

Oxygen is Important for Good Health

When wanting to lend support to someone after a negative experience a good quote to use would be "That which does not kill us, makes us stronger." However, in my line of work, this can be very mis-leading. I believe it would be more accurate to say, That which does not kill us right away, can still kill us in little ways, every day.

That's a bit dark for those who know me. The point I'm stressing is just because one hasn't suffered a major trauma such as head injury, near drowning, stroke or heart attack, it doesn't mean ones body is immune to oxygen deprivation.

Its generally accepted that each minute the brain goes without oxygen, there is a 10% increase damage caused. However after 3-5 minutes, ones chances of survival becomes less and less.

It also depends on the type of injury. Someone who's drowning is still getting some blood to the brain as compared to someone in a choke hold that is getting no blood and therefore, NO oxygen to the brain. In a situation like that, death could occur within seconds.

Other factors such as environmental can occur, which isn't generally accepted. The effects may not be immediate or even noticed at all at first, but can cause the body to deliver reduced and/or polluted oxygen to the brain and body.

Organs work together and when one of the major organs fails to operate at a proper level, all of the organs can suffer. Heart disease, known as the "silent killer" is an excellent example of this. Damage to the heart can occur for years before it is known, via chest pains, heart attack, etc.

If high blood pressure has caused the heart to enlarge, then this has affected the muscle and is more than likely causing the heart to not pump blood properly to the other organs, including the brain.

Another example could be sleep apnea. Extreme tiredness and overeating can be caused by mild sleep apnea or snoring. This is because the body is trying to get it's "energy" from somewhere. While moderate to severe apnea can definitely cause high blood pressure and other negative health issues.

The weight increase on its own can lead to heart disease, diabetes, and other health issues, and associated psychological issues, over time.

We may disagree to what extent our earth is being polluted, I dont think anyone will disagree that pollution is occurring. This is another example and is scarier to me because barring any congenital or genetic health disorders, this is the one arena I feel I have the least control.

To my point above, the sun doesn't have to be blocked and the earths population dwelling underground such as in certain sci-fi movies for there to be a very real adverse affect to our health caused by pollution.

This pollution affects the oxygen molecules being delivered to our brain and other vital organs. Studies now show cancers, viral infections and other diseases are occurring or exist in great quantities due to the increase population.

Before you decide that we are fated to ill health, I want you to consider my programs. They are all natural, safe and most importantly, these breathing and relaxation exercises work! I have had great success with the following programs which are aimed at delivering vital oxygen to the brain and body: High Blood Pressure, Alzheimers (coming soon!),Weight Loss Breeze, Migraine and Headache Relief, Vertigo and Dizziness and Stop Snoring.

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About the Author

Christian Goodman is a [natural health](#) researcher and the author of several best selling natural health programs. He has among others, created a program that improves health and [prevents stroke by lowering blood pressure](#).

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