

BREATHING FOR LIFE

Dr. Dale M. Sides

Basically speaking, our bodies are sustained by air, water, and food. This shows the degrees of importance for these three essential elements: you can live without food for about 30 days, water for about 3 days, and about 3 minutes without air. We see these three elements established in the book of Genesis: food (Genesis 2:5), water (Genesis 2:6) and air (breath) (Genesis 2:7). Which would you say is the most important? The answer, of course, is air. Interestingly, most of us are not even conscious of this vital element. As a result, it is virtually neglected. The fact that we simply take it for granted is probably the reason it is not often talked about, at least not as much as we do about food or water. Yet, the breath of life is what makes you a living soul; and it is the definitive measure of your longevity.

Let's cut to the chase. This is a RBD, or a Really Big Deal, or maybe a RRBD, or a RRRBD! *This is your breath life.* It should be the first issue of importance in your body and healthy lifestyle. I'm into good diet, exercise, and rest; but come on—our breathing should be the basis of our health regimen.

I have some great news for you! This teaching, when applied, will literally improve your breathing and increase your lung capacity. And it's free! There is nothing to buy and there are no gimmicks at the end. It is simply a series of exercises that will train you to breathe properly and improve your health. There is proof also that this helps with weight control as well.¹ With increased breath comes increased oxygen, and oxygen is one of the three necessary elements of fire or combustion (fuel, heat, and oxygen). Lack of oxygen retards combustion, but an abundance of it will cause your fuel to burn more completely, with no residue of fat and poisons. Improper combustion at the cellular level leaves a residue of fat.

I told you that this is a really big deal. Someone should send this to Michelle Obama since she is on a campaign against obesity. Give me a call, Michelle, and I'll be glad to teach you these exercises and then teach them to every school teacher in America so they can instruct their students. We can burn some fat.

Relax, this is not yoga. However, it may give you similar health benefits as yoga breath training, except you don't have to take the demons that can come with that package deal. Let's face it, yoga works or people wouldn't do it. It is a good breathing technique, probably only second to this one. In this article, I'm going to teach you some exercises and then teach you how to breathe properly *all* the time.

Personally, I have had my body restored to me on the other side of bronchitis and asthma through these exercises. (The developer of this program had over 200 boxes full of testimonies documenting that his methods helped emphysema, asthma, and bronchitis sufferers.)² Plus, these exercises can be done sitting at your desk or anytime you feel fatigued. Did you know that the number one reason for fatigue is lack of oxygen to the brain? I will show you an exercise that I believe is five times better than a 5-hour energy drink. It will increase your air flow and shoot

oxygen directly to your brain—and it's absolutely free! (That is, at least until the government learns how to tax air.)

The Exercises

I learned these lessons from a Limey, a Brit, and an Englishman named William P. Knowles from his book *New Life Through Breathing*. This book chronicles his life story, telling how he contracted and was almost consumed with emphysema at the age of 24. A friend showed him the basics of breathing exercises, which he later developed into a regimen and taught to others. He became a hero to asthma sufferers in England, as well as in the USA, during the early and mid 1900s. The testimonies in his book defy description. He discovered that you could strengthen your breathing apparatus with exercise, just the same as you would your biceps or triceps. He developed six exercises to do in a five-week program that changed people's lives forever. It has changed mine and can change yours forever too.

Bill Knowles taught these principles and exercises to the British Armed forces during WWII and won national acclaim for helping to increase the stamina and immediate energy of British soldiers, especially the RAF (Royal Air Force). He taught their special forces how to cleanse their bodies and increase their endurance, especially their oxygen levels that are necessary for flying at high altitudes.

These exercises are not hard to understand or do. The progression of them will build your endurance; although you should be cautious not to overexert yourself, especially if you have ever had heart issues.

I like to say that “understanding is what is under your standing.” Therefore, before going straight to the exercises, I would like to give a brief anatomy lesson on the human breathing apparatus. If we can grasp the whole concept of what we are trying to do, we will have the conviction and determination that is necessary to faithfully practice all the exercises and complete the whole five-week program.

Our lungs are like bladders that we want to fill with air. They are inflated mostly by the downward flexing of the diaphragm but also by the flexing of the chest muscles, especially the ones between your ribs called the intercostal muscles. Most of us never stopped to consider that all of these muscles can be strengthened, but they can. However, the major muscle utilized in the respiration process is the diaphragm.

Of all the people I have ever talked to about strengthening these muscles, opera singers seem to be the most informed. They already understand the power of the diaphragm. These exercises (especially the exhalation part) will strengthen the diaphragm. They will also strengthen the intercostals—just as bench pressing builds the chest muscles or sit-ups strengthen the abdomen. The bottom line is that this breathing regimen will strengthen your *whole* breathing apparatus.

Basically, inhalation is air going in; exhalation is air going out. These exercises increase your intake (your ability to inhale) and out-go (your ability to exhale). They are great for athletes but

are also effective for those who are not since it is not necessary to physically exert ourselves to do them. As I already mentioned, we can do these—in our living rooms or offices.

Although these exercises are great for non-smokers, they are absolutely mandatory for smokers if they want to prolong their lives. These exercises can help the smoker to quit by ridding the tars out of the lungs, thus removing some of the addictive elements from the system. The oxygen levels are replenished as carbon *monoxide* is exhaled along with carbon *dioxide*. Smokers need all the help they can get.

Lying at the root of all these exercises is the increased expulsion of air. Carbon dioxide is a by-product of combustion in your cells and will be exhaled as residue. Insufficient exhalation is one of the major causes of emphysema because of the residual toxins of combustion that typically settle out in the bottom of your lungs.

Again, the salient point of understanding is that the diaphragm and intercostal muscles can be strengthened, especially during the exhale part of the exercises. During exhalation, poisons are expelled at the same time that you are flexing and strengthening these muscles. What a deal!

Your lungs are shaped like triangles that lie on either side of your chest. The surface area of air sacs (alveoli) inside the lungs is about half the size of a tennis court if stretched out.³ Since these expel toxins after respiration, they act as the largest elimination organ in the body. The bottom of the triangle of the lungs is the largest surface area and is where most respiration should occur. Not accessing these air sacs in the lower portion of your lungs is a major cause of accumulated poisons, and therefore, of sickness and disease.

Improper posture hinders us from utilizing the fullness of our lungs. Sitting at a desk with your shoulders slouched, rather than being held upright and back, allows only the top portion of the lungs to be oxygenated, while the lower section is cut off because the diaphragm is cramped and cannot flex. The failure to breathe deeply is a major cause of lung disease and guess what else? Obesity. Obesity is largely due to having improper fuel (food) to burn and insufficient oxygen for proper combustion.⁴ (Since this will help with obesity, now we need to call Oprah Winfrey too!)

As you go through the exercises, one thing remains constant: **proper posture is demanded for maximum inhalation and exhalation.** Sit in an upright chair with your back as straight as possible and your feet flat on the floor, thighs level between the knees and hips. Pull your shoulders back and try to pinch the shoulder blades together. Hold that position throughout all the exercises. This posture will expose the most air sacs to the oxygen. (The best way to improve your posture is to be aware of it throughout the day, not just during your exercise time.)

The order that these exercises appear in is significant, which is why they will be numbered. Following their descriptions, you will find William Knowles' five-week training program, after which I will show you some breathing techniques to employ all the time throughout your day.

As you go through these exercises, keep this in mind: once is good, twice is better, and thrice is best. Breathe through the nose preferably because the nose is closest to the brain, and there is an

appreciable amount of oxygenation for the brain that comes through the sinus cavities. Breathing in through the mouth is good, but the nose is better.

Relax and enjoy the feeling of being oxygenated and detoxified. Hyperventilating is taking a large amount of oxygen into your body in a short period of time. This might happen to you during these exercises. (That's why I said to sit down in a chair.☺) Don't worry. If you get light-headed, stop the exercise and relax. Realize that your whole body is tingling because of the oxygen that is going to each cell. When the light headedness ceases, slowly continue the exercise. You will build your stamina and tolerance as you progress in the program.

1. The Cleansing Breath

Sit erect and inhale gently but deeply, allowing the ribcage to expand outward, and then lifting the ribs for more expansion. Hold the breath for a few seconds to allow for gas exchange and then begin exhaling in short puffs. Continue to blow out gently by puffing until all the air is gone, then blow out a little more, and then a little bit more and then a little more. Then hold your breath for a few seconds and finally inhale slowly and fill up again.

This will blow the carbon dioxide out of your blood and oxygenate your whole body, especially your brain. Do this immediately when arising from sleep. Lying horizontal keeps the diaphragm from flexing fully, so when you wake up in this morning, you typically have an abundance of carbon dioxide built up within your blood. Blowing out continually expels it along with other bad stuff (like your morning breath) and brings in fresh oxygen. Out goes the bad, and in comes the good. Lack of oxygen and abundance of CO₂ is what causes morning grogginess. Similarly, lack of oxygen to the brain is manifested in fatigue throughout the day. When you first wake up in the morning, do this exercise three times and you will feel the grogginess leave.

This exercise is also good for daytime fatigue, and it releases stress as you exhale. It is great for the work place and for mothers with children.

2. The Slow, Deep Breath

Remember to sit up straight and pull your shoulders backward, exposing as many alveoli (air sacs) as possible.

Start with the cleansing breath (exercise 1). Then begin breathing in, preferably through the nose. Breathe in for a full count of 4 seconds; hold your breath for a second and then exhale for 4 seconds. Pause for a second and then slowly, but completely, inhale for 5 seconds. Hold it again for one second and then exhale for 5 seconds. Repeat this all the way to the count of 7 seconds. Then walk it back down by doing 6, 5, and 4 counts.

This should be done rhythmically, trying not to get as much air in 4 seconds as you will in 7 seconds. This way, you will gradually expand your lung capacity.

3. The Seven-Second Breath

Start with the cleansing breath (exercise 1) and the slow, deep breath (exercise 2).

After that, breathe in for 7 seconds; hold for one second, and then breathe out for 7 seconds. Breathe in again for 7 seconds; hold for one second, and breathe out for 7 seconds. Repeat this seven-second breath sequence 10 more times (for a total of 12 repetitions).

Both exercises 2 and 3 increase your lung capacity by stretching the intercostal muscles between your ribs. This allows for greater expansion of the lungs, exposing all the air sacs to oxygen. These exercises are also excellent for relieving fatigue.

4. The Exhalation Breath

This will probably be the first challenging exercise. Just remember that these are exercises and, as the saying goes, “no pain, no gain.” Although you may experience discomfort, do not overextend yourself, especially if you have a respiratory or cardiovascular condition. Be wise and grow into this one. It focuses on strengthening the exhalation process and is a major cleansing and detoxifying exercise.

This time, start with the cleansing breath (exercise 1) and then the seven-second breath (exercise 3) before beginning this exhalation breath (exercise 4):

Sit erect and breathe in fully for 4 seconds. Hold your breath for a second to allow for gas exchange, and then exhale for 12 seconds. Wait one second and then inhale slowly and deeply for 5 seconds, then exhale slowly for 15 seconds. Wait a second then inhale for 6 seconds, and then out for 18 (the multiple is three); then in for 7 and out for 21. Reverse the process going backwards to 6, then 5, and 4.

Count rhythmically, or better yet, sit still in front of a clock with a second hand. You will quickly learn to get as much oxygen in as you can because a whole lot of air is getting ready to go out. You will be amazed at the amount of air you have left in your lungs even when you think they are empty. In this exercise, *exhaling is the goal*.

This is deep cleansing. When I first began doing these, I found myself coughing a lot in the 6- and 7-second sections. Do enough to be comfortable with it. Enjoy the expulsion and maybe a little coughing.

If you get sputum out of your lungs from coughing, that is okay. Spit it out and continue. Sputum is the clear kind of foaming stuff. If you notice that it is yellow, it could indicate

an infection. Smokers hack up lots of stuff that is thick and has color to it, but the yellow stuff is dead white blood cells that are fighting some kind of infection. If the yellow color continues to show up in this exercise, you should consult your health professional. The exhalation breath cleanses all the areas and is great for overcoming respiratory infections. The coughing is somewhat expected—just don't overdo it.

5. The Inhalation Breath

The inhalation breath (exercise 5) should only be learned *after* you have successfully mastered and practiced the exhalation breath series of exercises 1, 3, and 4. In William Knowles' book, he recommends this inhalation exercise in the fourth week of the program. It takes will and endurance, so build up to it and grow into it.

Start with the cleansing breath (exercise 1) and then follow it with the seven-second breath (exercise 3).

As you sit in an erect position with shoulders held backwards, breathe deeply, expanding the lungs. Then exhale (like doing the cleansing breath in exercise 1) with short puffs, continuing until you have expelled a little more, and a little more, and a little more. Whistle the last breath out and hold it to the count of 10 seconds. Then gently inhale a full breath again and hold at the end for 15 seconds. Inhale once more and hold for 20 seconds. I admire people who can do this, especially in reps of 3.

Focus on inhaling slowly instead of gasping for air at the end of each count. This strengthens the intercostals between the ribs and increases your inhalation capacity.

This exercise builds endurance as well as your willpower over your body. However, do not force it. Remember that it is a week 4 exercise and is not for the faint of heart or breath.

A benefit of all these exercises is the flexing of the diaphragm, which is just on top of all your digestive organs. William Knowles realized that when the diaphragm is flexed, it aides digestion, often relieving constipation and indigestion.⁵ (This is probably because the flexing stimulates the digestive organs to work.) What a great way to end a meal—breathing in the air and life that God provides and relaxing while the oxygen burns the fuel.

6. The Holding-in Breath

This is an exercise that increases your breathing capacity and endurance.

Start with the cleansing breath (exercise 1) and then follow it with the seven-second breath (exercise 3).

After that, breathe in for 15 seconds and hold your breath for 20 seconds. Exhale slowly, then inhale for 15 seconds and hold your breath for 25 seconds. Inhale for 15 seconds again, and then hold your breath for 30 seconds.

This is a week 5 exercise, so you may need to build up your capacity day by day in order to successfully complete the whole exercise. As your breathing capacity improves, you may consider extending the time of holding your breath to beyond the 30 seconds. Please note, however, that we are not interested in breaking any world records on breath holding; rather, we are striving to strengthen our breathing apparatus.

The Five-Week Program

This five-week program (summarized in the chart below) was designed by Bill Knowles and is found on page 112 of his book.

THE FIVE-WEEK PROGRAM	
WEEK	BREATHING EXERCISES (1-6)
First week	Cleansing (1) and Slow, Deep (2)
Second week	Cleansing (1); Slow, Deep (2), and Seven-second (3)
Third week	Cleansing (1), Seven-second (3), and Exhalation (4)
Fourth week	Cleansing (1), Seven-second (3), and Inhalation (5)
Fifth week	Cleansing (1), Seven-second (3), and Holding-in (6)

We are all indebted to Bill Knowles for his contribution to respiratory exercises. These exercises give the best results if done three times a day. Once is better than nothing and twice is nice. You will increase your health and stamina by doing these.

Breathing Correctly

I have good news for you. This is really simple and does not take six exercises to learn. It is one lesson and only one: **“Breathe through your toes, not your nose.”** When you imagine the air coming in through your toes and not your nose, picture the lower portion of the lungs filling first.

To breathe correctly you must fill up the lower portion of your lungs. The lower part is where the largest surface area of alveoli is. Shallow breathing is incorrect breathing because it uses only the top part of the lungs, preventing air from fully reaching the lower part. *Correct breathing fills the whole lungs—top and bottom.*

The phrase, “breathe through your toes, not your nose,” is a simple reminder to breathe correctly and fill the lower portion of your lungs by using your diaphragm. This produces a constant, high level of oxygen in your blood, which will seriously help to burn your food and turn it into energy instead of fat.

When you breathe out, if you imagine pushing the air back out through your toes, it will help you to fully exhale. I am convinced that correct breathing is a major weapon in helping the fight against obesity.

Learning to breathe correctly has another benefit too. If you breathe this way habitually, it will decrease your pulse count (heart rate per minute) because the heart will be getting more oxygen out of each breath.

Employing the Knowles breathing exercises faithfully will strengthen and condition your respiratory system. Consistent, correct breathing will not only increase the quality of health in your body but will ultimately benefit your soul as well.

* * * *

Notes

1. The following quotes are taken from of a multitude of e-articles and websites listed as a result of conducting a simple Google search on the Internet for “breathing exercises and weight loss”:

(a) Jill Johnson, creator of the Oxycise weight loss program, conducted “a multi-year study on how the body actually loses weight. Then one day, like Archimedes of old, it happened. In a physiology textbook there it was: fat oxidizes into carbon dioxide. Wait a second, I read that line again: fat oxidizes into carbon dioxide. No way! So you’re telling me that all I have to do is breathe to lose weight. I can’t believe no one has ever told me this before. Fat leaves my body through breathing??” Quote taken from <http://www.oxycise.com>, accessed July 18, 2011.

(b) Johnnie D Jackow Sr., nationally known fitness expert and author, writes in an online article, “Breathing Exercise, Deep Breathing Exercises, Relaxation,” “Think about it . . . Oxygen is fuel for your body as is food. There are no calories in oxygen. You can breathe in all you want for as long as you want and still no calories! Not only that, but the extra oxygen you take in will cause the chemical reactions in your body to take place much faster, thus, you burn more calories than you take in. This in turn speeds up your metabolism and makes you burn more fat.” Quote taken from http://www.tbfinc.com/breathing_exercise.htm, accessed on July 18, 2011.

2. William P. Knowles, *New Life Through Breathing* (London, England: George Allen & Unwin, Ltd., 1966) 118.

3. Robert H. Notter, *Lung Surfactants: Basic Science and Clinical Applications* (New York, NY: Marcel Dekker, 2000) 120. Retrieved from <http://books.google.com> on July 18, 2011.

4. “Since Oxygen is the main Fuel required to Oxidize your carbohydrates, sugars, and proteins into energy, a lack of oxygen will promote an inadequate Oxidation process (poor burning of foods), which will result in a lower percentage of your foods being converted into energy and high percentage of your foods turning into fat.” Quoted from the Technical Information webpage at <http://www.flo2w.com/technical-information.html>, accessed July 11, 2011.

5. William P. Knowles, *New Life Through Breathing* (London, England: George Allen & Unwin, Ltd., 1966) 78–79.

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Fit for the Kingdom

Dinner Recipes

The following two recipes, served as part of the Fit for the Kingdom dinner, incorporate some of the plant-based principles taught during the Weightless: Compassionate Weight Loss for Life section of the filming. Several people requested a copy of these recipes, which came from allrecipes.com. Enjoy!

Quinoa with Sweet Potato and Mushrooms

Prep time: 25 minutes; Cook time: 30 minutes; Ready in: 55 minutes; Servings: 4

“Sweet Potato, onion, mushrooms, and chopped pecans are served over a bed of quinoa. This dish is perfect as a warm meal or side dish during cold weather.”

INGREDIENTS:

1/3 cup quinoa	1 cup crimini mushrooms, sliced
1 cup water	1 small sweet potato, peeled and diced
1 pinch salt	1/4 teaspoon cayenne pepper
1 tablespoon olive oil	salt and pepper to taste
1 teaspoon minced garlic	1/4 cup chopped, toasted pecans
1 small sweet onion, chopped	

DIRECTIONS:

1. Stir the quinoa in a saucepan over medium heat until it begins to take on a toasty aroma, about 5 minutes. Pour in the water, and add pinch of salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the quinoa is tender, about 20 minutes.
2. Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the garlic and onion, and cook until the onion has softened and turned translucent, about 5 minutes. Add the mushrooms, sweet potatoes, and cayenne pepper; season to taste with salt and pepper. Cover the skillet, reduce heat to medium-low, and cook until the sweet potato is soft, about 20 minutes, stirring occasionally. Pour a splash of water into the skillet if needed to keep the vegetables from burning. Spoon the vegetable mixture over a bed of quinoa, and sprinkle with chopped pecans to serve.

<http://allrecipes.com/recipe/quinoa-with-sweet-potato-and-mushrooms/detail.aspx>

Fruity Couscous Salad

Servings: 8

“This couscous salad is filled with all sorts of nutritious goodies: almonds, dried cranberries, and dried apricots add fiber, protein, and vitamins to this delicious salad.”

INGREDIENTS:

1 1/3 cups dry couscous	1 teaspoon cumin
2/3 cup slivered almonds	3 scallions, thinly sliced with greens
1/2 cup packed dried apricots, chopped	1 pinch salt and freshly ground black pepper, to taste
2/3 cup Craisins (sweetened, dried Cranberries) or raisins, microwaved in 1 cup water for 1 minute	

DIRECTIONS:

1. Prepare couscous according to package directions. Combine all ingredients; toss. Serve at room temperature or chilled.

<http://allrecipes.com/recipe/fruity-couscous-salad/detail.aspx>

Note from Stanley Reahard: You can use golden raisins, pistachios, and other dried fruits. I also tend to use fresh orange juice to moisten if needed.

FIT FOR THE KINGDOM

RESOURCE LISTING: BOOKS, WEBSITES, & HEALTH COACHES

BOOKS

Franklin, Jentezen. *Fasting*. Lake Mary, FL: Charisma House, 2008.

Fuhrman, Joel. *Eat to Live*. rev. ed. New York: Little, Brown and Company, 2011.

Knowles, William P. *New Life Through Breathing*. London: George Allen & Unwin Ltd, 1966.

Prince, Derek. *Shaping History Through Prayer & Fasting*. New Kensington, PA: Whitaker House, 2002.

Schulze, Richard. *Dr. Schulze's 5-Day Liver Detox*. Marina del Rey, CA: Natural Healing Publications, 2009.

Sides, Dale M. *I Ain't Takin Acid Anymore*. Bedford, VA: Liberating Ministries for Christ International, Inc., forthcoming.

———. *Mending Cracks in the Soul*. Bedford, VA: Liberating Ministries for Christ International, Inc., 2002.

———. *The Cancer Answer*. Bedford, VA: Liberating Ministries for Christ International, Inc., forthcoming.

———. *The Satanic Deception of Knife & Fork*. Bedford, VA: Liberating Ministries for Christ International, Inc., 2004.

Stewart, David. *Healing Oils of the Bible*. Marble Hill, MO: Care Publications, 2010.

Young, Robert O. and Shelley Redford Young. *The pH Miracle*. rev. ed. New York: Wellness Central, 2010.

WEBSITES

www.enagic.com

www.LMCI.org

www.watersedgesystems.com

www.weighdown.com

HEALTH COACHES

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Fit for the Kingdom

Raleigh, NC

July 22, 2011

Please note: These are Dale's personal notes and thoughts (jotted down as he prepared for the filming of the Fit for the Kingdom class), not the actual class syllabus included in the Fit for the Kingdom DVD set.

Introduction

Third John 2a- Beloved I wish above all things that thou mayest prosper and be in health.

I Thessalonians 5:23- Spirit and soul and body

Major focus **on health and weight control** or obesity

Some great secrets on health from the Bible

Spirit and soul first- wounded spirit/ broken heart

Approach Fit for the Kingdom on a spirit/soul/body basis.

Spirit is more important, the soul next, and then the body.

Proverbs 18:14- The spirit of a man will sustain his infirmity; but a **wounded spirit** who can bear?

Proverbs 17:22- A **merry heart** doeth good like a medicine: but a **broken spirit drieth the bones.**

Proverbs 15:13- A **merry heart** maketh a cheerful countenance: but **by sorrow of the heart the spirit is broken.**

People find solace in the refrigerator and take comfort in food. They begin hiding in food and eating to soothe a wounded spirit, rather than seeking God.

Habits form and demons show up in the form of spirits of gluttony. The tell-tale fact in dealing with a spirit of gluttony is whether you are in control or the spirit is. Alcoholics go on binges and so do gluttons.

Gluttony is food lust, plain and simple. It does not have to be a spirit of gluttony that causes obesity; it can be bad eating habits. But if you have a compulsive disorder that makes you eat and keep

on eating, you may need deliverance from an evil spirit. Regardless if it is an evil spirit or not, you must get control of that hole beneath your nose and not only what comes out of it, but what goes into it.

Mending Cracks in the Soul- good book for the wounded spirit.

Blood Sugar Blues (Diabetes) can relate to obesity.

30 % of Americans are obese.

Caring for your Body

Temple of the Holy Spirit- 1 Corinthians 3:16

Steward your body- 1 Corinthians 9:27

Greeks relegated the body to lesser importance than Hebrews.

Hebrews were more health conscious. Leviticus 11

The Essentials of Life

Genesis 2:5, 6, and 7

2:5- food; 2:6- water and 2:7- breath.

I want to discuss all of these, but breathing and water is my major focus and Dr. Sabatino will handle more of the food side. I will talk some about food in my concluding hour, but breath and water are two items that have intrigued me and because I have studied and applied what I have learned. I want to testify, not just teach, because I am much, much, much healthier for knowing and utilizing what I am going to teach you.

You can live 30 days without food; 3 days without water, and 3 minutes without breathing. Which would you say is most important? The breath of life—God gives us the first one and then they are numbered. You will breathe somewhere between 750 million and 850 million breaths in a normal life span. We take it for granted.

Lungs are gas exchangers—not just oxygen in, but carbon dioxide, carbon monoxide, and other gases given off during the combustion that takes places when you burn your food. Not breathing properly can cause overweight and improper combustion in your cells.

William P. Knowles, *New Life Through Breathing* book

Breathing exercise

Super cleansing breath

How to breathe properly

“Through your toes”- the complete breath

Practice filling the bottom of your lungs with air and not just the top.

“Breathing for Life” article with breathing exercises is posted on www.LMCI.org website.

pH

Water and food have an important connection: the pH of both. It is not a matter of one being more important than the other. Both are what goes into your mouth and will determine the level of health you will possess. **The subject of pH is a major issue in health.**

To summarize high school chemistry, the pH scale is a range from 0-14 telling the alkaline and acidic levels of substances. From 0-7 is acid; 7 is neutral, and 7-14 is alkaline. The pH is the potential hydrogen ions in a substance. The lower the pH the more hydrogen ions are present.

The hydrogen ions are what antioxidants bond to. You hear so much about them. Wait till I show you what good water will do. It is the oxygen (basically) available to the equation that nullifies the excess hydrogen ions. If the hydrogen ions continue to be present then other things will bond to them and cause them to grow. These are things like bacteria, yeast, mold, and cancer.

The pH of both water and food are *very* important. It is basic chemistry and explains much about diseases today. The blood is programmed to stay at 7.35-7.45 pH. That's just a little on the alkaline side. The blood will do anything it can to maintain this level. If you ingest acid food and acid water, your body will become more acidic in the tissues. The blood will extract whatever alkaline substances it can from other organs but especially the bones. Osteoporosis is a condition that means you have soft, porous bones. This has been caused by the blood leeching the minerals out of your bones to maintain its alkaline pH level. Acids also destroy insulin-producing cells and cause rapid deterioration of all soft tissue. It also weakens cell walls in blood vessels, causing strokes and aneurysms.

This principle of pH is the basic understanding of how to stay healthy. It is high school chemistry and makes sense.

In Dr. Robert O. Young's book, *The pH Miracle*, he says that basically, when you ingest too much acid, your body starts to turn it into fat and store it as far away from vital organs as possible. The problem we are facing is an acid epidemic, not obesity. Obesity is a result of an acid condition. I'm telling you that it is the acid that makes you fat, not just the sugar or carbohydrates. Those are what make the fat, but excess acid in the body is what causes the fat.

Water

Our bodies are about 75% water when we are born and can be less than 45% when we die. It is the universal solvent and is the flushing mechanism of our cells. Be cautious, just because it is clear and has a USDA approval rating, you might be getting something you don't want and not getting what you do want. The water you drink is your cleansing flush that you should be taking every day.

Most every doctor would agree that drinking more water would be great counsel for everyone. The reason for the drastic decrease in longevity after the flood is obviously water. It is true that meat was added to the diet of man at that time (Genesis 9:3), but the mingling of the waters from above at the flood and the waters on the earth tainted the pure water. Water molecules cluster together according to its kind. Clusters of molecules larger quantities than seven cannot enter into your cells and hydrate them. Most of the water we drink does not hydrate our cells, it flushes through our kidneys but will not enter the cell walls.

Water in the Garden of Eden was sort of distilled; it came as a mist from the ground up. It had natural alkalinity because it came out of the ground—the same source of our flesh—the dust of the ground. Even more important, the alkalinity versus the acidic levels in our water is like mopping our floor with dirty water. Water flushes out the residue left after metabolism at the cellular level. It is the acid that we want flushed out of systems.

Distilled water itself still has a neutral pH. Most commercially distilled water stored in a plastic jug, however, is quite acidic (as low as 5.5 pH). Phytoestrogens leech out of the plastic and is a major concern for virility for males.

Chemically altered water adds chemicals into your blood stream that can settle out in your veins and arteries.

Structured water is the best as far as controlling the pH and oxygenating the water.

Enagic 501 SD machine- Oxygenates the water and has four times the antioxidant potential as green tea. The oxygen in the water is one of the major causes of retarding the aging process. The oxygen surrounds the helix molecule in the DNA and prevents deterioration. See Enagic.com

Waters Edge filter- Works to structure water by passing it through a vortex. It is really quite ingenious and uses the electrical energy within the water to re-structure it. As the water passes through the vortex, the movement erases memory of the previous state, oxygenates the water and raises the pH toward alkalinity. See WatersEdgeSystems.com

Increase alkalinity by putting in some barley powder.

Here is the formula for determining the amount of water you should drink: your body weight in pounds divided by 2. That is the number of ounces of water you should drink daily.

The Cancer Answer book or e-book is related material available at the LMCI.org website.

Food

Gluttony- food lust

Not just eating too much, but too fast!

Cut in half your carbohydrates, your carcinogens, your calories, and your food bill by doing one thing: slow down your eating. Chew your food. Lay your fork down between bites. Chew it thoroughly. Relax when you eat and do not be in a hurry.

Not chewing your food properly is the major cause of constipation.

Gluttony is one of the seven cardinal sins in the Roman Catholic faith. This can be caused by a crack and a wound spirit that has been invaded by a demon. If you are not in control, you need to get back to there; if you can't, I can help you. Food addictions are real and so are demons.

We have also been assaulted by TV ads for fast food and have been victims of manipulation from the food industry. Watching the *Food Inc.* DVD may motivate you to change your eating habits!

The Satanic Deception of Knife and Fork book or e-book exposes some of the schemes of SOBs (sons of Belial) in the kitchen.

Fasting

Fasting is one of the main answers to this whole issue. I was delivered from a spirit of lust through fasting. The one that had latched onto me was alcohol. I fasted it to death. I starved it till it died. Fasting is telling your body NO! You also have to convince your mind that you can fast, which strengthens your will too. Fasting will cure gluttony, especially if you do it one day a week. **You need to get control of that hole beneath your nose, and it takes a determination of will to do this.**

Speaking in tongues will help too in subduing the flesh.

Delight in God—not in Food

Gwen Shamblin of "The Weigh Down" weight loss program (weighdown.com) says, "Delight in God; not in food."

Praise God rather than eat.

Eat when you are hungry and stop when you are full.

Eat 10 minutes; stop for 5 minutes, and then see if you want any more.

Alkalinity-

Green is best. Raw green is better.

Juicing and spouting are great.

Herbs for healing: chapter 10 of the book of Jubilees talks about this.

Book of Jubilees is available in the PDFs section of the e-store at the LMCI.org website.

“The pH of Foods” list is available in the PDFs section of the e-store at the LMCI.org website.

I Ain't Takin' Acid Anymore book is available at LMCI.org.

The Daniel Plan

Detoxing-

Take out the trash.

Do breathing exercises to blow out the bad gas.

Fasting is detoxing. Fast at least one day a week. Flush out your body with water.

Do a colon cleanse periodically. I do a liver and gall bladder flush yearly. Dr. Richard Schulze at Herbdoc.com is one source for this.

Exercise

Breathing- do periodic breathing exercises throughout the day. Once daily do a series of deep cleansing breaths.

Stretching keeps you limber and loose and helps with your posture.

Cardio is great. Your breathing exercises will get you in shape to do more cardio training.

Strength- slow repetitions are awesome for burning blood sugar; long, slow reps. “The One Minute Miracle Exercise”- do it for a minute.

Rest

Take a Sabbath's day rest weekly. Somebody a lot smarter than me invented this. Take the day to rest and relax with God, not to go jet skiing or spending the day shopping. Resting is the antidote to stress. Your breathing exercises will also help you relieve stress and anxiety.

Learn to sit and pray for 5 minutes during the day.

Essential Oils

Essential Oils are one of the most intriguing studies I have looked at lately. They were the basic items of healing in Bible times.

Healing Oils of the Bible book by David Stewart

Chemistry of the oils is that there are 4 plus 19 zeros of molecules in a drop of essential oils. There are approximately 100 trillions cells in the body. That gives each cell 40,000 molecules of ministry. The whole body is full of memory and essential oils help to heal their receptors. There are many, many uses for essential oils.

Owning and using an essential oil diffuser is one of the best investments I have made in a while. Contact me at drdale@lmci.org if you are interested in getting one.

Health Coaches versus Doctors

The eighth leading cause of death in the US is physician related. Doctors are great for trauma and immediately results, but they tend to make their living on sickness and disease, not on healing and wellness. (Incidentally the third leading cause is pharmaceutical related.)

Health coaches are a great blessing and usually give good advice. I don't know if there are any certifications for this, but there are some health coaches I know who have great track records. All of these have been great assets to me and I am thankful for their teaching, love, and willingness to share what they knew: Ed Decker, Becky O'Brien, Marcia Upson, and Robin Jeep.