

# Goodbye Aches and Pains - Part 2

Jim LeBeau - Certified Natural Healthcare Practitioner

On Oct 21 riding my bike down Madison St. in Waupun I got careless. I woke up looking at two cops, a paramedic, and an ambulance. The helmet saved my life. A few days later I saw my doctor for follow-up. I asked if she knew what organ or gland has the most C? Nope. I asked if she knew why this information could save the lives of some of her patients? Again blank. I then asked if she knew how to cure adrenal exhaustion. Blank again. Then I gave her the name of the doctor who wrote the book FOOD IS YOUR BEST MEDICINE Henry Bieler M.D. I also gave her information on a Nutrition-for-life kit. She took it and I think will read it. You can help educate millions of doctors *if you take time to educate yourself!*

Years ago I saw microscopic pictures of typical cells in old bodies compared to typical cells in young bodies. Not surprisingly the old body cells looked narrow, twisted out of shape, wrinkled. The young cells were round and full, the same difference you can see in many faces. Anyone looking at those pictures would ask *how can I keep my 40 trillion cells looking round and full of life fluids?* It's more than looks. It's also about aches, pains, disease, and how many healthy years you will enjoy before assisted living or a nursing home. Full round shaped cells not only look young, *they function young.* Every cell function from energy production (ATP) to replication (genes) depends on hydration. Of all differences between young and old hydration tops the list. Water makes up about 70% of our total body weight on average, babies with the highest and elderly with the least. The key is getting quality water *inside* of cells. Too much outside vs. inside means high blood pressure, also an old age problem. Fix hydration right, fix a million other things too!

What's the right way to get more quality water inside of cells? Begin with a water habit to keep urine on the light yellow side. Keep RO filtered, distilled, or spring water handy. Sip in small amounts through the day but don't stop there. Cellular hydration depends on elements and systems that manage body fluids. The most relevant are *pH, digestion, blood pressure.* More detail later but first a word on water quality, a primary concern in the hydration puzzle.

GOOD NEWS! God created life to work in ways that solve multiple needs at once. Do the cell hydration powers of high water content raw foods and their juices also help with acidity in aging? Yes. Do they add thousands of biomolecules to be assimilated at a perfect moment for absorption by microvilli in gut - vitamins, minerals, enzymes, antioxidants, phytonutrients that we are only beginning to learn their wonders? Yes. Can “all things work together for (that much) good”? Yes and more! The water molecules of high water content raw foods are in the hexagonal shape needed to move the good in and bad out at cell membrane level. No wonder so many miracle healing stories involve fresh fruits, vegetables, their juices, and don't forget fresh raw milk our ancestors thrived on, and the apple a day. “He did not make it (earth) a chaos. He made it to be inhabited” Is. 45:18. Praise God for that.

On our cell membranes are fascinating “pumps” that work overtime to move fluids and contents in and out. The balances of some elements are so critical that diffusion and osmosis aren't enough. Pump power is needed. Enter the “life death” sodium-potassium pumps called ATPase that are magnesium dependent. Pass the greens and whole grains. The ATPase makes *active transport* possible but needs a near perfect pH of surrounding fluids to work right. Pass a Nutrition-for-life kit. Now you have a few golden keys to cell hydration that depend on organically grown whole foods, control of stress, and SELF-TESTING of key body systems. Have you been testing your pH lately? Do you know what to do about the numbers?

Easily lost in a discussion of cellular hydration is the importance of balance. Don't kill yourself on “healthy fits and vegetables”. Your body also needs healthy fats, proteins, and fatty acids to support two nervous systems for electrical control and hormonal systems for biochemical control and much more that depend on the totality of nutrition. Nutrition-for-life helps you put the pieces of the puzzle together to make a whole. Youth is for learning as is the gospel. “Learn of me” He said. Learning helps to keep us young. Each day you put off learning how to listen to your body, as you are also listening to God, is a lost opportunity to practice keeping your cells round, plump, and fully charged with life so you can enjoy the blessings of a healthy life.

This article is for educational and inspirational purposes only. Comments? Send to Jim at [lebeaultj@aol.com](mailto:lebeaultj@aol.com) with “nutrition” in subject box. Info on kits [www.phpower.org](http://www.phpower.org).