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Partnering with God in Health and Wellness Series

Class One

The Amazing Human Body

THE HUMAN BODY IS A COMPLEX, BEAUTIFUL AND FASCINATING CREATION

* Creation of mankind was an intimate occasion. In Genesis 1:24 God created animals and said "Let the earth bring forth living creatures." But when God created mankind, Genesis 2:7 tells us that "God formed man out of the dust of the ground." This shows God's desire to make us special and to mold us with His own hands.

* God put an amazing amount of thought, effort and creativity into each one of us. He delights in each and every creation in its own unique way. It shows how much He loves and adores us.

THE CREATION STORY

And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life: and man became a living being. (Gen 2:7)

A. Are we Spirit or are we earthly, or are we both? How do we live in our earthly bodies and embrace the eternal, heavenly realm at the same time without being entangled by worldly brokenness?

B. Dust of the earth - Minerals

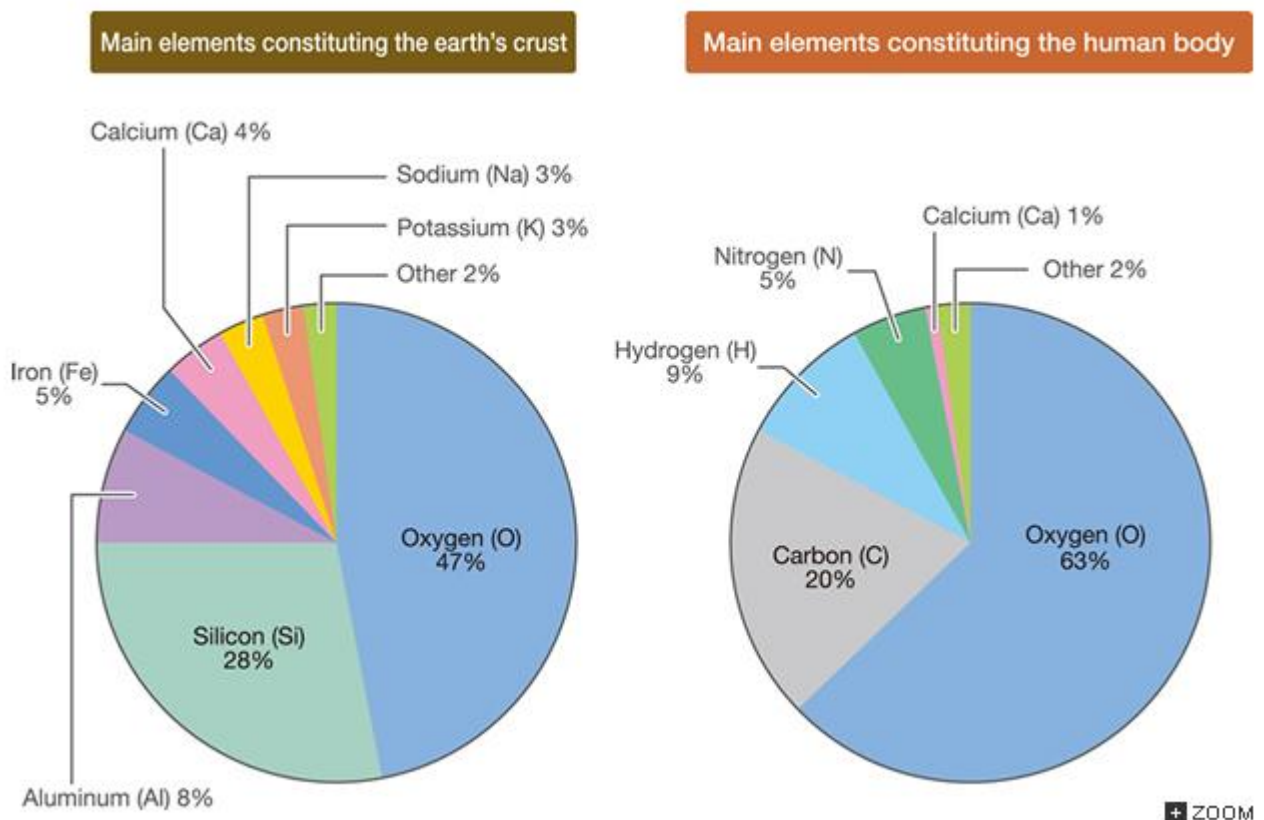
* The composition of the human body and the composition of the earth's crust is very similar. We are truly "dust of the ground" as stated in Genesis 2:7. Although minerals are a very small percentage (approximately 3-4%) of our overall makeup, we will discover that they are crucial for human health.

* Every mineral found in the human body is also found in the earth. There are two main categories of minerals. Macro minerals make up approx. 4% of the human body. Micro or trace minerals compose less than .5% of the human body.

* Minerals provide critical functions in the body such as:

- Acting as co-factors for enzyme reactions. Enzymes don't work without minerals. All cells require enzymes to work & function. They give us our vitality.
- Maintaining the pH balance within the body.
- Facilitating the transfer of nutrients across cell membranes.
- Maintaining proper nerve conduction
- Contracting and relaxing muscles.
- Regulating our bodies tissue growth.
- Providing structural and functional support for the body.

* Minerals are the "spark of life." They are catalysts that keep our batteries going. We don't produce minerals within our own body, so we must obtain them from food. This is one reason nutrition is so critically important.



* Current farming practices have destroyed the soil, robbing it of minerals. Commercial fertilizers are deficient in the full spectrum of minerals needed by plants and animals. Many only contain NPK (Nitrogen, Phosphorus and Potassium), a far cry from the 80+ naturally occurring elements in the soil needed for plant health. This has made plants weak and the soil deficient. As a result, we rely on chemicals like pesticides and herbicides to protect the plants, instead of natural immunity created by the plants. This is true of our own bodies. If we are deficient in minerals, our immune system suffers.

* Plants will be weak and sick if they are mineral deficient. If a plant is lacking minerals, is dehydrated, or lacks sunlight, leaves begin to turn yellow. Our bodies are the same. If we lack minerals, become dehydrated or lack sunlight, we get sick and our body starts to break down. Disease and degeneration is the result. Health isn't random, our choices determine our health. Why do we give minerals and other nutrients to our animals and plants, but often not our own bodies?

* Dirt, clay, earth, soil is a living substance. Not only does the ground contain vital elements, but it is teeming with life and living organisms. Clay (the ground) also has a negatively charged polarity (magnetic pull) because of the molecular design of planet earth. What activates dirt and makes it alive? The sun, water, oxygen, minerals, soil organisms, and magnetism of the earth all make soil alive.

* Your body is dirt, clay, earth, and soil. It is alive! You need sun, water, oxygen, minerals, soil organisms and the magnetism of the earth to be alive and stay alive.

* It is healthy to be in the dirt. We are from the dirt! We must embrace dirt. Our culture has developed a phobia over dirt. We sterilize everything with antibacterial soap, wear rubber-soled shoes so our feet don't touch the earth, scrub our fruits and veggies until they are spotless and shiny and sterilize our bodies with toxic pharmaceutical drugs and antibiotics. We need to get back into the dirt and embrace who we are. Our system of medicine needs to understand God's design of the human body and start to work with it, not against it.

* "Uncivilized" ancient cultures walked in the dirt, played in the dirt, bathed in the mud, used mud for healing the body and even ate the dirt. Our "civilized" culture is scared of the dirt, has created a war against dirt and germs, and calls craving and eating dirt a disease (pica). Here is what www.webmd.com has to say about pica (note that it is in the mental health section):

Definition - "Pica is the persistent eating of substances such as dirt or paint that have **no nutritional value.**"

C. Probiotics and Living Organisms

"Remember, I pray, that You have made me like clay. And will You turn me into dust again? Did you not pour me out like milk, and curdle me like cheese, clothe me with skin and flesh, and knit me together with bones and sinews? Job 10:9-11

* Because we are made from the "dust of the ground," this means our bodies contain the same elements as found in the ground such as oxygen, minerals, hydrogen and soil organisms (living bacteria). Healthy bacteria are a fairly recent discovery, yet critical in understanding human health. There are trillions of living organisms in and on our body and there are more living organisms in one square inch of your skin than there are people on the planet. Healthy bacteria in our bodies weighs approximately five pounds.

* Our world is teeming with living organisms. Living bacteria, viruses, fungi and parasites are found in the air, soil, plants, animals and human beings. It's part of God's natural created order. Living organisms are a vital part of the life cycle and play a pivotal role in how the natural world is continually building up and breaking down. There are more living organisms on one square inch of your skin than people on the earth. It is estimated that on average, one teaspoon of soil from the earth has over 20,000 different species and in excess of four billion living organisms.

* The human body is composed of trillions of living organisms and out-number cells in the body by at least 10 to 1. It is the most important component of our digestion and immune system. The way the human body digests and breaks down food, and the way our immune system works, is a direct reflection of how living organisms work in the soil with plants in nature.

* These living bacteria are by the trillions in our mouths, esophagus, guts, skin and private areas. These living bacteria on our skin protect us from invaders that would weaken and damage us. The skin creates an acid mantle with a Ph of 5.0-6.0. This is why anti-bacterial soaps, most commercial soaps with lye and other alkaline substances are very dangerous for the skin. We should be using lemon, apple cider vinegar and other acidic mediums for good skin health. Note: Be sure to dilute lemon and apple cider vinegar with water before applying.

* Soil is not soil without living organisms. There is no life without these living organisms. You cannot have compost which results in new, healthy soil without these organisms. The human gut is like a compost bin, teeming with bacteria to digest and break down our foods. Bacteria can easily break down real, living foods created by God. The body is going to have a much more difficult time breaking down and processing man-made foods full of chemicals. This is the same reason we don't put plastic, metal and styrofoam in our compost bins.

* Living organisms need nutrients to survive. They are fed by minerals, oxygen, water and other decomposed plant materials. Decomposed plant matter contains nutrients called FULVIC and HUMIC minerals (as would be found in your compost). They are the most crucial building blocks for living organisms. The elemental analysis of these minerals includes carbon, oxygen, hydrogen and nitrogen. Based on an article on soil, written by Dr. Robert E. Pettit (Texas A&M University), some of the functions that fulvic and humic minerals have on plant soil organisms include:

- * Promote fertility
- * Hydration and water holding capacity (absorbs up to seven times their weight in water)
- * Chelation (binding) of heavy metals
- * Includes over 60+ naturally occurring minerals
- * Because of small size, easily digested and enter into root system (villi) to be used by the body
- * Carry trace minerals into the tissues
- * Increase oxygen and energy levels
- * Release natural antibiotics to protect against foreign invaders
- * Electrical charge attracts and neutralizes pesticides and other toxic substances
- * Direct effect on cell membranes, increasing permeability and ease at which mineral elements move back and forth between cell membranes.

* The same things that damage the soil, and damage living organisms in the soil, also affect the human gut. The over-use of pesticides and herbicides kill living soil organisms. In addition, what we are doing to plants using chemicals is the same damage we are doing to human beings with antibiotics. We are destroying our living soil, and the organisms contained therein that are crucial for life.

D. Water. Our body as compared to water on earth. Ocean water and chlorophyll have been used for blood transfusions, having the same mineral composition. Our body is like an ocean of electrical activity.

E. The blood. Life is about protecting the blood. Blood tests can be informative, but the body is always robbing from the rest of the body to protect the blood. And the body is always trying to push and filter toxins out of the blood that should not be present.

***"...pour out its blood and cover it with dust; for it the life of all flesh. Its blood sustains its life."
Leviticus 17:13-14***

F. Light. We are designed to absorb light. How ironic that many professionals today will recommend taking Vitamin D, yet we are concerned about "dangers of the sun." Melanin darkens skin so that we might absorb more light. Light getting into the eyes starts a cascade of beneficial hormone production.

"Truly the light is sweet and it is pleasant for the eyes to behold the sun." Ecclesiastes 11:7

G. We have an amazing nervous system that warns us of dangers and lets us know when we are experiencing physical pain. Thank God for pain. Do we listen to pain and respond to correct the imbalance, or do we ignore it and cover it up?

H. Protection. Skin is our protective layer. Think of the bark of a tree. Anti-fungal, anti-parasitic. We have an amazing immune system, an army that creates antibodies and communicates to destroy invaders, intestinal tract, liver, kidney, spleen, lungs and other organs designed to protect us from the things of this world.

I. The body is designed to heal itself (If we can get out of the way and let God...) Human cells are a continuous process of life, death and exchange

"God heals all disease and the doctor takes the fee." - Benjamin Franklin

"The efficient physician is the man who successfully amuses his patients while nature effects a cure." - Voltaire

J. Deception of the world and the modern medical system tells us our body is failing, genetics and family history make disease inevitable, old age starts at 40 and continuous degeneration is normal. God and the Bible says otherwise. Even looking at various ancient cultures paints an entirely different picture.

" All genetic changes within any cell are always the result of an acidic change in the environment surrounding that cell. The best way to protect any cell from acidic genetic change that can lead to a cancerous condition is to maintain the delicate alkaline pH of the fluids surrounding that cell with an alkaline lifestyle and diet." Dr. Robert O. Young, author of the pH Miracle book.

K. We are designed to live forever. That was the original intention. That is the possibility contained within every human vessel, apart from sin. Jesus Christ is our plumb line to eternal life.

"My spirit shall not strive with man forever for he is indeed flesh; yet his days shall be one hundred and twenty years." Genesis 6:3

Joseph - 110 years

Joshua - 110 years

Moses - 120 years

Jacob - 147 years

Abraham - 175 years

Isaac - 180 years

Job - !?! 140 years +

L. If the body is so amazing, than why are we riddled with so much sickness and disease? Where is God in our sickness? In the next class we will search out the roots of sickness and disease...