

# SURVIVE YOUR EXERCISE

What is the point of exercising, if you don't live to see another day?

If you respect your body, then you may wish to consider these survival tips:

## Prepare your chemistry for survival:

1. Hydrate
2. Detox
3. Feed yourself live food (Raw)
4. Look after your heart: Cleanse your liver
5. Eat organ meats
6. Chew well (Or use a blender)

How, and Why

### 1. Hydrate

Water composes about 73% of the body. We are salty bags of water. Muscles, and organs are composed of cells. These cells are delimited by oil membranes. Trillions of cells make up the parts of our body. Water chemistry delivers power, and cleanses our system. One ounce of water per 2 pounds of body weight is the recommended intake per day.

For a reality check, we lose about 6 litres of water per day. (2 l through our skin, and perspiration, 2 l through our lungs, and 2 l through our urination.)

If we weigh 200 lb, then 100 oz is our requirement for water, and that is about 3 litres of water.

### 2. Detox

Detoxification is critical to our maintaining a clear chemistry in our cells. It is a bit like decluttering a home. If one never gives anything away, but stores every last thing that they find, then after a while, the house becomes unlivable. The result is that life shuts down because the business of life cannot work through the clutter. Our cells work the same way. Some cells are becoming old because of all the debris that they contain. When these cells die, then the clutter is released, and can be discharged, or eliminated. There are five organs of elimination:

1. Liver
2. Lungs
3. Kidneys
4. Intestines
5. Skin

These organs can be overloaded very easily. We see this all the time with adolescents. They have embarrassing break outs in their face. When there is so much debris in the bloodstream, the skin is used as a panic route. A window is made (a pimple, or a boil) and the debris is pushed out the window. Ugh!

These skin problems are needless when the detoxification of the body is facilitated.

### **Skin:**

Detox through the **skin** occurs with perspiration. Up to 2 litres per day is released through the skin. That is a lot of waste product to discharge. Brushing the skin with a natural bristle brush can help to stimulate the lymphatic system, and open the skin to discharge debris.

### **Liver:**

The **liver** is the chief organ of detoxification. It is equipped with thousands of enzymes that are capable of taking apart toxic compounds. To discharge these compounds from the liver, vitamins, and minerals are required. This is one reason that an apple a day can keep the doctor away. Apples contain over 2,000 phytochemicals that can assist the body's performance in ways that we have not begun to understand.

### **Intestines:**

Apples also contain some of the highest levels of soluble fibre. Fibre is valuable in providing a transport mechanism for removing toxins through the **intestines**. The intestines are a major method of removing unwanted waste from the body, and therefore from the cells. This keeps cells young, and functional. Many diseases today are functional.

Out of 1600 diseases described in "The Pathological Basis of Disease" over 1400 diseases are functional. Your understanding of the basis of detoxification can help you to survive the vast majority of diseases.

Soluble, and insoluble fibre play important roles in the manufacture of neurotransmitters. This means that cleansing your intestines with fibre-rich foods, can also improve the function of your brain. This delays the onset of Dementia, and who doesn't want to do that?

### **Kidneys:**

A decent amount of water each day assists the work of the **kidneys**. In fact, the kidneys have less work to do with the more water that you consume. Recall that water assists the heart to pump with less effort too. The intake of water also helps the joints to move more easily. (Amazing Fact: One fifth of the total blood volume is moved through the kidneys each minute.)

### **Lungs:**

What about the **lungs**? Well, they need to inflate more often whenever there is a demand for Oxygen. For example, a brisk walk will demand Oxygen to the legs. Within a few minutes, the lungs are pumping away. The air is gushing in, and out. The little alveolae are squeezing out air, and sucking in. The surface of the alveolae is covered with a thin layer of mucus. (About 2 to 3 microns, very little). This thin layer is enough to prevent the lungs from drying out. This is also a thin layer that allows a rapid exchange of gases across the membranes. CO<sub>2</sub> out, and O<sub>2</sub> in. Along with these gases, other toxic gases are discharged.

This all works wondrously unless there is congestion. A little thickening of the mucus because we did not drink much water today, and the mucus may delay the exchange of gases by 100 to 400%. The result is that we can rapidly get out of breath, tire, fatigue, and quit moving. Water is a key to keeping the mucus layers thin, and the exchange of gases optimum, that is to say, healthy.

University students that were put through an exhausting exercise study showed 100% more performance, and endurance when they were encouraged to drink the maximum that they could compared to being water deprived.

Water is a key to surviving, (and to winning).

### 3. Feed yourself raw foods.

Raw foods are alive. They contain all the ingredients for the live animals, or plants that they derive from. Typically we may not consume much live meat. I suppose Sushi is an example of raw meat. So would be Beef Tartar. On the other hand, it is quite easy to provide oneself with raw vegetables, or raw fruit. These raw foods are rich in enzymes, and enzymes are the workers in the body. They make things happen quickly. They liven up growth, repair, and action itself. Enzymes are only available in live foods. Cooking inactivates enzymes within about 20 seconds. They are denatured by heat. This means that they curl up, and twist, and become non-functional. Function is core to our discussion here. Remember, the vast majority of diseases are functional.

### 4. Look after your Heart: Cleanse your Liver

Your liver prepares all the nutrients for your heart. It looks after your heart. A healthy liver assists the work of the heart by providing the correct chemistry for heart function. What you eat determines what your heart is going to be able to receive by way of care from the liver. What if the liver is burdened? What do we mean by burdened?

The liver can be burdened with the task of cleansing the body. All the circulation, and therefore all the nutrients absorbed from the intestine go straight from the walls of intestine, to the liver. The liver must then sort out what can go on to the general circulation of the body, and what needs to be removed. Toxic material is removed as much as possible. Of course, if the burden of cleansing the incoming blood becomes too great, the impurities can spill over into the general circulation.

So what about cake, and pop, and sweets, and preservatives, and colours, and drugs? How does the liver cope with these? Well, it is always trying to produce a silk purse, even though it may have been given a Sow's ear. The liver is a storehouse of nutrients, enzymes, minerals, oils, and other factors. Even though you may load up on junk food, your liver still delivers high quality to the body, until it starts to run out of high quality. Then the body goes short. This is especially critical when it comes to high quality fats, and minerals.

High quality fats provide nutrients for the nervous, and endocrine systems. Minerals activate, and regulate performance everywhere, in absolutely every function. Live foods are rich in these nutrients. Junk foods are not.

Oh ya. What if your intestines are toxic? Does that affect the liver?

You betcha!

(Recall that the circulation from the intestines must go through the liver to return to the general circulation.)

So can a toxic intestine make it hard on the heart? It sort of looks that way. Blood pressure too? Probably. Constipation an issue for the heart? Yep.

Solutions: Fibre, high-quality oils, water, and maybe movement.

## 5. Eat Organ Meats

Muscle meats have the components that make muscle grow, and repair. Organ meats have the components that make organs grow, and repair. Eating organ meats once per week can help to support the repair of your own organs. (E.g. liver, kidney, brain, sweetbreads.)

## 6. Chew

Chewing can be difficult with dentures, or missing teeth. Taking time to eat, and chewing 50 to 150 times per mouthful takes practise, and dedication. A blender does short shrift of much of this chewing, and makes food more absorbable. Of course a juicer produces high quality nutrients without fibre, but also without pesticides, and preservatives. This is something worth considering too.

Now for a short discussion of exercise. (That was our chief interest here, wasn't it?)

Prepare your body for the changes:

1. Hydrate
2. Stretch to warm up
3. Keep talking during your work out
4. Add fitness challenges in small amounts only
5. Stretch to cool down

What about having fun?

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