

OXYGEN and the BODY

99% of the mass of the human body is made up of six elements: oxygen, carbon, hydrogen, nitrogen, calcium and phosphorus.

By mass, oxygen represents 65%.

Oxygen is required for breathing processes and in every metabolic process in the body.

Healthy cells in the body are aerobic, meaning that they require adequate levels of oxygen for cellular respiration and growth.

When cells are deprived of oxygen for any reason, decay sets in and cells can mutate or die.

Having low blood oxygen can be a clinical finding for people with chronic disease.

OXYGEN LEVELS and the BODY

Oxygen deprivation can cause ...

- tiredness
- depression
- irritability
- poor judgement
- health problems

Increasing the oxygen levels within the body can heighten ...

- alertness
- reflexes
- memory
- intelligence

Oxygen balance within the body can be improved by:

- increasing alkalinity through diet by increasing plant-based foods
- increasing hydration by drinking adequate quantities of water
- ensuring proper breathing which is both low and slow from the diaphragm/belly and in through the nose.
- including aerobic exercise, like walking, to a daily routine.

Meet Diane MacDonald, Director and Founder of Raincoast Elemental Wellness and Consulting Inc.

- Helping individual clients to supplement their commitment to themselves and their personal needs.
- Helping to build stronger and more dynamic organizations.



Wellness Strategies
for People and Organizations

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IONIZATION, POLARITY, BREATH and the BODY

Both positive and negative ions are present in the air we breath.

The negative ions are considered the "healthy" ions and the positive ions are considered the "unhealthy" ions.

A study of burn victims has shown that negative ionization reduces pain and increases healing rates.

Free-radicals can create an environment of positive ionization within our bodies. Free-radicals pull negative ions away from our cells to neutralize their own charge. The net result is that our bodies are left with cells that are positively charged, causing stress which can compromise the functioning of the body and affect mood.

Common sources of free-radicals:

- discharge of high voltage in high voltage networks
- heating and cooling systems
- TVs, radios, transmitters and computers.

Free-radicals change the ionization of our cells which can by extension can change the polarity of our bodies.

When the body is in balance, the polarity of the left surface of the body is negative and the right surface is positive.

Increasing oxygen levels within the body and alternate nostril breathing can help correct ionization imbalance within the body.