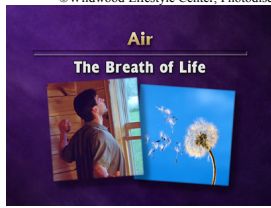


Air—The Breath of Life

©Wildwood Lifestyle Center, Photodisc



1

Air is vital to each of the trillions of cells that make our body. Today's talk will look at ways in which we can maximize the benefits of air—the breath of life.

©Kauai Fine Arts www.brunias.com



2

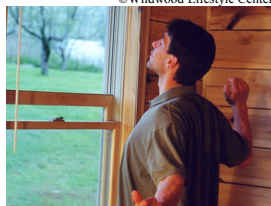
In 1875 a group of explorers launched a hot air balloon called Zenith. Their goal was to set a world record by reaching the highest altitude levels ever attempted. They succeeded by reaching...



3

...28,000 feet (8,600 meters), but of the three men manning the balloon two died due to a lack of oxygen.

©Wildwood Lifestyle Center



4

This tragic experience was a solemn reminder that a person can live for...



5

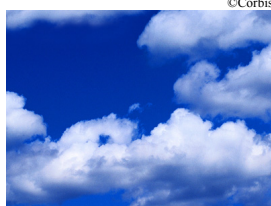
...weeks without food, for days without water, but only minutes without adequate oxygen. It is a basic ingredient to life's existence.

Weeks without food

Days without water

Minutes without oxygen

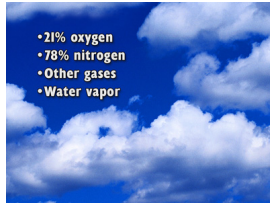
©Corbis



6

When we think of **air** we think of oxygen, but air is only...

Air—The Breath of Life



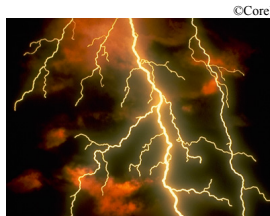
7

...21% oxygen,
with the majority being 78% nitrogen,
and traces of other gases and water.



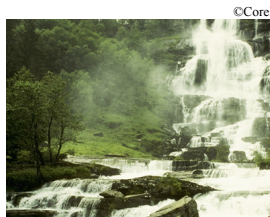
8

Air quality can vary greatly. Clean, fresh air comes from the purifying action of nature itself.



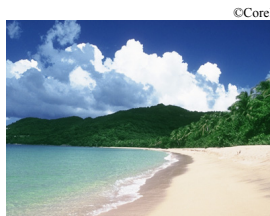
9

Air is purified and energized by storms and lightning,



10

...by green plants, trees and running water...



11

...and by sunshine, oceans and sand.



12

But unfortunately, clean air often becomes **polluted**.

Industries, vehicle exhaust, and smoke are the main contributors to polluted outdoor air.

Air—The Breath of Life



They add gases, acids, dirt, dust, germs and ozone to the air.¹

- Gases
- Acids
- Dirt
- Germs
- Ozone

These foreign substances burden the whole body, especially the respiratory tract.



Some of the body's reactions to air pollution include,



burning eyes, runny nose, headache, coughing, fatigue, negative emotions, and even some diseases.

- Burning eyes
- Runny nose
- Coughing
- Headache
- Fatigue



The exhaust fumes from this vehicle are visible, but **most** pollution comes from invisible gases.



Vehicle pollution affects the respiratory tract, making it more susceptible to the pollens that cause hay fever and asthma attacks. Pollution also changes the pollen itself, making it more irritating.²

Air—The Breath of Life



We can try to protect ourselves by using masks. This method won't keep out the gases, but it does help filter out the dust, dirt and germs. In some countries it is common to wear surgical masks in heavy traffic.



Worldwide, respiratory problems such as...



asthma, allergies, bronchitis and emphysema are increasing at an alarming rate, especially in urban areas.



Indoor air can also become **polluted, stale**, and dangerous. This is usually because of re-breathing the same air over and over, in a room or vehicle, with limited ventilation.



Buildings, old or new, both commercial and residential, that are poorly ventilated may harbor dangerous air. We say they have "Sick Building Syndrome." Let's look at some of the possible causes.



Fireplaces, gas and kerosene stoves or other portable heating systems can produce poisonous gases.

Air—The Breath of Life



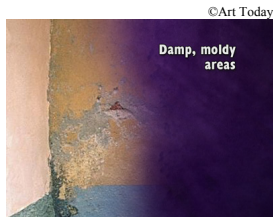
24

Open flames for cooking and heating give off the most toxins. They can damage the respiratory tract, trigger asthma and even interfere with brain function.



25

The air from musty, dusty bedding, fabrics, wall coverings, upholstery, and carpet can also be irritating to some people.



26

When buildings are damp, due to poor drainage around the house or a lack of air circulation, mold and fungus may grow. These can cause illnesses like respiratory problems or even arthritis.



27

How can you protect yourself and your family?



28

Move to the country

Consider moving to a less polluted place. Remember, it is nature itself that helps to clean and revitalize air.



29

Circulate fresh air

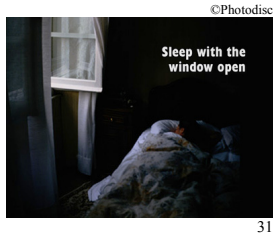
Air out your home at least once daily. If smog is a problem, air your home in the early morning or after sundown. Keep at least two windows open for cross ventilation. In the winter it may seem a waste of heat, but you will be rewarded with better health.

Air—The Breath of Life



Use houseplants

Bring nature inside by keeping houseplants. One plant helps to cleanse about 100 square feet of air space.³



Sleep with the window open

Sleep with an open window. You'll wake up feeling more refreshed.



Use air conditioners wisely

If air conditioners are used, set them to bring in at least a third of the air as fresh air. Clean the air ducts and filters on your cooling and heating system regularly.



Vent appliances

Be sure to vent to the outside all gas, oil, kerosene, wood or coal burning appliances. Smoke or fumes contain dangerous gases.



Ban indoor smoking

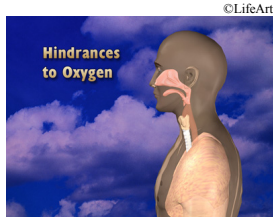
Ban smoking indoors and avoid side-stream smoke. Tobacco smoke contains hundreds of toxins which are dangerous not only to the one smoking, but to others breathing the smoke as well.



Eat protective foods

Eating protective foods will help prevent the damaging effects of pollution on the body, especially in the lungs. Some of the most protective foods are the rich reds, leafy greens, blue-purples and deep orange-colored plant foods. Be sure to get some at each meal.

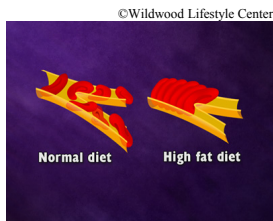
Air—The Breath of Life



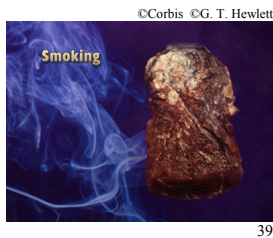
There are several factors that hinder oxygen supply to the body:



Eating high-fat foods can reduce the oxygen level in our blood.



Notice the difference between these two pictures. After eating food that is high in fat, the blood is thicker and tends to clump together. It can no longer carry oxygen into the smaller arteries as efficiently.



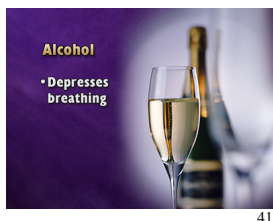
Smoking

This smoker's lung is polluted with tar and smoke. Obviously, any exchange of oxygen is going to be somewhat impaired. At the same time, the blood vessels throughout the smoker's body were constricted because of the nicotine in the tobacco. This limits the circulation of the blood needed to nourish the cells and keep them healthy.



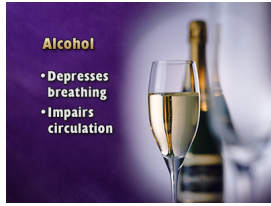
Alcohol

Consuming alcohol also hinders oxygen supply in two ways:



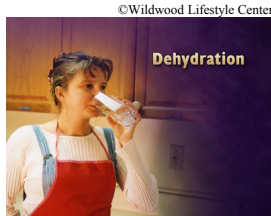
it depresses breathing and

Air—The Breath of Life



42

impairs the circulation.



©Wildwood Lifestyle Center

43

Dehydration

Not drinking sufficient amounts of water keeps the blood from flowing freely and allows impurities to accumulate.



©Chris Brevig

44

Tight clothes, belts or waistbands restrict the lungs from expanding fully and hinder healthy circulation, thus decreasing the delivery of oxygen to the body.

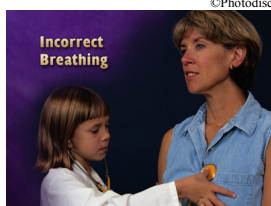


©Photo Alto

45

Poor Posture

People with poor posture tend to slump. This prevents the lungs from expanding fully and starves the vital organs of their essential oxygen supply.



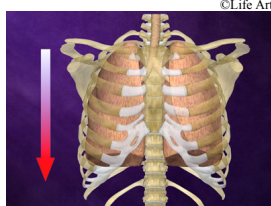
©Photodisc

46

Incorrect breathing

Babies automatically breathe correctly, but many adults don't; they use only the **top** part of the lung.

Check yourself.

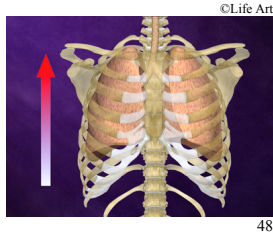


©Life Art

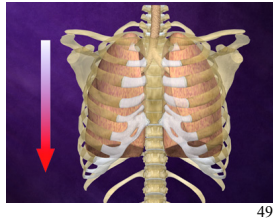
47

The abdomen should move out, filling as you breathe in. Next,

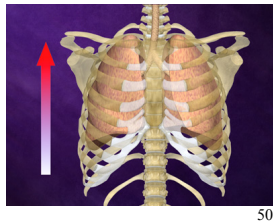
Air—The Breath of Life



...when you exhale, exhale fully, emptying the lungs as much as possible.



Now inhale deeply once more. Finally,



...exhale fully.



Take some deep breaths when you wake up in the morning and several times during the day. When you feel fatigued, and after sitting for more than 30 minutes, stand up and take time for several deep breaths; you'll find it refreshing.



Singing and playing wind instruments are excellent ways of increasing oxygen exchange and invigorating the entire system.



Enjoy nature's threesome: fresh air, sunshine and exercise. These are God's vitalizing gifts.

Air—The Breath of Life

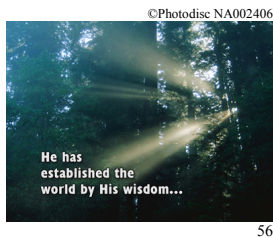


Give yourself a shot of vitalized oxygen and a dose of energizing sunshine. Do some kind of physical exercise outdoors every day and preferably in nature, where the air is the cleanest.

The Scriptures offer this encouragement:



“He has made the earth by his power...



He has established the world by His wisdom...



He makes the lightning for the rain...



He brings winds out of His treasury.”
Jeremiah 10:12,13

Without a doubt, fresh air is a special blessing from God—one that imparts an invigorating influence on the entire body. Why not do everything you can to make the most of God’s gift—fresh air.

¹ Understanding Science & Nature, Series II, Human Body, Time-Life Books, Alexandria, Virginia, 1992 (ISBN 0-8094-9654-

2)p72.

² Allerg Immunol (Paris) 1998 Dec;30(10):324-6 **Inter-relationship between allergenic pollens and air pollution**
Peltre G. CNRS-Institut Pasteur-28, Paris.

Folia Med Cracov 1993;34(1-4):121-8 **Air pollution and pollen allergy.** Obtulowicz K. Clinic of Allergic and Immunological Diseases, Collegium Medicum, Jagiellonian University, Cracow

³Aileen Ludington, Hans Diehl, Health Power: Health by choice, not chance. p.204