

## **Health for You: 18. Fresh Air; Healthful Clothing:**

### **Fresh Air:**

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." Genesis 2:7

"For the life of the flesh is in the blood:" Leviticus 17:11

There are two things in the Bible associated with life; the breath and blood and they are related, because the blood is what carries the vital gasses of the breath throughout the body to each living cell. The Most essential element to sustain life is oxygen.

- Without food you will die in a few weeks.
- Without water you will die in a few days.
- Without air you will die in a few minutes.
- Brain, Blood and cells are dependent upon oxygen.

Fresh air invigorates the vital organs and aids the system in ridding itself of accumulated impurities; it also brings life to the skin and has a decided influence on the mind. We now know that fresh air contains negative ions which help the immune system fight disease. Lack of fresh air causes specific problems such as fevers, colds, lung diseases, and reduced mental clarity.

"The stomach, liver, lungs and brain are suffering for want of deep, full inspirations of air which would electrify (notice those ions!) the blood and impart to it a bright, lively color, and which alone can keep it pure, and give tone and vigor to every part of the living machinery." Testimonies Vol. 2, pp. 67-68

In the morning, step outside or open a window and breathe deeply; then expel all the air in your lungs. Repeat this about 3 or 4 times. Have fresh air ventilation in your home day and night. If this is impossible where you live, try to move somewhere better and in the meantime look into having special charcoal air filters and ionizers in your home. Exercise in the open air will promote good circulation. Air is the free blessing of Heaven.

"In the matchless gift of His Son, God has encircled the whole world with an atmosphere of grace as real as the air which circulates around the globe. All who chose to breathe this life-giving atmosphere will live and grow up to the stature of men and women in Christ Jesus." Steps to Christ, p. 68

### **Your Lungs**

The inside of our lungs resembles a sponge. About 300 million tiny pockets (alveoli) provide over seventy square yards of surface area for the exchange of gases in and out of the blood stream. An adult breathes about 16 times per minute, taking in about one pint of air per breath. This intake adds up to about 2,000 gallons of air per day. During normal breathing this air travels at about 50 miles per hour, but during a sneeze or cough it can reach speeds of 750 miles per hour.

The maximum amount of air a person can inhale and exhale in one breath is called their vital capacity. A good vital capacity is related to a greater life expectancy. Several factors can affect a person's vital capacity: smoking, air pollution, posture, exercise, obesity, and habitual shallow breathing.

For the person who smokes, the dangers are listed on the cigarette packages; but sadly the poisons they are imbibing dull the mind's higher awareness and they seem blind to what the habit is doing to them. With every puff of smoke the air passageways narrow, making it more difficult to breathe. The cilia are paralyzed, thus preventing them from doing their job of cleansing the lungs. Mucus-clogged and irritated air passageways are ripe for emphysema and bronchitis. Carbon monoxide reduces the oxygen-carrying capacity of the blood which affects the function of every cell and organ including the mind. Nicotine constricts the blood vessels, elevates blood pressure and heart rate, and irritates the heart itself.

In pregnant women these poisons cross the placenta and harm the fetus. Cancer-producing tars blacken the lungs. Marijuana smoke has many of the same health-damaging effects, plus some that are unique. Its active ingredient, THC, stays in the body longer than any other drug. With continued use it builds up in the fatty tissues, especially in the brain, testes and ovaries.

Cigarette smoke is one of the main indoor-air pollutants. And these days the outdoors is at risk as well, as more stringent laws force smokers outside to smoke and blow their deadly fumes. The fronts of stores and public buildings are often an obstacle course to people especially sensitive to smoke. I often find myself grabbing a breath of air and trying to hold it while dashing to get into the smoke-free building. It is hard not to resent these public polluters of our right to breathe!

Those regularly exposed to second-hand smoke over an extended period of time are put at a significant risk for developing the same diseases and sharing the same physical impairments as the smoker. Small children, pregnant and lactating women, the elderly, and those with respiratory or heart diseases are most vulnerable and may not even be able to tolerate minimal exposure. These persons are also the ones most likely to be affected by other types of indoor pollution.

Bacteria, molds, fungi, house mites, and other disease-producing organisms have a hard time multiplying in rooms that are kept well-aired and sunned. By making sure your ceiling, walls, and floor are adequately insulated with non-toxic materials, so you can minimize unnecessary heat loss, you can maintain good air circulation in your home. Energy conservation need not be at the expense of one's health. To ensure a supply of fresh air while sleeping in bed and yet avoid drafts and getting chilled, open a window in another room and keep your bedroom door open to allow the fresh night air to enter.

Pure fresh air is very important to our wellbeing. That means good air with lots of oxygen. Walking in forests and nature is great. Do some deep breathing exercises daily, this is very helpful in the morning. Even in winter have windows open a little and air rooms daily. Avoid smoke, chemicals, room fresheners and aerosol sprays.

If you live in the city, the early morning hours usually have the cleanest air. It is also a good idea to take advantage of clear days by getting outdoors. The best way to escape air pollution is to live in the country. To give you an idea as to the potential differences in air quality, mid-Pacific ocean air contains about 15,000 particles per cubic inch of air as compared to 5,000,000 in big cities. You probably can't live in the mid-Pacific but compared to cities, country living is the wiser choice!

### **Negative Ions**

There is something else that makes fresh air fresh besides oxygen and the absence of pollutants, and that is the type of ionization in the air. Ions are tiny, electrified particles of matter. Fresh air may contain between 2-3 million ions in each breath, which is 5-10 times more than stale air. Oxygen usually carries a negative charge and carbon dioxide a positive charge. Aerospace research and experience has suggested that air ionization is in itself a health factor apart from the oxygen content alone.

We do not yet understand how it works, but numerous studies have associated negative ions, specifically negatively ionized oxygen, with several health benefits. These include an increased rate and quality of growth in plants and in animals, dilation of the air passageways and improvement in the cleansing action of the lungs, heart rate, blood pressure, and metabolic rate. Mentally, one can experience a sense of exhilaration, or become more relaxed. Hay fever and asthma symptoms lessen. Tumor growth was slowed in laboratory animals. Rats learned twice as fast. Positively charged air, on the other hand, produced the opposite responses and tends to be associated with headaches, dizziness, nausea, and fatigue.

Negative ions are lost as they adhere to walls, fabric materials, and air-conditioning ducts; tobacco smoke, smog and crowds of people tend to use them up too. Sunshine, living green trees, and the breakup of water droplets as occurs around waterfalls and the ocean surf, add negative ions back into the air.

### **Posture and Practices**

Now that we've cleared the air, there is one more thing to do, and that is to breathe properly. Breathe in and out through the nose as much as possible. The nasal mucosa moisturizes, filters, and warms the air as it is breathed in. As it is breathed out some heat and moisture is returned to the membranes to affect the next breath.

Oxygen is the most crucial element for our survival. We can survive weeks without food, days without water; but only minutes without oxygen. Yet because of shallow breathing habits we deny ourselves optimal levels of oxygen. Early signs of insufficient oxygen are impaired judgment and memory, dulling of intellect, and a tendency to impatience and irritability.

Many people are forced to stoop or sit for much of the day. This usually makes for poor posture and causes back problems; maintaining good posture, taking stretch breaks often, and getting exercise whenever you can, will help. Remember when walking, to visualize a string supporting you from the top of your head and thus avoid walking with shoulders slouched or your neck thrust forward thus interfering with breathing. After all, even if your nose does get there first, nothing much will be done until the rest of you arrives.

Aerobic exercise combined with stretching and muscle toning are aids to improving breathing habits and maintaining a strong set of lungs.

Tight clothing around the chest or abdomen, as well as restrictive clothing that does not allow the free movement of the arms above the head makes proper breathing difficult. It is better for women to avoid the unhealthful modern fashion of tight bras and wear a camisole or undershirt instead; more on this in the next topic.

Normal full breathing aids digestion by massaging the abdominal organs. Blood is assisted in its return to the chest by the negative pressure that is developed with each deep breath. This helps to reduce congestion and headaches, and the pooling of blood in the legs. Deep breathing improves blood oxygen levels, thus reducing the heart's workload. Deep breathing is more effective when one focusses on long deep exhalations forcing all the stale air out of the lungs before inhaling again.

A good habit to promote restful sleep, is to go outside in the fresh air for a stroll and take slow, deep, abdominal breaths just before retiring for the night; as we enjoy this time of relaxation, we can give thanks to our Creator God "that giveth breath unto the people." Remembering that "He giveth to all life, and breath, and all things." So, "let every thing that hath breath praise the LORD. Praise ye the LORD." Isaiah 42:5; Acts 17:25; Psalm 150:6

### **Dressing for Health**

Few realize how much our Clothing Affects our Respiration and Circulation! In all the dozens of health and diet sites I have perused, I have not seen this aspect commonly addressed. On these sites though I have seen a lot of semi-nude folk, especially on the sites slanted more to the 'New Age'. We need to look at our divine guidance and learn if nudity is equated with health and well-being. Here are some guidelines on dressing for health.

#### **Tight Bands**

Any bands that impede the circulation, leave a mark on the skin, or prevent entirely free motion of an extremity, are unhealthful. The most healthful clothing is suspended from the shoulders, rather than from tight bands around the waist. Care should also be used at such trouble areas as the neck, ankles, knees, thighs, and wrists. Shoulder straps of bras can cause a heavy, tiring weight. Test your clothing by lifting your arms straight up. The clothing should move upward with the arms. Examine your skin for marks from tight bands. Test the clothing over the thighs by taking giant steps; your clothing should not restrict your movements even with a long step. Men's pants that are too tight in the crotch endanger the delicate testes.

#### **Proper Clothing of the Extremities**

It is impossible to have the best of health if the extremities are habitually cold. The unequal circulation which results from clothing the trunk more warmly than the extremities, allows toxic materials to build up and create inflammation in the chilled extremities, as well as in the congested organs. Blood tends to pool in any area of inflammation. Excess blood in the head produces headaches, in the chest it produces coughs, various types of discomfort in the intestinal tract, and interferes with inefficient cleaning of the blood in the kidneys. The nervous system responds to messages from chilled areas with an alarm reaction.

#### **Pelvic Disease**

Much of the feebleness which is suffered by women is the result of improper clothing of the extremities. Congested circulation can lead to many problems of the female organs. During pregnancy the placenta may not get a sufficient circulation of blood. As a result of a sluggish exchange of blood, the development of the fetus may be retarded.

Vitality is expended unnecessarily to supply heat that is lost with insufficient clothing. Proper dress also demands warm underclothing. Absorptive cotton underclothing, not synthetic fabrics are required to

meet all the various needs of the body.

### **Other Organs**

If the breasts are more warmly clothed than the extremities, the resulting increased temperature makes them susceptible to various diseases, from inability to nurse one's infant, to cystic disease and various tumors. The normal temperature of the breast is several degrees below that of the surrounding skin. Mammary thermograms show an increased breast temperature in breast cancer and many benign lesions and other breast disorders.

The susceptibility to viral infections is greatly increased if the extremities are not kept warmly clad at all times. We have fixed macrophages (germ eating cells) in the skin which are important for combating disease. As the blood flows past these important structures, they assist in protecting against infection, particularly upper respiratory tract infections. Clothing the extremities properly helps the blood to circulate past the macrophages so that protection is enhanced. We may lower the body's resistance to viral disease by improperly clothing the extremities.

### **Shoes**

Shoes should be roomy, with low heels, and should not require gripping the toes in order to maintain the position of the shoe on the foot. A strap or tie which keeps the shoe on, and allows ample room for the toes, is the most healthful shoe. Remember to buy larger shoes in winter to accommodate woolen winter socks.

### **How to Keep Cool**

A. Dress against the heat.

1. Protect the skin from the direct rays of the sun with loose, cotton clothing that fully covers the arms and the legs. In countries where the weather is very hot, clothing is best loose fitting and that covers the body well.
2. Choose light colors that reflect the heat and thus keep the body cool.
3. Wearing long sleeves, in summer and winter, helps balance circulation and actually feels cooler in summer.

B. Keep the head cool while in the sun by wearing a sun hat, avoiding extreme activity in the midday sun when possible and by drinking plenty of water to promote good hydration and free sweating.

C. Eat lighter foods, emphasizing fresh fruits and vegetables and using them mainly raw.

D. Water. Perspiration can be promoted by drinking plenty of water. The skin and the lungs, which are the natural temperature controls of the body, are more efficient when an abundance of water is taken in.

### **Baby's Clothing**

Babies experience much discomfort because of improper clothing. Many fretful babies are uncomfortable because of being handled on their bare skin, particularly in hot weather when a parent's hands may be sweaty and salty and make the baby's skin uncomfortable. In hot weather, a light, soft, loose cotton garment that covers the entire trunk and upper arms and thighs will be most comfortable.

Chilling of the baby's extremities may cause congestion in the abdomen, where even a tablespoon of extra blood may distressfully crowd the organs. If the baby is also wearing clothing with tight bands, either around the abdomen or thighs, the stage is set for colic.

### **Brassieres:**

I once read the account of some missionaries that went to a primitive tribe, I believe it was somewhere in the Pacific Islands, where the people wore very little clothing. When the people assembled to greet the visitors, they were startled and chagrined to see that the men were all wearing wooden sheaths over their male members, which gave them a most vulgar and weird appearance. When they questioned them about this, they learned that this was the custom of the men to wear these sheaths and not to do so was considered improper. With patient education the men gave up this custom for a more modest solution to their dress code.

We may laugh at these folk; but did you know that the first modern bra was invented by a New York socialite named Mary Phelps Jacob way back in 1913. The purpose was to accentuate the female breasts for a more 'sexy' appearance. A bra, far from being modest, is like those native men's penis sheaths, it serves to accentuate the sexual organs, in this case the female breasts and attract men's eyes to them. It is not 'natural' or modest to go around with the breasts sticking out front like cowcatchers on an old train.

Breast cancer is a major concern; there have been many factors shown to have a bearing on breast cancer risk. One of the lesser known facts that have been clearly demonstrated in research is that a woman's risk for breast cancer increases dramatically according to how often she wears a bra. In fact the correlation between breast cancer and the wearing of bras is much stronger even than that between smoking and lung cancer.

When the human body was designed, men's testes and a woman's breasts, both types of glandular tissue; were placed where they would be cooler than the main part of the body. Keeping them wrapped and padded and so increasing their heat, is conducive to congestion and inflammation. Also the chest area is set up with an efficient lymphatic drainage system and lymph nodes where the immune system filters out and destroys invading organisms and aberrant cells. When a tight band is placed around the chest and particularly around the breasts, then that free circulation is curtailed and stagnation and blockages occur. Take a good look at the following article:

### **How Bras Are Linked To Breast Cancer**

Remember when you were told tobacco was safe? Remember when you were told fast foods were healthy? Have you been told that bras are good for you? Well, it seems the truth is out there, and it's something we all need to hear.

Many allopathic medicine advocates say that bras causing breast cancer is just a myth. It is true that bras do not cause breast cancer per se, but they are linked to its formation, since they can prevent your body from excreting dangerous cancer-causing chemicals. The main reason why bras are bad for breast health is because they restrict the lymph flow in your breasts. There are numerous lymph pathways and lymph nodes in the armpits, under the breasts, and in between the breasts. Normally the lymph fluid washes waste materials and other toxins away from the breasts, but bras (and especially underwire and push-up bras) inhibit this action, so toxins can start to accumulate in the

breast, and that can help cancer to develop. In other words, bras inhibit the way our bodies normally cleanse themselves and get rid of cancer cells and toxins like PCBs, DDT, dioxin, benzene and other carcinogenic chemicals that cling to the body's fatty tissues like in the breast. In fact, if you find a lump in your breast, it may very well be filled with lymph fluid that was not able to move away from the breast tissue.

Bra wearing may also be connected to cancer in other ways. Wearing bras slightly increases the temperature of the breast tissue, and women who wear bras have higher levels of the hormone prolactin. Both of these may influence breast cancer formation. The first comprehensive study on this subject was done by medical researcher Sydney Singer, after his wife Soma Grismaijer discovered a lump on her breast. She got rid of hers in two months by quitting bra wearing, doing regular breast massage and exercise, drinking only purified water and taking some herbs and supplemental vitamins and minerals.



Singers noticed that the Maoris of New Zealand integrated into white culture have the same rate of breast cancer, while the marginalized aboriginals of Australia have practically no breast cancer. The same was true for “Westernized” Japanese, Fijians and other bra-converted cultures. In the early 1990s Singers studied 4,500 women in 5 cities across the U.S. about their habits in purchasing and wearing bras. Though his study did not take into account other lifestyle factors, the results are too striking to be denied:

3 out of 4 women who wore their bras 24 hours per day developed breast cancer.

1 out of 7 women who wore bras more than 12 hour per day but not to bed developed breast cancer.

1 out of 152 women who wore their bras less than 12 hours per day got breast cancer.

1 out of 168 women who wore bras rarely or never acquired breast cancer.

So the difference between 24 hour wearing and not at all was 125-fold! The lymphatic system in the breast only develops fully during pregnancy and breastfeeding, so women who wear bras every day and postpone having children, and those who do not breastfeed, could be at higher risk of breast cancer. Be sure to visit <http://www.brafree.org>

Here is what they say: “This web site isn't about women's liberation. It's about liberating women.

“We're not anti-bra. We're pro-breast.

“We believe healthy breasts can support themselves, free of wires and hardware.

“We believe there are no known health benefits from wearing bras — but there are disturbing parallels between wearing bras and the incidence of fibrocystic disease and breast cancer.”