

Physiology of The Blood

Its Diseases and Treatments (Part 4)

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

DISEASES OF THE BLOOD WE WILL BE COVERING ARE:

- **Blood Clotting**
- **Poor Circulation**
- **Painful Menstrual Cycles**
- **Blood Poisoning** – Also, Bacteria in the Blood

THINGS THAT CAUSE UNHEALTHY BLOOD:

- **Alcohol** (Te 57)
- **Butter and cheese** (CH 114)
- **Cakes and pies that are rich** (2T 368)
- **Clothing that is dirty** (CH 61)
- **Condiments** (CH 114)
- **Cooking with spices** (2T 363; CD 387)
- **Diet impoverished** (MH 318)
- **Dress (improper)** (MH 292)
- **Eating too much** (CD 189,304)
- **Eating too often** (4SG-a 133)
- **Flesh food** (CD 383-384)
- **Food improperly digested** (CD 179)
- **Food improperly prepared** (CD 256)
- **Food that is rich** (2T 368)
- **Fruit and vegetables eaten together at same meal** (CD 113)
- **Improper food combinations** (7T 257)
- **Lack of physical exercise** (1T 555)
- **Lack of pure fresh air** (MH 274)
- **Lungs not functioning properly** (MH 273)
- **Luxurious living** (4T 30)
- **Mince pies** (2T 368)
- **Mustard and pepper** (MH 325)
- **Pastries that are rich** (CH 114)
- **Pickles**(the kind with vinegar) (MH 325)
- **Poisonous drugs** (2SM 452)
- **Salads prepared with oil and vinegar** (CD 345)
- **Stimulants** (CD 422)
- **Swine's flesh** (CD 393)
- **Tea and coffee** (2SM 420)
- **Tobacco, chewing and smoking** (5T 440)
- **Weakened blood making organs** (1T 682)
- **Wine** (4T 30)
- **Work that confines a person indoors** (1T 520)

Continuing with Diseases of the Blood

#8: BLOOD CLOTTING:

<http://www.webmd.com/dvt/blood-clots#2>

FACTORS THAT CAN CAUSE BLOOD CLOTS:

- A-Fib – which is Atrial Fibrillation
- Arrhythmias
- Auto-Immune Disorders – such as antiphospholipid antibody syndrome
- Birth Control Pills
- Bone Marrow Disorders
- C-reactive protein
- Crossed legs
- Dehydration
- Diabetes
- Diarrhea
- Diuretics
- Fibrinogen
- Heart Failure
- High Cholesterol
- High Fat Diet
- HRT = Hormone Replacement Therapy – Increased Platelets
- Injuries
- Medications – Some
- Obesity
- Pregnancy
- Raynaud's Disease
- Smoking
- Sugar
- Surgeries – Some
- Unhealthy Diet
- Vasculitis – Inflammation of the vascular system
- Vomiting

BLOOD CLOT FORMATION CAN CAUSE A HEART ATTACK AND STROKE

- **To stop a heart attack** in its tracks, put a pinch of 90,000 heat units of cayenne pepper under the tongue every 5 minutes until the heart attack stops. **This usually happens after the first or second dose.** Be sure to call 9/11 when doing this for other people besides your family.
OR – Take 1 t. cayenne pepper 90,000 heat units into 1 cup of water and have the person drink. WHEN OUT IN PUBLIC, it's good to carry Dr. Christopher's HOT CAYENNE (1 oz.) liquid tincture. If the person having a heart attack is up to it, you can put 1 dropperful into their water bottle, if they have one.
OR – If they are passed out, put 1 dropperful into the side of their mouth with their head tilted.
- **To stop a Stroke**, do the same thing

MOST COMMON ANTICOAGULATION MEDICATIONS GIVEN FOR BLOOD CLOTS:

- **Warfarin** (Coumadin)
This drug interferes with the mitochondria in the body and turns things into hydroxyl
- **Heparin**
- **Enoxaparin** (Lovenox)
- **Rivaroxaban** (Xarelto)
- **Edoxaban** (Savaysa)
- **Dabigatran** (Pradaxa)

NATURAL BLOOD THINNER DRINK:

- 4 T. ginger powder
- 2 T. cayenne pepper powder, 90,000 heat units – May get from a health food store or vitacost.com
- 3 T. hawthorn berry powder
- One 8 oz. cup of purified water

*****Mix in a glass and take 1 Tbsp. 3 x day. Refrigerate the rest of the concoction and take each day till concoction is gone. This recipe is good for 3 days.**

#9: POOR CIRCULATION:

“Perfect health depends upon perfect circulation...exercise in the invigorating air of heaven is necessary to a healthy circulation of the blood...” {CTBH 89.1}

“Physical exercise and labor combined...improve the circulation...” (4T 94.2)

SIGNS/SYMPTOMS (S/SX):

- Muscle Cramps
- Numbness
- Pain
- Throbbing or stinging pain in your limbs.
- Tingling

CAUSES:

- Unclothed Extremities
- Lack of Exercise
- AND ALL THE THINGS THAT CAUSE UNHEALTHY BLOOD

UNHEALTHY CIRCULATION OF THE BLOOD CAN CAUSE:

- Cough (MH 272)
- Fullness about the chest (2T 531)
- Head Congestion (CD 302)
- Headache (MH 271-272)
- Heart palpitation (MH 271-272)
- Indigestion (MH 271-272)
- Internal Organs Congested (CD 302)
- Invalids (2T 525)
- Lungs Congested (2SM 468)

- Mind Enfeebled (4T 264)
- Nosebleed (2T 531)
- Stomach Congested (MH 307)

REMEDY FOR POOR CIRCULATION:

“The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood...both warm and neutral baths soothe the nerves and equalize the circulation.” {MH 237.1}

REMEDY FOR POOR CIRCULATION OR COLD FEET:

- ½ t. ginger root
- ½ t. cayenne
- Add a little water
***Blend and drink.

May sprinkle some cayenne pepper (90,000 heat units) in the bottom of your shoes. Be sure to wear socks when wearing your shoes so the cayenne doesn't come in contact with the skin.

“If the feet are cold, wash them in cold water, and then dry them thoroughly. You will find that the blood will thus be called from the head to the limbs.” {2SAT 142.5}

PAINFUL MENSTRUAL CYCLES:

- **The #1 Cause of Female Issues = Fashion/Poor Dress**
“The fashionable style of woman's dress is one of the greatest causes of all these terrible diseases.” {HL 64.2}

Women especially are the victims of various maladies...half their sufferings may be attributed to their manner of dress, and the insane desire to conform to the fashions of the world.” {HL 64.4}

REMEDIES FOR PAINFUL CYCLES:

- Go Walking
- Cover the extremities immediately (arms & legs)
Uncovered extremities is the #1 cause of this problem for females
- Drink 8 oz. of water every 10 minutes x 90 minutes
Ask for headache remedy to know how to do the formula
- A Hot fomentation to the area x 4 minutes, rub with cool rag x 1 minute
Do 4 rotations at one time/2 x day
- Take something for pain
 - a. ½-1 tsp. cayenne pepper, 90,000 heat units in some water every 3-4 hours as needed.
 - b. Chaste Berry tea (see PC 31.2) is excellent for painful cycles. Put 2 t. of the dried herb into a 16 oz. of boiling water and simmer x 20 minutes. Let cool, strain and drink 1- 8 oz. cup. Do this 3 x day. You may add honey if necessary.
 - c. Wild Lettuce Herb is excellent for pain – put 2 tsp. of the herb in a regular sized coffee or tea mug
- Take a warm bath X 20 minutes
- **DON'T USE TAMPONS, AS THESE CAN CAUSE TOXIC SHOCK**

#10: BLOOD POISONING:

Signs/Symptoms(S/Sx):

- Chills
- Increased Heart Rate Or Palpitations
- Localized Pain
- Moderate Or High Fever
- Paleness
- Rapid Breathing
- Red Streaks From The Wound Which Extend Up The Veins Towards The Heart
- Sores That Do Not Heal
- Swelling

FROM: 'Natural Remedies Encyclopedia' page 446, 5th Edition

DIFFERENT TYPES OF BLOOD POISONING

- a. Bacteria in the blood
- b. Tetanus
http://preventdisease.com/news/13/050713_Why-You-Never-Need-A-Tetanus-Vaccine-Regardless-of-Your-Age-or-Location.shtml
- c. Heavy metal poisoning

A: BACTERIA IN THE BLOOD (REMEDIES):

Treatment:

- Apply 2 hot fomentations x 5 minutes each and then place a cold towel over the affected area x 1 minute. Then apply a poultice of charcoal and leave on 20 minutes then do the hot and cold again as before and another application of charcoal x 20 minutes. Keep doing an alternation of the 2 remedies above until the red lines disappear
- Drink activated charcoal 2-3 x day
- **Drink an herbal formula to cleanse the blood:** Red Clover, Chaparral, Dandelion Root, Burdock Root, Drink x 30 days. Read the 'Two Month Healing Program' to know how to make the herbal formula tea for cleansing the blood.
- If there is a wound, wash the area thoroughly. If the discharge from the wound is thin apply powdered ½ myrrh and ½ goldenseal directly to the wound
- Read all 20 necessary documents. Ask for the list of these and these as well if you don't have them
- Fill out an Assessment Form
- Go on the 'Two Month Healing Program'. Read the 'Two Month Healing Program' document as well as the other 19 to know how to reverse sickness and disease the proper/correct way
- Follow all the Laws of Health

B: TETANUS: (lock jaw)

Signs/Symptoms(S/Sx):

Symptoms generally appear within 5-10 minutes

- Possible discomfort at the site of the wound
- Stiffness on opening and closing the mouth
- Restlessness
- Muscle Stiffness and Spasms – The slightest noise or disturbance produces muscle spasms
- The face becomes contorted
- Pain intensifies

- High Fever and Exhaustion develop
- Death can be the end result if not treated

Causes:

- Caused by the Toxin of clostridium tetani
- Mostly cause by stepping on nails
- You can get lock jaw from an infected tooth as well

Treatment:

- **Squeeze the puncture wound repeatedly to make it bleed**
Keep doing this until it bleeds freely. If necessary, cut the area open with a clean, sharp razor blade
You must get air to the area
- **Then wash the area well with soap and water**
Pour in Hydrogen Peroxide and let it Fizz. Get the blood flowing again, then wash the area with pure water, pat dry with a sterile cloth and cover with a bandage.
- **Take Cramp Bark tea in teaspoon doses**
- **Grind up some peach leaves and apply directly to the wound after washing it**
Change this raw poultice 2 x day
- **Heat some Turpentine and apply it to the wound**
Massage it over the jaw, neck, and spine when symptoms of lockjaw are suspected
- **Use 2 Cups of Activated Charcoal Powder for every 1 gallon of water and soak the limb or punctured area**
If the wound is located where it cannot be soaked, apply a charcoal poultice fomentation
Go to this video to see how you can make a poultice →
Soak or do the poultice x 1 hour. Repeat if the danger is suspected
- **If lockjaw actually appears and the person shows stiffening, do the following every day:**

1. Mix ½ tsp. goldenseal root powder

½ tsp. olive leaf extract

½ tsp. turmeric

*Mix all the above in a little bit of grape juice and drink. Take this concoction 4 x day/for 7 days.

2. Mix 15 drops of GSE (Grapefruit See Extract)

1 T. fresh lemon Juice

1 minced fresh garlic clove

1 cup of water

Blend the above.

Make this concoction 4 x day/for 7 days. If it's bitter, add a little honey.

3. Boil 1 quart of water, take it off the stove and add

1 t. lobelia powder

1 t. cayenne pepper (90,000 heat units) powder

Mix and then let it sit x 20 minutes, then drink ¼ c. every half hour till relieved

4. Apply M&L Salve to the area 2-3 x day

This, along with all 3 of the above is very effective

You may order this by calling: **828-287-8787 OR Toll Free: 866-581-4390**

5. Patient is encouraged to take a lukewarm/warm bath (not shower) daily till all symptoms are gone.
6. A light, simple, plant-based diet should be given.
See the What to Eat for Two and Three Meals document
7. Fruit juices are good to give at this time
Red grape juice cleanses the blood
Lemon water cleanses the Liver
8. If a fever is present, follow what to do for a Fever in the 'Natural Remedies from the SOP' document
9. Persons should drink water all throughout the day
See 'Two Month Healing Program' document to know the water calculation according to weight

*****SOME OF THE TREATMENT INFORMATION FOR TETANUS IS TAKEN FROM:**

- a. 'Natural Remedies Encyclopedia' 5th Edition, page 593-594
- b. 'Vaccine Alternatives' by Ervin Davis, M.D., pages 98-100

C: HEAVY METAL POISONING

Signs/Symptoms(S/Sx):

- Anemia
- Arthritis
- Asthma
- Bronchitis
- Colic
- Depression
- Diarrhea
- Eczema
- Extreme Nervousness
- Fatigue
- Gastro-Intestinal Problems
- Headache
- Headache
- Memory Loss
- Nausea
- Poor Kidney And Liver Function
- Rickets
- Ringing In The Ears
- Softening Of Bones
- Speech Problems
- Weak And Aching of Muscles

CAUSES:

- Heavy metals, including lead are inhaled and **absorbed through the skin**
- Heavy metals may be ingested through the diet, especially **meat, milk, and processed food**
- Aluminum can be ingested by food in contact with **aluminum foil or pots and pans/cookware**
- There are heavy metals in substances you place on your body – **Make-up, lotion, hair products, etc.**

TREATMENT:

- **Fast for 2 meals, drinking only water and the herbals teas and herb formulas**
If a no food fast is not convenient, go on a fruit fast x 2 days eating only grapes and apples 3 x day
- **Take 2 t. chlorella 30 minutes before breakfast and 2nd meal every day/x 3-4 months**
This = 4 t. a day total
- **Make Cilantro tea and drink throughout the whole day**
Bring 40 oz. of water to a boil. Add 1 large bunch of Cilantro to the boiling water and boil x 1 minute.
Bring down to low, cover, and simmer x 10 minutes. Strain. Drink when cool
Be sure to drink throughout the day, not missing any of this concoction
Do not throw out boiled cilantro, put it in a salad or sauce or something for the day
- **Drink 16 oz. of water with 1 T. Activated Charcoal 2 x day**
- **Drink the “Herbal Formula” to cleanse the blood**
See Treatment for Bacteria on which herbs to use
- **Do everything that you would for Blood Poisoning Treatment**

SOME THINGS GOOD TO KNOW REGARDING “HEAVY METAL TOXICITY/POISONING”:

- The remedies above **can remove Mercury** from the body as well
- **Cilantro** = #1 herb for taking heavy metals out of the body
- NDF product is known to **remove heavy metal** from the body easily and quickly however, this product has 2 questionable ingredients
<http://purehealthsystems.com/heavy-metal-removal.html>

TREATMENT FOR ALL THESE ISSUES:

- Fill out the Basic Assessment Form – Then in a week or two, fill out the Detailed Assessment Form
- Follow all the information in Part I 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, Foliates, B6, Magnesium and Vitamin E, especially Dark Green Veggies
- 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’

SOME ARTICLES TO READ:

- <https://www.reference.com/health/causes-blood-clots-106deb71b5da00ad?go=cdpArticles>
- <http://www.healthline.com/health/rbc-count#Overview1>
- www.medicinenet.com/internal_bleeding/article.htm

A POWERFUL QUOTE REGARDING A SERIOUS WOUND THAT PROBABLY LED TO BLOOD POISONING AND POSSIBLY TETANUS:

“Miss McEnterfer...worked tenderly and carefully, dressing the wounds. She made her applications of hot water compresses. What a wonderful restorer this is. After the first work that was essential to be done was finished, the little fellow slept, and the family slept. Day after day she treated this case. She prayed as well as worked, and through the blessing of the Lord the lad was perfectly restored. That was indeed a very grateful family.” (16MR 41.4)

“In many such cases Miss McEnterfer has been called to relieve suffering. One lad, about ten years old, was running to chase a calf out of the yard, when he was thrown down, his foot slipping into a hole where there was a broken glass bottle. The glass cut a deep gash in his ankle. After ten days Miss McEnterfer was sent for. She did not at first think she could save the foot, but she prayed and worked. The greatest care was required in touching the foot. It was a terrible-looking wound. One, as soon as she looked at it, fainted away...” {16MR 42.1}

“After two days' treatment, Miss McEnterfer saw that the case needed more constant care, that special efforts must be put forth, and, after talking the matter over, we decided to take him to our home, having his aunt go with him to remain with him. We boarded the two; Sara treated the foot for ten days, and it was saved. The lad is now walking about perfectly well. We thank God that he was restored to soundness. When they asked what they should pay for this care, Sara told them that she did not do this work for money, but out of pity and compassion for suffering humanity. The relatives of this boy were touched by these things.”
{16MR 42.2}

SOP ABBREVIATIONS:

16MR = Manuscript Release

2SM = Selected Messages, Volume 2

2T = Testimonies to the Church, Volume 2

4T = Testimonies to the Church, Volume 4

CD = Counsels on Diet and Foods

CTBH = Christian Temperance & Bible Hygiene

HL = Healthful Living

MH = Ministry of Healing