



## BASIC HEALTH PRODUCT

### NO. 28 KALAYA PRODUCTS BREATHING “OXYGER NUTRITION FOR SUPER HEALTH”

From:- “Oxygen Nutrition for super health” by:- Stephen A. Levine, Ph.D. and Parris M. Kidd, Ph.D.  
Journal of Orthomolecular Medicine Vol. 1, No. 3

It's becoming clear from research findings in oxygen biochemistry, that correct tissue oxygenation and a correct food/oxygen mixture is absolutely required for optimal health. Breathing provides the spark for life; nutrition keeps the fire burning. In our everyday activity, in exercising and endurance training, and in response to life's stresses, oxygenation of our tissues is often the factor which most limits our performance. For optimal health, the individual needs to consider not only optimising nutrition but optimising cell oxygenation in order to utilize the potential of one's foods.

#### **Oxygen and Human Survival**

Oxygen is the single substance upon which our life is most dependent. Without oxygen we survive for 4-5 minutes at most. The paramount importance of oxygen for human health is well illustrated by the findings that, of all the parameters associated with long life, respiratory capacity is the number one parameter, rating over cigarette smoking and blood cholesterol levels or lack of motivation. Many of us do not exercise sufficiently to get enough oxygen.

Adequate cellular and tissue oxygenation is essential for us to efficiently extract energy from our foods and to "air out" our body tissues. The latter process is essential for health, due to the tendency of acidic byproducts resulting from suboptimal oxygenation (such as lactic acid) to accumulate in poorly oxygenated tissues. These byproducts are familiar as the predominant cause of muscle cramps during exercise by the overtired or under fit.

#### **Oxygen, Life Stressors, and Cancer**

Not only is oxygen necessary for using our foods efficiently, but the consumption of certain foods actually tends to deplete our oxygen supplies. Many of the highly toxic environmental pollutant chemicals such as pesticides, herbicides, solvents, and diverse other petroleum byproducts are largely fat-soluble and come to reside in our high-fat tissues. As we consume a high-fat meal, we're very likely also consuming high amounts of environmental toxins. Whether obtained through direct exposure (occupational, household, by chance encounter), or through contaminated foods, these toxins are invariably per-oxidative, consuming oxygen as they attack our cellular membranes. Their presence in our bodies

also requires that we utilize oxygen in our attempts to detoxify them via the electron transferring of iron in the hemoglobin releasing oxygen also known as the "P450nm" Enzyme System.

The *Oxygen-Nutrition* concept emphasises lifestyle factors as they affect oxygen utilization. A diverse variety of stressful life occurrences, whether they be toxic chemical exposures, exposures to infectious agents, excessive emotional stress, overexercise, or physical injury, result in free radical generation in our tissues, concomitant with local depletion of oxygen from free radical-initiated lipid per-oxidation. A free radical is a highly reactive molecular fragment which poses a destructive threat to biological molecules. If the stressor source cannot be reduced, it is likely that per-oxidative processes will eventually bring on abnormal lowering of tissue oxygen (hypoxia) which then predisposes the affected person to any of the degenerative illnesses so prevalent in civilised countries today.

Cancer, possibly the most feared disease today, may develop in an environment of oxygen starvation. Cancer cells seem to thrive in hypoxic or a low oxygen environments. Indeed, we find from the cancer literature that cancer cells have effectively lost the ability to utilize oxygen. They've apparently reverted to a form of ancestral existence which doesn't require oxygen, much resembling a low oxygen or an anaerobic metabolism (glycolysis) environment. Such metabolic characteristics would fit them (cancer cells) well to survive and proliferate in low-oxygen environments. We believe this reflects the ultimate stage of cellular degeneration attributable to a "low-oxygen lifestyle".

### **Oxygen, Immune Function, and *Candida* Overgrowth**

One major life stressor is infection. Our immune system protects us against infectious agents or pathogens such as viruses, bacteria, and fungi. The immune system requires adequate supplies of oxygen, since the immune "bug destroyers" (the phagocyte cells) use oxygen to produce free radical products ( $H_2O_2$ ) which help them to sense, intercept, attack, and kill pathogens. The paradox for our phagocyte "security force" is that these very cells are themselves vulnerable to damage from their own free radical products hydrogen peroxide ( $H_2O_2$ ). Phagocytes must therefore have adequate supplies of oxygen, as well as particularly powerful antioxidant protection. Even those immune cells which are not capable of phagocytosis, such as the T lymphocytes which kill cancer cells, also appear to rely on oxygen free radicals. Selective oxygen-free radical production to kill non-self cells, concomitant with optimal antioxidant status to defend the self cells is, we believe, the fundamental basis of "cell-mediated" immunity. Hence our critical dependence on optimal *Oxygen-Nutrition* for optimising our resistance to disease depends on antioxidant protection for self-cells and the destruction of non-self cells and infection agents by the actions of the immune system.

Poor *Oxygen-Nutrition* may underlie the current epidemic of *Candida* (fungal yeast) overgrowth in our society, a condition which requires impaired immune defence. As many as 30 percent of us may be affected. Dr. Orian Truss has suggested that *Candida* overgrowth develops during stressful periods or as a result of other life events which lower our immune potential. *Candida* is commonly associated with food and chemical hypersensitivities, as well as with many other common illnesses. *Candida* overgrowth can underlie common gastro-intestinal and genital-urinary tract conditions such as indigestion, heartburn, bloating, cystitis, anal itching, vaginitis, asthma, hives, acne, hay fever, bronchitis, earaches and mental and emotional problems including headache, extreme irritability, confusion, depression, memory lapses, and lethargy. Immune phagocytic (*bug destroying*) activity appears to be the major factor in limiting the spread of infection by opportunistic fungi such as *Candida*. It is believed that the process of attachment of the fungal hyphae to host cells activates the oxidative metabolism of the phagocytes, setting their lethal "respiratory burst" into motion. This "respiratory burst" is a surge in oxygen consumption by the cells, which then use the extra oxygen to generate free

radicals aimed at destroying unwelcome pathogens. Cell-mediated immunity therefore depends critically on having sufficient oxygen in our blood and hard tissues.

**Conclusion:** Oxygen absorption by the blood depends on two conditions. The first is that there has to be sufficient iron in the haemoglobin of the red blood cells so that the free oxygen in the air that we breathe into our lungs can be extracted and circulated throughout the entire body for distribution to our cells. (Protocol 11)

The second condition is bio-physical and is called deep breathing. Even if you have sufficient iron in your haemoglobin and you are constantly shallow breathing you will not be able to extract enough oxygen from the air into the haemoglobin in your blood cells to sustain good health. You have to take a much larger volume of air into your lungs to compensate for the lack of iron which is necessary to carry the oxygen throughout your body.

**By completely filling your lungs from regular deep breathing costs nothing and is essential for good health. It is not difficult to develop good breathing habits and by consciously reminding yourself about the importance of deep breathing with a few breaths every hour it is possible to retrain your breathing technique so that it becomes an unconscious habit that does not require deliberate physical effort such as exercise of sporting activity.**

**Summary:** *To achieve “ideal health” our body performs at its best when it dwells in a slightly alkaline state. There are far too many “Junk Food” advertising dollars going into persuading the public to become acidic. “Oxygen Therapy” has millions of supporters who totally endorse the statement: “The world’s greatest healing miracle of all time is adequate oxygen for every cell in your body.”*

1. **Food:** The importance of creating an alkaline environment by eating more than 70% clean fresh natural raw food is vital.
2. **Exercise:** The increase of both heart rate and respiration from exercise contributes to oxygenation throughout the body
3. **Toxins:** Environmental pollutant chemicals and food sprays are mainly fat soluble toxins found in many commercially prepared foods.
4. **Antioxidant Protection:** People who eat the most antioxidants enjoy the best health. Astaxanthin is the best antioxidant for good self-cell protection. (Protocol 24)
5. **Lifestyle factors:** Stress comes with a high price when it comes to health. Recognise the problem and find the cause and a remedy.
6. **Pathogens:** Prevention is the best way to avoid infection. Colloidal Metallic Silver had a venerable history and in many cases is superior to antibiotics and pharmaceutical drugs. (Protocol 4 & 4a).
7. **Candida Fungal Overgrowth:** The African slaves in America found the simple remedy for controlling fungal infections several centuries ago. The “Pure Gum Turpentine” is well worth investigating. (Protocol 26).
8. **Breathing habits:** There is no TAX on the oxygen we breathe yet. Because most of us do not exercise strenuously shallow breathing is the norm. It is essential that we redevelop the habit of deliberately taking many more deep breaths during the day.
9. **Supplement solution:** Germanium enriches the body's oxygen supply, and one is helped to heal from disease by his/her own powers. (Protocol 27).

Gerald Hancock (2017)

### **DISCLAIMER**

Always consult your health care professional for guidance for all medical conditions. Nothing “quoted” above by the “research scientists” and “scientific records” from ancient and recent publications should be considered as medical advice. It is information that is available in the public domain, and is for information and education purposes only. We make no medical claims as to the benefits accruing from the use of “Oxygen Nutrition”.