

Created Whole, with a Warrantee: Part 13:

Jesus Christ Maketh Thee Whole! Acts 9:34

Fresh Air

"And God called the firmament Heaven." Genesis 1:8

"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.

"Encourage the patients to breathe the fresh air. Teach them how to breathe deep and how to exercise their muscles. Teach them to use the abdominal muscles in breathing. Encourage them to spend much time in the open air. . . Use nature's remedies,--water, sunshine, and fresh air. Do not use drugs. Drugs never heal; they only change the features of the disease." Paulsen Collection 17.

"In the building of houses it is especially important to secure thorough ventilation and plenty of sunlight. Let there be a current of air and an abundance of light in every room in the house. Sleeping rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine." Ministry of Healing 274.

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 slowly. Have fresh air ventilation in your home day and night. 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

God's Way School of Health

air per day. 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 even 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 (tiny sweepers) 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.

Keeping your air fresh requires keeping your home and its surroundings clean. If sources of odor or piles of decaying matter are in your area, clean it up. If it is a neighborhood problem, see if other will join with you in the project for the sake of health and a happier home environment for all.

“Every form of uncleanness tends to disease. Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing unclean or decaying should be tolerated within the home. In towns or cities regarded perfectly healthful, many an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder. Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home.” MH 276.5

Bacteria, molds, fungi, house mites, and other disease-producing organisms have a hard time multiplying in rooms that are kept well-aired and sunned. 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, perfumes, 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. Perhaps this is why for centuries people who were chronically ill often found improvement when advised to vacation by the sea or out in nature.

Actual tests have shown that daily walking in the fresh air and sunshine is far more effective in relieving depression than any medication.

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, using the abdominal muscles. 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. The habit of mouth breathing actually promotes lung disorders such as asthma, and people have gotten well just by breaking the habit of breathing through the mouth.

Oxygen is the most crucial element for our survival. 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.

"In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep.

"The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of the practice so common, especially in sedentary pursuits, of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand. A similar effect is produced by tight lacing [clothing]. Sufficient room is not given to the lower part of the chest; the abdominal muscles, which were designed to aid in breathing, do not have full play, and the lungs are restricted in their action.

"Thus an insufficient supply of oxygen is received. The blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease.

"The lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air. Impure air does not afford the necessary supply of oxygen, and the blood passes to the brain and other organs without being vitalized. Hence the necessity of thorough ventilation. To live in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system. It becomes peculiarly sensitive to the influence of cold, and a slight exposure induces disease. It is close confinement indoors that makes many women pale and feeble. They breathe the same air over and over until it becomes laden with poisonous matter thrown off through the lungs and pores, and impurities are thus conveyed back to the blood." MH 272-274

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.

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.

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 slowly 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

Here are more thoughts on Fresh Air benefits:

The Invisible Disease Remedy

Do you remember the first thing you did when you were born? Breathe for air. Man may live 5-6 weeks without food, a few days without water, but only a few minutes without air. Our body's most important nutritional requirement is not protein, carbohydrates, or even water – it is oxygen! Just as fire in a furnace cannot be kept up without enough air to supply the necessary amount of oxygen to the flames, so the fires of life in the body cannot be maintained without an abundance of oxygen in the body. The way we breathe can substantially affect how we look, feel, resist disease, and even how long we live.

In order to have good blood, we must breathe well. Full, deep inspirations of pure air fill the lungs with oxygen; purify the blood, sending it as a life-giving current to every part of the body. Good respiration soothes the nerves; stimulates the appetite; renders digestion more perfect; and induces sound, refreshing sleep.

Fresh air will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food. They will do better, and will recover sooner, if deprived of food, than when deprived of fresh air. An

outdoor life amid natural surroundings would work wonders for many a helpless and almost hopeless invalid. Some diseases can be cured most of all through proper air. Thousands have died for want of pure water and fresh air who might have lived.

Good posture aids breathing

The lungs can expand properly only when a person sits and stands straight because otherwise the sacs in the lungs that take in the air will be compressed. If lungs do not get enough air, the blood does not get enough oxygen; in turn, everything does not function as efficiently as it should. Practice how to sit and stand straight – head high, shoulders down, chin in and back straight.

On the surface, it would appear that when you take a breath, the air goes in and immediately bounces back. Actually, only about 1/7 of the air in the air cells of the lungs is replaced with each breath. It is important to do deep breathing exercise daily. In the morning before breakfast; take a slow, deep breath to full expansion, hold, then exhale slowly and completely, and hold that. Repeat this 10 times. This helps the circulation and gets toxins out of the system.

In breathing, many use the upper part of the lungs, throat, and upper chest muscles only; for best health, use the diaphragm and abdominal muscles in respiration. One of the best ways to learn proper abdominal breathing is to lie flat on one's back and place your hand on your stomach. As you breathe in deeply your hand should rise. This exercise should be practiced until your abdominal muscles automatically rise each time you breathe, all the time. This indicates that the entire lung is expanding, with emphasis on the lower portion of the lung and abdominal area.

Be outdoors as much as possible, and exercise outdoors if possible. In the home it is important to secure thorough ventilation and plenty of sunlight. Keep proper ventilation in mind wherever you are, home, work, school, etc. Air must circulate to be kept free from poisons.

Breathe fresh air while sleeping – open the windows. Even on cold winter nights, double the blankets but keep the windows open a little. Air the bedrooms daily with the windows open. When we sleep in an ill-ventilated room we will awake feeling feverish and exhausted. This is because the vital air was excluded, and our entire system suffers in consequence.

Do not smoke tobacco; avoid second-hand smoke too. Our skin breathes, so try to wear only natural material (cotton, linen, silk or wool) on everything that touches the body so that it can breathe without impediments. Avoid breathing fumes from chemicals, cleaning solutions, solvents, paint removers, insect sprays, and deodorants. The best air is at beaches, oceans, waterfalls, thunderstorms, forests, and in sunshine; all these natural environments electrically charge oxygen molecules to negative ions which are health-giving. Air from air conditioners is not the best, because it is positively ionized.

Be sure to keep your feet warm day or night; this avoids forcing the blood back, impairing circulation and causing congestion in the body. If your room is cold at night, wearing cotton or wool socks to bed can improve circulation.

How does breathing correctly help me?

If an insufficient supply of oxygen is received through shallow breathing, the blood moves sluggishly. The waste, poisonous matter, which should be thrown off in exhalations from the lungs, is retained and the blood becomes impure. Not only the lungs, but the stomach, liver and brain are affected. The skin becomes sickly and digestion is retarded. Oxygen deficiency in the cells is known to cause cancer. Experiments have proven that cancer cells cannot live in blood that is well oxygenated.

Air should not be regarded as an enemy, but a precious blessing. Many labor under the mistaken idea that when they have a cold, they must carefully exclude the outside air, and increase the temperature of their room until it is excessively hot. The system becomes deranged and the pores closed by waste matter. And the

internal organs suffer more or less inflammation, because the blood has been chilled back from the surface and thrown upon them. At this time, of all others, the lungs should not be deprived of pure, fresh air. If pure air is ever necessary, it is when we are ill.

Many families suffer with sore throat, lung disorders and liver complaints, brought upon them by their own course of action. They breathe the same air over and over again, until it becomes impregnated with poisonous impurities. Those who thus abuse their health must suffer disease.

More about Trust in Divine Power:

Trust in Divine Power, is the central core of God's special Laws of Health. In fact a little consideration will show that it is present in each of the other laws and is the foundation of all of them. Today we are going to see how faith fits in with wholeness.

In order to really Trust someone you must first find out if they are trustworthy. Then once we trust them we will believe what they tell us. It is not enough to believe there is a God, to believe He exists. We are told that:

James 2:19 "Thou believest that there is one God; thou doest well: the devils also believe, and tremble. 20 But wilt thou know, O vain man, that faith without works is dead?"

When we really believe in God, we will know that He means what He says and we will act on His Word.

"When we learn the power of His word, we shall not follow the suggestions of Satan in order to obtain food or to save our lives. Our only questions will be, What is God's command? and what His promise? Knowing these, we shall obey the one, and trust the other." Desire of Ages pg 121.

You may consider that Trust in Divine Power is another term for 'Faith' and that would be correct. There are many uses of the term 'faith' but the inspired definition is:

"Faith is trusting God--believing that He loves us and knows best what is for our good. Thus, instead of our own, it leads us to choose His way. In place of our ignorance, it accepts His wisdom; in place of our weakness, His strength; in place of our sinfulness, His righteousness. Our lives, ourselves, are already His; faith acknowledges His ownership and accepts its blessing. Truth, uprightness, purity, have been pointed out as secrets of life's success. It is faith that puts us in possession of these principles." Education 253 (1903).

"Living faith unlocks heaven's storehouse and brings the power, the endurance, the love so essential for the Christian soldier." Upward Look 154.

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones. Proverbs 3.5-8

Who is the Great Physician?

"Who forgiveth all thine iniquities; who healeth all thy diseases;" Psalm 103:3

"Now when the sun was setting, all they that had any sick with divers diseases brought them unto him; and he laid his hands on every one of them, and healed them." Luke 4:40

From whom does all healing come?

"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandment, and keep His statutes, I will put none of the diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Exodus 15:26

"Trust in the Lord with all thine heart, and lean not unto thine own understanding....it shall be health to thy navel, and marrow to thy bones." Proverbs 3:5, 8

What is His desire for your life?

"Beloved, I wish above all things that you may prosper and be in health, even as your soul prospereth."
3 John 2

"Thou shalt therefore keep the commandments...which I command thee this day, to do them...and the Lord will take away all sickness and will put none of the evil diseases of Egypt...upon thee."
Deuteronomy 7:11, 15

Does He want our complete restoration?

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thessalonians 5:23

Does a lack of trust create a negative influence?

"But without faith it is impossible to please Him: for he that cometh to God must believe that He is, and the He is a rewarded of them that diligently seek Him." Hebrews 11:6

"A merry (joyful) heart doeth good like a medicine: but a broken spirit drieth the bones." Proverbs 17:22

"A sound heart is the life of the flesh; but envy the rottenness of the bones." Proverbs 14:30

Remember, worry, stress, anger and depression bring decay, disease, and death. The immune system is strengthened by trusting God and "casting our cares upon Him."

The foundation of all health is in the acceptance of the blessings which the Creator has provided for us. Foremost of these is the privilege we have of choosing our Saviour to be our Guide as well as our Great Physician. In fact, the divine purpose of our physical healing is to make us more inclined to accept the spiritual healing Christ longs to perform upon our hearts.

There is an inexpressible peace that comes to one who has learned to trust in God and to lay all things in His hands. In Matthew 11:28 Jesus says, "Come unto Me...and I will give your rest." Rest from sorrow, rest from fear, and rest from insecurity. But first we must come to Him as our Great Physician. We must trust Him before we can understand and reveal His wisdom and love. Then let us resign ourselves to do His will, and endeavor faithfully to follow every instruction He gives, for when we come to God, we must be willing to acknowledge and accept His ways as best for us, and follow them, regardless of our own personal preference and prejudices. There may be times when we may not discern His wisdom in certain events, but it is on these occasions that we especially honor Him by our faith. By being obedient to Him in those things which He asks of us--be it in the physical or spiritual realm--we shall discover that He is guiding us on our way to peace, joy and complete healing.

"Keep your wants, your joys, your sorrows, your cares, and your fears before God.... 'The Lord is very pitiful and of tender mercy.' James 5:11. His heart of love is touched by our sorrows and even by our utterances of them.... Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy, cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. 'He healeth the broken in heart and bindeth up their wounds.' Psalm 147:3." Steps to Christ, p. 100

"Through nature and revelation, through His providence, and by the influence of His Holy Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him. In order to have spiritual life and energy, we must have actual intercourse with our heavenly Father...

"Prayer is the opening of the heart to God as to a friend.... Prayer does not bring God down to us, but brings us up to Him.

God's Way School of Health

"He [Jesus] found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer." Steps to Christ, pp. 64, 65

"Behold, I stand at the door and knock: if any man hear My voice, and open the door, I will come in and sup with him, and he with Me." Revelation 3:20

May we never forget:

"And the Lord commanded us to do all these statutes, to fear the Lord our God, for our good always, that He might **preserve us alive**, as it is at this day." Deuteronomy 7:24

For more information visit: www.hygienic-healing.com or call : 263 773 811 793

Let's have a True-False Quiz: circle T or F. The answers are found in this article and in next week's lesson.

1. Air from an Air-conditioner is best for our health. T F
2. It is not good to keep the room very hot when a person is ill. T F
3. Exercise is better done indoors in gymnasiums. T F
4. Fresh Air and Sunshine are enemies to bad germs and friends to Health. T F
5. My posture, how I sit or stand has no effect on my health. T F
6. We need to keep our homes clean and also remove any foul or decaying matter away from our homes. T F
7. I can't be harmed by tobacco smoke as long as I am not smoking myself. T F
8. In most cases country air is better than city air for our health. T F
9. Walking in nature is good for our physical and mental health and happiness. T F
10. Our most essential nutrient is Oxygen. T F

We are not doctors nor make claims in this regard. The information presented is for educational purposes in relation to mental, physical, spiritual health and well-being. It is not intended to diagnose any physical or mental condition, or to prescribe any treatment. It is not intended to substitute for the advice and treatment of licensed professionals.

For more information visit: www.hygienic-healing.com