

# Healthy Blood

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The hemoglobin in a single red blood cell can carry one billion oxygen molecules. This oxygen is delivered to the trillions of cells in our bodies to keep them alive and functioning properly. There are 5 million blood cells per microliter of blood (one millionth of a liter) these cells have a life span of 120 days and when worn out are broken down by the spleen or the liver. Some components of this breakdown can be reused but most are discarded, which requires a constant supply of nutrients to manufacture new blood cells. The principle nutrients needed are protein, folic acid, vitamin B-12, vitamin C, iron and copper.

Many foods supply the nutrients needed for healthy blood. Specific nutrient dense foods are beets and pomegranates for iron, cherries for copper, red peppers for vitamin C, green leafy vegetables for folic acid, and fermented foods for the vitamin B-12. Vitamin B-12 is not made by plants, and animals do not produce this vitamin. Humans and animals rely on intestinal flora for this vitamin. This flora consumes our mucosa and then excretes Vitamin B-12. For this reason, we consume fermented foods, because of the vitamin B-12 producing bacteria.

Many chemicals can destroy our friendly bacteria (flora) especially anti-biotics. The incomplete burning of fuels creates carbon monoxide which blocks the hemoglobin in blood from carrying oxygen. For us, CO is principally found in auto exhaust and cigarette smoke. For all of our health stop smoking and own cars that don't smoke.

In 1855 a Doctor Verdel noted the similarity between chlorophyll and hemoglobin. The only difference is in the almost identical porphyrin rings. Iron is in the center of hemoglobin and magnesium is in the center of chlorophyll. Over the years a number of studies have shown the blood building characteristics of chlorophyll rich foods.

In conclusion, if we want our red bone marrow to produce healthy blood, we need to constantly supply it with the required nutrients which are readily available in fresh organic produce, especially red and green produce.

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