

# 10 COMMANDMENTS 4 HEALTH



WEEK 3

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## The Human Body's Priorities

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### Oxygen and Diseases - what lack of O2 does to our body

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### How to fix the breathing issue?

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## Breathing

HEALING YOUR BODY ONE BREATH AT A TIME

I was talking to a very good friend of mine about my 10 Commandments, and she said: “You can’t tell people how to breathe!”

Well, I disagreed and explained that it’s essential because you can make any health condition worse by failing to breathe properly.

Knowledge is potential power and that will add power to peoples’ lives. My mission is to deliver the truth and assist people in taking back control of their health that will enrich their lives.

# The Human Body's Priorities

## OXYGEN TOPS THE LIST

The human body is designed to take in many different nutrients, but oxygen is so essential that our bodies mechanically acquire it without us even having to think about it.

Taking in oxygen causes our hearts, lungs, and circulatory systems to respond by carrying it through our bodies to give us enough energy to function. When we realize that trees convert carbon dioxide into the oxygen we breathe, preserving the environment against global warming and deforestation seems a whole lot more vital.

If you're ever stuck out in the wilderness, remember what survival experts call "the Rule of Threes." If you are in an extreme environment, like a blizzard or a desert, then you would have only three hours to survive without shelter. In three days, you would need water, or you would die. Surprisingly, you would be able to make it three weeks without food, although that would be the least fun three weeks of your slowly perishing life. Now here's the kicker: you would only be able to live for three whole minutes without oxygen. After three little minutes without oxygen, we'd be meeting our maker.

## Oxygen & Diseases

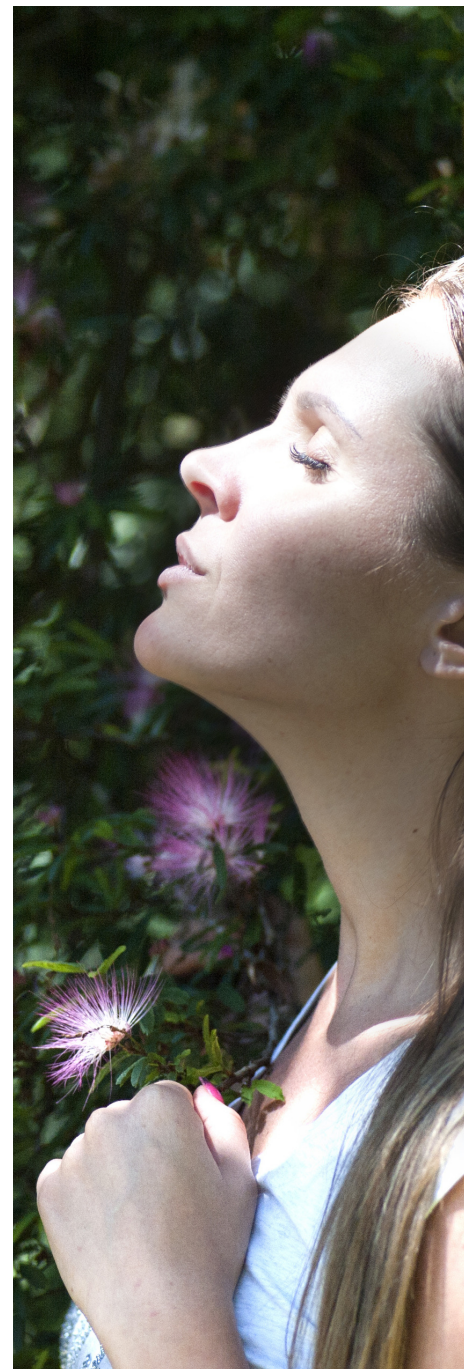
### WHAT LACK OF OXYGEN DOES TO OUR BODIES

So it is clear, then, that the body desperately needs oxygen much more than either water or food. Air has a significant effect on our health and metabolism. Sufficient oxygen is indispensable to a healthy life.

Research has shown that serious oxygen deficiencies are common and, not surprisingly, so are the diseases - like heart and lung problems - that are directly related to oxygen deficiencies.

For a long time, lack of oxygen has been considered a major cause of cancer. Even way back as 1947, a study done in Germany showed that when oxygen was withdrawn, normal body cells could turn into cancer cells. Similar research has been done with heart disease. It showed that lack of oxygen is a major cause of heart disease, stroke, and cancer.

*“Sometimes it's okay if the only thing you do today is breathe!”*



An editorial in the Journal of the Royal Society of Medicine suggested that fast, shallow breathing can cause: fatigue, sleep disorders, anxiety, stomach upsets, heartburn, wind, muscle cramps, dizziness, visual problems, chest pain and heart palpitations.

Scientists have also found that a lot of people who believe they have Heart Disease are really suffering from improper breathing.

***Oxygen Deficiency  
(Breathing Badly = Inviting Illness)  
Breathe Better or Stay Sick***

Older people and those whose arteries are clogged often become senile and vague because the supply of oxygen towards the brain is reduced. They get irritated very quickly. People who have sedentary jobs will tend to have oxygen-starved brains. Their bodies may well be just 'getting by.' They will often feel tired, nervous, irritable, and not very productive. On top of that, they may sleep badly at night, so they get a bad start for the next day, and this cycle continues.

This situation also lowers their immune system, making them susceptible to catching colds and allergies. Working in close quarters with other people for long periods of time will expose you to all kinds of germs, - just like flying long distance in an enclosed airplane. Don't we all know families where colds and other illnesses just go round from one member to the next?

## Why you are not getting enough oxygen

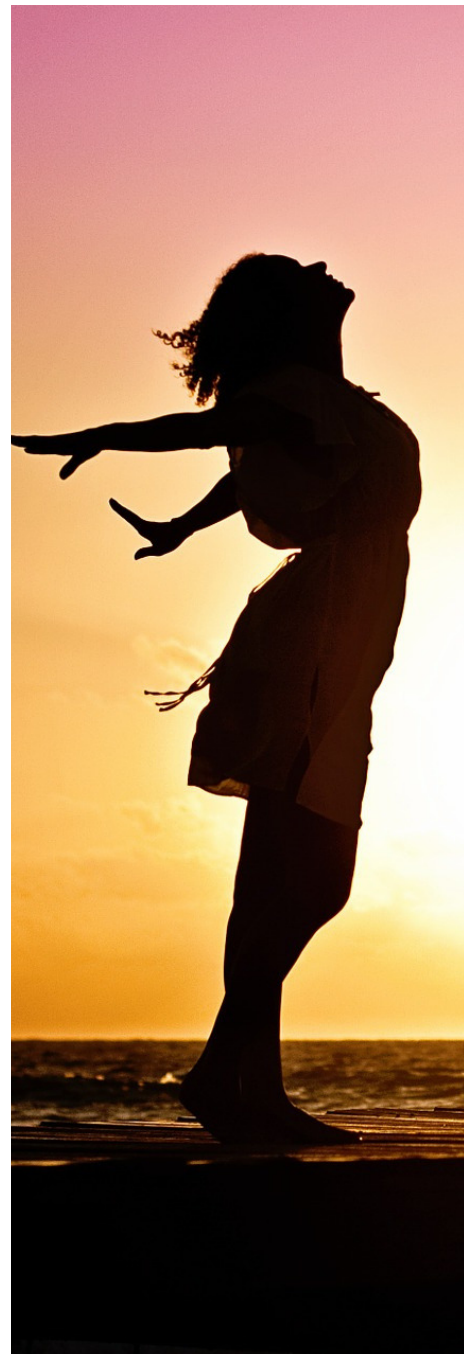
### THE ODDS AGAINST YOU

So you're probably wondering what's wrong with your current way of breathing?

Let's do a bit of detective work:

All too often, we only use about 20% of our lung capacity. This greatly restricts our potential to feed our cells with the energy they need. Remember, 90% of our energy comes from oxygen, and only 10% comes from food and water. That being said, our cells have the potential to be deprived of the health-boosting oxygen that we don't get if we breathe too shallowly.

“*He lives most life  
whoever breathes  
most air.*  
~Elizabeth  
Barrett  
Browning





What's worse is that major cities are flooded with polluted air and oxygen levels measure as much as 30% below normal. This is a huge problem that we are facing! It means that even if you live in an urban area, it will still be necessary to get yourself to a quiet space with this book to retrain your lungs to take in more of that essential element!

## Fixing the Problem

### HOW DO YOU CORRECT YOUR BREATHING ISSUE?

The body has miraculous ways of healing itself when you take care of it, so don't panic!

If you take your breathing seriously, along with the rest of my 10 Commandments, your immune system will protect you and keep bugs at bay.

### WHAT YOU NEED TO DO:

- \* **Practice deep diaphragmatic breathing regularly**
- \* **Increase our level of aerobic exercise.**

Your respiratory system can help you improve your health on a use-it-or-lose-it basis. The lungs deliver oxygen to your bloodstream, which makes proper breathing the most basic form of aerobics. In the tiny capillaries of the body tissues, oxygen is freed from the hemoglobin in the red blood cells and moves into every other cell in your body. Correct breathing is pivotal to better health, fitness, muscle strength, stamina, and athletic endurance.

Plus, the act of breathing helps in cleaning up your body. Up to seventy percent of elimination of toxins from your body is through breathing.

If you want to live the good life, disease free, be energetic and ready to tackle the world. Get moving and learn how to make the most of the air you breathe!

Live N.O.W.  
Skip

### WANT TO READ MORE?

The "10 Commandments 4 Health" is available here:  
<https://ke122.infusionsoft.com/app/storeFront/showProductDetail?productId=27>

***FACT: Seventy percent of waste is eliminated through your lungs just by breathing.***

