

Build Your Blood

(NaturalNews) This article continues part four of the 15-part article series called *Heal Yourself in 15 Days*. In part three, we explored how **you are what you absorb**, not merely what you eat (http://www.naturalnews.com/028067_s...). Today, in part four, we take a closer look at how to transform your health by changing your blood.

Your blood is a useful focal point for exploring your health. Whatever health outcome you are experiencing today, it is largely a result of *what's in your blood*.

Think about it: Your blood bathes your cells in nutrients 24 hours a day. Blood not only brings vital nutrients to your cells; it also carries away metabolic waste products. It is the superhighway of nutrition and detoxification that reaches into (virtually) every organ and cell in your entire body.

It stands to reason, therefore, that **altering your health outcome depends largely upon altering the composition of your blood**. If you want to make someone really healthy for a short time, for example, you can give them blood from a healthy person. Research has already documented that when you take blood from people whose bodies prevent cancer and then inject that blood into people who are suffering from cancer, the anti-cancer benefits of the blood are immediately reflected in the cancer patient (through tumor shrinkage, for example). There is such a thing as **anti-cancer blood**. And if you eat an anti-cancer diet, you're making anti-cancer blood every single day.

I eat a very strong anti-cancer diet. Most vegans do, too. They could theoretically help heal cancer patients by simply giving them some of their blood. The anti-cancer effects would be immediate and powerful. The FDA, not surprisingly, prohibits you from selling your own blood as "medicine," so don't think you can make money by eating a healthy diet and then selling your blood for \$1,000 / pint (although it might very well be worth that much in a truly free market).

The other limitation with this idea is that the benefits from receiving donated blood are short-lived. If the blood recipient does not alter his or her lifestyle in some meaningful way, the anti-cancer properties of the "healthy" blood will, within just a few days, be erased and overpowered by the blood that person is manufacturing on their own.

And this leads me to the important question: **How is your blood made?**

How your body makes your blood

A typical human red blood cell only survives about 4-5 months. Your body is constantly producing new blood and releasing it into the bloodstream to do important work -- the work of carrying nutrients, hormones, water, chemical messages and even information throughout your body.

Blood is primarily made of three things: Red blood cells (oxygen carriers), white blood cells (immune function) and blood plasma (a liquid solution that carries everything else).

When more red blood cells are needed, your body (with its infinite healing wisdom) automatically generates new ones. Naturally, it must create those red blood cells using the materials that are available: Materials that are *circulating in your blood at the time*.

Got that? So the blood cells you make TODAY, which circulate throughout your body for the next four months, are made out of the materials being carried in your blood right now.

So what's in your blood right now?

Your blood is largely comprised of **the things you ate, drank and absorbed** over the last several months.

So if you ate a McDonald's cheeseburger today and chased it with a large Coke, the blood cells your body generates today are going to be made, in part, of materials from that cheeseburger and Coke. If you think about where cheeseburgers really come from -- with all the cruelly slaughtered, hormone-injected animals, the ammonia-injected beef parts, the refined white flour in the bun, the processed cheese "food" substances, and so on, it's not exactly the kind of thing you probably want coursing through your veins for the next few months.

If, on the other hand, you spent the last several days consuming fresh living juices, superfoods and clean, energized water, then guess what your new blood is going to be made of? It will be **super blood** that's energized with the elements and vibes of all the good stuff you've been consuming!

Bad blood leads to bad health results. It leads to angry, moody mental function and chronic disease. But **good blood** results in happy, healthy outcomes. Good blood improves your sleep, your sex, your moods and cognitive function. Good blood keeps your body free from cancer, youthful, energized and actively healing itself at multiple levels.

Once you understand all this, it only seems natural to work consciously towards **creating good blood every single day**.

Amazing facts about your red blood cells

- A whopping one-quarter of the *human* cells in your body are red blood cells. But most cells in your body are actually non-human cells (bacteria).
- A red blood cell circulates around your body in about 20 seconds. The same red blood cell makes tens of thousands of trips around your body, transporting oxygen to cells, before it is recycled by your own immune system.
- Red blood cells in humans are molecularly quite similar to *chlorophyll cells* in plants.
- Your red blood cells are made partially of *cholesterol*. Although the drug industry has tried to label cholesterol a villain, in truth you couldn't survive without it!

Check out this amazing real-time animation of a red blood cell in a human body:
<http://en.wikipedia.org/wiki/File:E...>

Cleaning your blood

Having good blood means **keeping it clean!** Your blood is cleaned primarily by your kidneys and liver, but some additional "cleaning" functions are also accomplished by your lungs (through respiration) and even through your skin.

Ask anyone on a dialysis machine and they'll tell you what a huge difference it makes to keep your blood clean. Your kidneys normally do this for you, but in many people, kidney function is impaired and kidney cells don't work as well as they should to remove waste products from the blood. (Drinking sodas can impair kidney function, by the way...)

Hence the thinking behind an occasional **kidney cleanse** or **liver cleanse**. Keeping these organs functioning smoothly and efficiently helps keep your blood clean, and that translates into improved health for both body and mind. The two best cleansing product lines I know of are offered by Ed Group's Global Healing Center (www.GlobalHealingCenter.com) and Baseline Nutritionals (www.BaselineNutritionals.com).

How to create good blood

You are your own blood bank. You manufacture and distribute all your own blood. Given that your life depends on your own blood, doesn't it make sense to manufacture the healthiest, most life-giving blood possible?

In fact, *you can!* You have conscious control over the qualities of the blood you manufacture. Because your blood is made of what you eat, drink, breathe and absorb, you can alter the composition of your blood by consciously choosing healthier things to eat, drink, breathe and absorb.

Here are some of the most powerful pointers for *making healthy blood*:

Healthy blood needs healthy fats

You must consume healthy fats in order to create healthy red blood cells. This means consuming healthful omega-3 fatty acids. From the world of plants, healthful fats come from coconuts, avocados, flaxseed, Chia seeds and other similar sources. From the animal world, the best source for omega-3 fatty acids is, in my opinion, the **green-lipped mussels oils** in Moxxor, which come from a pristine marine environment. To learn more about Moxxor, check out Jonathan Landsman's Moxxor page at: <http://moxxbiz.com/clients/getVideo...>

There are other quality sources, too, including fish oil supplements from companies like Nordic Naturals or Carlson Labs. Some people take krill oil to get their omega-3s, and companies like Living Fuel (www.LivingFuel.com) offer high-end fish oil supplements. This isn't a complete list

of good sources for omega-3s. Do your research and use what works best for you. The more healthful omega-3 fatty acids you take, the healthier your blood will be (to a point, of course).

Consuming damaging fats will harm the health of your blood. Damaging fats include trans-fatty acids and fried fats (such as those used in fried foods).

Making healthy blood also requires the right **minerals**. Red blood cells themselves need iron, but you'll want all the trace minerals, too, so they can be delivered by your blood to your cells. When you lack sufficient quantities of minerals like calcium, magnesium, zinc and selenium, biological functions start to go awry.

Healthy blood also needs plenty of water, of course. Water is the primary fluid of your **blood plasma** -- it's a *solvent* that can dissolve and transport all sorts of crucial building blocks for health including water-soluble vitamins like Vitamin C. Without adequate water, your blood turns to **sludge blood** -- sticky, goeey blood that your heart can't easily pump through your circulatory system. The forceful pumping required to push this blood through your system is frequently diagnosed as **high blood pressure**.

Human blood also needs many other elements, all of which can be found in a plant-based diet (including the proteins needed for blood).

You can make what modern science can't

When thinking about the health-enhancing qualities of your blood, remember this astonishing fact:

Modern science cannot make human blood. But YOU can.

Sure, they can try to make artificial blood. But clinical trials have shown that artificial blood doesn't work very well. It carries only a fraction of the oxygen of real blood, and it's no long-term replacement. YOU can manufacture blood that's more technologically advanced than anything ever invented by modern medicine. The only question you need to ask yourself is: *What kind of blood will I make today? (And tomorrow...)*

Will you manufacture blood out of trans fats, Gatorade, pharmaceuticals and junk food proteins? Or will you make your blood out of living fruits and vegetables, healthful omega-3s and positive energies from Mother Nature?

It's your choice, each and every day. You can have good blood or bad blood, and the health results you get will directly reflect the quality of your blood.

Want to transform your health? **Transform your blood** and your health results will automatically follow.