x day
- **Warm Bath** for 20-30 minutes every day x 1 week then 3-4 x week thereafter
- **Chlorophyll** – 3 T. 4 x day x 28 days

WHAT TO DO IN PLACE OF A BLOOD TRANSFUSION:

- **#1: Eggs with Grape juice**
Drop 1 egg into 1 cup of pure grape juice and drink up
Do this 3 x day for 3 days
Be sure the eggs are brown from free-ranged hens

“**Dr. Lay came to me and said, “I have gone as far as I can go, but Brother Wilson is sinking. I cannot arouse him.”** I said, “Last night I dreamed that my sick child was sinking. I asked the skillful Physician (referring to Jesus), **who has never lost a case, what I should do.** The answer came, **“break an egg into a glass of unfermented wine, and give him such a drink two or three times a day, until the exhaustion is gone and there is a revival of the life forces.”** Snatching up his hat, Dr. Lay said, **“This is of the Lord. We shall save Brother Wilson yet.”** And off he went. **For three days he gave him egg and wine, and he was soon fully recovered.**” {12MR 171.4}

“**...Your devotion to true principles is leading you to submit yourself to a diet which is giving you an experience that will not recommend health reform. This is your danger. When you see that you are becoming weak physically, it is essential for you to makes changes, and at once. Put into your diet something you have left out. It is your duty to do this. Get eggs of healthy fowls...drop them uncooked into the best unfermented wine you can find...this will supply that which is necessary to your system. Do not for a moment suppose that it will not be right to do this. There is one thing that has saved life--an infusion of blood from one person to another; but this would be difficult and perhaps impossible for you to do. I merely suggest it.**” {12MR 168.2}

AND/OR

- **#2: Parsley and Pineapple Juice**
6 oz. pineapple juice, handful of parsley. Blend together and drink for several days.
- **#3: Coconut and Chlorophyll Drink**
1 c. green coconut water, 4 T. Chlorophyll - Drink this 3 x day x 28 days
Be sure to deduct this from the amount of water you are supposed to drink for the day

FOODS HIGH IN VITAMIN E:

PROLONGS THE LIFE OF THE BLOOD CELL

- Almonds
- Asparagus (canned) – Be sure the ingredients are only water and salt
- Avocados
- Brazil Nuts
- Broccoli
- Figs
- Grapes
- Guava
- Hazelnuts
- Mango
- Nuts of all kinds
- Olives – The ones without the black dye
- Peanuts
- Pumpkin Seeds
- Rye
- Sesame Seeds
- Spinach – Cook in boiling water for about 1 minute then make creamed spinach with a little almond or coconut milk, a pinch of salt, and a sprinkle of flour. After spinach is cooked, put in a pot on low heat and then whisk the milk, salt, and flour in a bowl and pour over spinach and stir till creamed
- Sunflower Seeds
- Tamarind
- Wheat Germ Oil – We should eat the wheat germ instead

FOODS HIGH IN FOLATE:

- Adzuki beans
- Artichoke
- Asparagus
- Chickpeas
- Endive – This is a lettuce
- Kelp
- Lentils
- Lettuce
- Mung Beans
- Okra
- Oranges
- Peas
- Red Beet

- Spinach
- Strawberry
- Walnut
- Wheat germ
- Whole-grain bread

FOODS HIGH IN NIACIN: (B3)

- Almond
- Artichokes
- Asparagus
- Avocados
- Bran
- Buckwheat
- Cherimoya
- Dates
- English Walnuts
- Peaches
- Peanut Butter
- Potatoes – White, red, yams, sweet
- Sesame Seeds or Tahini Butter
- Sweet Corn
- Tofu
- Wheat germ
- Whole Grain Bread
- Whole Grain Rice

FOODS HIGH IN VITAMIN B6:

- Asparagus (canned)
- Avocados
- Bananas
- Blackstrap Molasses
- Bran
- Cauliflower
- Chickpeas
- Dates
- Garlic
- Leeks
- Potatoes
- Raisins
- Rice – Whole Grain
- Sesame Seeds
- Sweet Red Peppers
- Walnuts
- Watermelon
- Wheat
- Wheat germ

QUOTES REGARDING ANEMIA:

"I remember, when speaking of this some time ago, a physician told me of an incident in his experience: He said he once visited a patient who was himself a physician, and who was suffering from anemia, or lack of blood. He gave his patient real treatment, God's own treatment-he prayed with him; and one day his patient, in a half-apologetic way, thinking he might be deemed fanatical, said, "every time we have prayer together it seems to me as if I have fifty per cent. More blood in me than before." That was no mere fancy, because the Lord gives real things; and when he gives life, it takes the form of blood. So it was in the case of this woman; the life came from Jesus, and it was made blood, and the woman was made whole; she had touched the Life." {March 9, 1899 EJW, MMC 13.1}

"The adulteration of the milk supplied in Paris has reached such terrifying proportions that in many cases the medical faculty has entirely ceased to recommend it, declaring that, instead of building up a patient, it may lead to anemia..." {January 23, 1902 EJW, PTUK 61.8}