

Oxygen

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The air we breathe consists of approximately 20 percent oxygen (down by half from 200 years ago). The human body is largely composed of oxygen, containing a concentration up to 3 times that of air. Our overall health and well being is closely connected to the amount of oxygen available to each cell in our bodies. Oxygen is so vital to our survival that it takes only minutes without it for life to end.

"All metabolic processes in the body are regulated by oxygen. Our brains process billions of bits of information each second. Our metabolic processes work to rid our bodies of waste and toxins. Even our abilities to think, feel and act require oxygen-related energy production. Oxygen also plays a vital role in proper metabolic functions such as blood circulation, the assimilation of nutrients, digestion and the elimination of cellular and metabolic wastes. Sufficient oxygen helps the body in its ability to rebuild itself and maintain a strong and healthy immune system."

When our bodies are depleted of oxygen for long periods of time due to diet, sedentary lifestyle, stress or chronic acidity the body has a hard time fighting off the micro-organisms that can cause weakness and disease. Most bacteria, viruses, fungi, parasites and other infectious agents are anaerobic, which means they cannot breed, multiply or live in an oxygen rich environment.



Aside from the 20,000 breathes we take each day; here are some easy things that we can do to increase the oxygen availability in our bodies.

1-Meditation. Meditation decreases stress. Less stress means a decrease in adrenaline and adrenaline related hormones which require the body to draw on its oxygen reserves for production and eventual oxidation. Not to mention, when we are stressed our breathing becomes quick and shallow which results in inadequate oxygen absorption.

2-Regular exercise. Start with 3 times a week for 30 minutes. Exercise prolongs deep breathing and increases circulation of oxygen to every part of the body. As a result you get an increase in energy and productive waste removal.

3-Hydration. By mass, oxygen makes up 90% of the water molecule and water makes up 65-75% of the human body. We need to be drinking at least 1/2 ounce of water per 1 lb of body weight every day. Avoid soda! It is full of carbon dioxide and other waste products that stress the body and force it to use precious oxygen to counter its acidic effect.

4-Diet. Complex carbohydrates as well as raw fruits and vegetables can be up to 50% oxygen by weight.

Oxygen increases energy, improves concentration, counters aging, strengthens your heart, calms your mind, relieves muscle stiffness and improves sleep patterns. To learn more about the benefits of oxygen, please follow the link below.

<http://www.naturalcleansingtechniques.com/life-support.html>

Tara Pierce is a Certified Master Herbalist Graduate from The School of Natural Healing.