

"Food for Thought"

Volume 1, Issue 1 (February 2014) - [Issue 2](#) - [Issue 3](#) - [Issue 4](#)

Welcome to the first issue of "Food for Thought," which provides you with a menu of specially selected items designed to satisfy your intellectual hunger for information that nourishes your mental, emotional, and physical health, inspires insight, answers questions, and clarifies issues of vital concern to us all in this increasingly complex contemporary world. In this periodical bulletin, I endeavor to render scientific data in a form that is easy to digest, quick to assimilate, and immediately beneficial to your overall well-being, without causing semantic indigestion.

Let's start with an appetizer of assorted remarks about magnesium, the "magnum mineral" that keys over 350 vital enzymatic functions in your body. First and foremost, it's important to use the form of magnesium that your cellular fluids easily recognize and like best, which is magnesium chloride, the form found in sea water. Other forms of magnesium such as magnesium sulfate (Epsom salt), magnesium oxide, magnesium citrate, etc. each have their own specific uses, but magnesium chloride is the most important form of them all, because that's what most readily penetrates and nourishes your cells. My favorite source of this mighty mineral is "Ancient Minerals" brand, which is extracted from a 250 million year old seabed that lies 2,000 feet deep in the earth below Holland. You can order

various magnesium chloride products from these sources:

magneticclay.com

in America and

rejuvehealth.com

in Australia.

The best way to assimilate magnesium is transdermally, via the skin, which is far more efficient than orally administration. Try spraying magnesium chloride oil onto your skin before or after a shower, or use it as an excellent under-arm deodorant. You may also rub it into your scalp, where it absorbs quickly and helps promote hair growth. The crystal bath flake form may be used to prepare our popular "Magnum Bath," either for full body immersion in a bath tub, or the more convenient foot bath in a bucket. For a full bath, add 2-3 cups of bath flakes and 1 cup of baking soda to a tub of hot water and soak in it for half an hour. For a foot bath, use 1/3 that amount. If you have trouble falling asleep and staying asleep at night, try the foot bath at bed time. You may find yourself snoozing before you get your feet out of the bucket.

The fluid magnesium chloride oil may also be added to drinking water as a quick and easy way to increase cellular magnesium levels. Add 7-8 sprays (about 1/3 tsp) of mag oil to a 12 ounce glass of pure water, 2-3 times daily. Taken first thing in the morning, it promotes cellular energy production. At bed time, it helps promote better sleep by relaxing the muscles, calming the nerves, and fueling the brain's nocturnal neurology.

We all know that oxygen is an indispensable ingredient in the menu of life, and that without it our cells would starve to death within a matter of minutes. What most people don't realize is that various common factors of daily life, such as sedentary lifestyles, shallow breathing, air pollution, air-conditioning and central heating, chronic stress, and the aging process, can cause a critical deficiency of cellular oxygen in every tissue of the body, impairing all of our vital functions and contributing to a wide range of common degenerative conditions. Rarely do doctors trace these problems to oxygen deprivation. Instead, they prescribe drugs to suppress the symptoms caused by insufficient oxygenation of the cells in the heart, liver, kidneys, brain, and other vital tissues.

It's also important to note that getting a blood test that proves you have "normal oxygen levels" in your bloodstream does not mean you are getting sufficient oxygen delivered into your cells. Almost everyone gets plenty of oxygen into the bloodstream simply by breathing, but most of us don't get nearly enough oxygen delivered effectively from the bloodstream into the cells. A common reason for this problem is insufficient levels of carbon dioxide, which is the indispensable element that allows hemoglobin in the blood to release its rich payload of oxygen into the cells of all tissues. This information comes as a big surprise to most people, who assume that carbon dioxide is simply a metabolic "waste product" that needs to be disposed as fast as possible through the lungs. Due to rapid, shallow breathing as well as excessive mouth exhalation, most people excrete carbon dioxide far too fast, resulting in a critical shortage of this vital gas, which in turn traps oxygen in the bloodstream, thereby starving oxygen-hungry cells of sufficient oxygen to function properly.

One way to preserve sufficient supplies of carbon dioxide is to breathe properly. Long slow inhalations and exhalations through the nose, while engaging the diaphragm to draw the breath deep down into the lungs, is the correct way to breathe. Strictly avoid panting and mouth exhalation, which expels all residual supplies of carbon dioxide from the lungs. When exercising, take a break when your breath becomes rapid, shallow, and strained, and make sure you don't start breathing through your mouth.

Another way to increase the level of carbon dioxide in your bloodstream is to add 1/2 tsp of baking soda to a glass of drinking water 1-3 times daily, depending on your requirements. For convenience and even better results, baking soda (sodium bicarbonate) and magnesium chloride may be added together in the same glass of water. When ingested with water, sodium bicarbonate produces carbon dioxide in the stomach, which is swiftly absorbed into the bloodstream. In addition, to enhancing the release of oxygen from blood to cells, both baking soda and magnesium chloride help maintain optimum alkaline pH levels in the bloodstream.

Recently, an easy and highly effective new therapy has been designed to correct long-term damage to the vital organs and cure chronic degenerative diseases caused by years of insufficient cellular oxygenation of the bodies vital tissues. Known as "Exercise With Oxygen Therapy" (EWOT) or "Multi-Step Oxygen Therapy," this protocol is simple, safe, and convenient to do at home. All you need is an oxygen generator, oxygen mask, and either a treadmill or rebounder to provide stationary exercise. In addition, you take a couple of supplements that enhance assimilation of oxygen into the bloodstream.

Breathing pure oxygen while exercising super-oxygenates the bloodstream, while the carbon dioxide produced by the exercise allows the quick and efficient release of the oxygen from the hemoglobin in the capillaries into the cells of all tissues. Moreover, the benefits of doing an 18-day, 36 hour program persist for months and even years after the practice, often completing curing longstanding ailments,

repairing what otherwise would have been permanent damage to the organs, and reversing many chronic conditions associated with aging.

To find more information on this rejuvenating therapy and source the required items, log onto this website: www.ewot.com

For dessert, let's take a quick look at another gaseous element of vital importance to cellular health: hydrogen. Hydrogen is the lightest, most abundant element on earth, but few people realize that it's also a vital nutrient for optimum cellular metabolism, and that deficiency of hydrogen within the cells, particularly the cellular power houses known as mitochondria, results in chronic deficiency in cellular energy production throughout the body. This in turn leads to fatigue, impaired immune function, sluggish metabolism, and depression.

One popular supplement that feeds hydrogen as well as oxygen into the cells is "Cell Food," which is made from what is known as "heavy water." Cell Food works by breaking down some of your body's own internal water (H₂O) into its constituent double hydrogen and single oxygen molecules, thereby releasing these two vital elements for utilization within the cells. For more detailed data regarding the importance of molecular hydrogen for optimum cellular function, have a look at this website: www.molecularhydrogenstudies.com

That should be enough food for thought to fill your cerebral belly for today. Chew it slowly and allow it to digest completely, then put it to practical use as fuel for a better, fuller, more powerful life.

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