

Blood Health

“The life of the flesh is in the blood.”

Stagnant blood = poor health

As the quality of your blood is improved, the quality of your overall health is improved.

“During my training as a hematologist at U.C.L.A., forty years ago, a senior faculty member introduced the program of study by citing a verse from Leviticus: ***“The life of the flesh is in the blood.”*** For the assembled young physicians, this was a biological truth. Red cells carry oxygen, required for our heart to beat and our brain to function. White cells defend us against invasion by lethal pathogens. Platelets and proteins in plasma form clots that can prevent fatal hemorrhages. Blood is constantly being renewed by stem cells in our bone marrow: red cells turn over every few months, platelets and most white cells every few days. Since marrow stem cells spawn every kind of blood cell, they can, when transplanted, restore life to a dying host.”

<https://www.newyorker.com/magazine/2019/01/14/the-history-of-blood>

Primary Goals For Best Health & Wellness:

- 1) Avoid as many toxic exposures** with focusing on clean food, water, air, and environment (stay away from toxic clothes, soaps, foods, products, as much as possible – seek solutions with safer alternatives)
- 2) Expel, Detoxify, Condition** – have a regular daily routine to keep moving toxins out from the body and keep the body strong (i.e. like **sweating with infrared to clean the blood**)

Healthy Blood, Healthy Body & Skin (& Healthy Organs Too!)

Blood delivers nutrients and oxygen to the cells of the body and transports metabolic waste away.

Blood rich organs include:

- Brain
- Heart
- Liver

Blood health includes many measurements. Examples include:

- pH level
- blood pressure
- blood oxygenation level
- blood sugar level
- blood hormones
- blood clotting ability &
- many others

Health and wellness results from our blood being healthy and balanced.

Its purity can be affected by infections, parasites, heavy metals, chemicals, plastics, petroleum's, and other contaminants.

Keeping the blood healthy keeps the rest of the body healthy.

This shows on both the inside with our organs and on the outside with our skin.

Enzyme Supplement Tip: (for blood health)

Nattokinase: A Promising Alternative in Prevention and Treatment of Cardiovascular Diseases:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6043915/>
<https://www.verywellhealth.com/what-is-nattokinase-89831>

Blood Systems Connected to All Dis-ease

Alzheimer's (Brain), Heart Disease (Heart), and Liver Disease (Liver) and pretty much every other dis-ease (imbalance) have the blood in common.

Same causes are in the blood.

How Much Blood Do We Have?

The average adult weighing 150 to 180 pounds has about **1.2 to 1.5 gallons of blood in their body.**

This is about 4,500 to 5,700 mL.

60,000 to 100,000 Miles

There are approximately 60,000 to 100,000 miles of blood vessels in the human body.

The heart pumps approximately 2,000 gallons of blood per day.

Diseases of the Circulatory System

“According to the American Heart Association, cardiovascular disease is the leading cause of death in the United States. Because of its vastness and critical nature, it is one of the systems of the body most prone to disease.”

<https://www.livescience.com/22486-circulatory-system.html>

From the CDC: about 655,000 Americans die from heart disease each year—that's 1 in every 4 deaths.

If it is human lifestyle instead of genetics, then you can do something about it.

Consider heart disease in many cases is related to lifestyle, stresses, toxic and poisonous exposures, etc. more than genetics. This means you're not stuck with it.

Did you know that heart disease can be reversed and prevented?

NO More Heart Disease (book): Nitric Oxide ("*Miracle Molecule*"):

Dr. Louis J. Ignarro, author of the book titled, NO More Heart Disease, ("NO" for Nitric Oxide) was awarded a Nobel Prize for his work with Nitric Oxide. His book **documents Heart Disease can be prevented and reversed with increased production of Nitric Oxide.**

<https://us.macmillan.com/books/9780312335823/no-more-heart-disease>

Nitric Oxide

*"From diabetes to hypertension, cancer to drug addiction, stroke to intestinal motility, memory and learning disorders to septic shock, sunburn to anorexia, male impotence to tuberculosis, Parkinson's to Alzheimer's, **there is probably no pathological condition where increased nitric oxide does not play an important role.** Only recently discovered as a product of enzymatic synthesis in mammals, there are **more than 114,000 scientific papers** dealing with this remarkable molecule with most of these published within the last few years."* - <https://www.nitricoxidesociety.org/>

The Power of Infrared for the Blood

Regular Sweating With Infrared Is One of the Easiest & Most Effective Ways to Naturally Detoxify & Condition the Body

Three significant heart/cardiovascular and blood benefits from infrared sauna sweating:

- 1) **Increases Nitric Oxide (NO)** which reverses and prevents heart disease, (Nobel Prize)
- 2) Stimulates creation of **new blood vessels (Angiogenesis)**
- 3) **Natural and safe elimination of toxins**

<https://edskilling.com/sauna-therapy-summary.pdf>

Infrared Triggers Nitric Oxide & More

Infrared causes the body to produce chemicals including Nitric Oxide; it triggers Potent Antioxidants, Neurotransmitters, & Artery Wall Relaxers:

Additional Scientific Research:

1. [American Heart Association: Far Infrared Therapy Inhibits Vascular Endothelial Inflammation](#)
2. [Circulation 2286 - American Heart Association: Effects of Heat Stress on Thermoregulatory Responses](#)
3. [Research on Far Infrared Rays by Dr. Aaron M. Flickstein](#)
4. [Oxford Journals: Changes of Blood Flow Volume in the Superior Mesenteric Artery and Brachial Artery with Abdominal Thermal Stimulation](#)
5. [Science Direct Original-IR-Mouse-Study.pdf - Neurobiology of Learning and Memory: Effects of Low Infrared Light on Emotional Responses and Memory Performance of Mice](#)

<https://www.edskilling.com/heart-nitric-oxide-links.pdf>

Infrared & The Largest Organ of the Body (the Skin)

Infrared disinfects the skin: The skin is the largest organ of the body, with a total area of about 20 square feet. The skin protects us from microbes (as best it can) and the elements (pathogens and toxins), helps regulate body temperature, and permits the sensations of touch, heat, and cold. Most organisms that invade the body through the skin CANNOT be washed, or cleaned with any kind of soaps or cleansers.

The Skin has three layers:

- The epidermis, the outermost layer of skin, provides a semi-waterproof barrier and provides our skin tone.

- The dermis, beneath the epidermis, contains connective tissue, hair follicles, and sweat glands (all penetrable by live organisms, bacteria, etc.).
- The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue (where toxins, pathogens, infections, etc. are stored as a self-defense mechanism to protect internal, critical organs).

Improves Thermo-regulation: Mayo Clinic research documents:

“The thermo-regulatory control of human skin and blood flow is vital to the maintenance of normal body temperatures during challenges to thermal homeostasis. Blood flow is a critical factor for hormonal normalization of hot flashes, control of blood pressure, balancing blood sugars, etc. With body heating, the magnitude of skin vasodilation is striking: skin blood flow can reach 6 to 8 L/min during hyperthermia sessions.”

“Local thermal control of cutaneous blood vessels also contributes importantly—local warming of the skin can cause maximal vasodilation in healthy humans and includes roles for both local sensory nerves and nitric oxide.” “In type 2 diabetes mellitus, the ability of skin blood vessels to dilate is impaired.”

[https://www.mayoclinicproceedings.org/article/S0025-6196\(11\)61930-7/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(11)61930-7/fulltext)

Infrared Tightens Skin: Removes and Prevents Cellulite:

Ever caught your rear-view reflection in a fancy changing room with angled mirrors and had a mini-breakdown? Until the Super Sauna there wasn't anything much you could do except stay clothed...not much fun swimming in your clothes!

Carmen Cooper, clinical nutritionist, calls it, "The 'Mattress Phenomenon' of pitting, bulging and deformation of the skin. The somewhat technical explanation is your collagen breaks down and your fat cells break free, racing to the surface for everyone to see."

“AKA, the lumpy stuff in your trunk that drives you to purchase a pair of spunks on the DL, and pray you don't have a Bridget Jones' moment of passion!”

Toxins = cellulite

“If you're anything like me, you've probably turned into a cellulite MacGyver, trying to solve this unsightly conundrum, asking pressing questions like: Why do I have cellulite and she doesn't? If I'm not overweight, how do I still have cellulite? Will it look suspicious if I back myself into the water at the beach?”

According to Cooper, **TOXINS, not just "fat", are a huge contributing influence to the formation of cellulite.**”

"Toxins create sluggish lymphatic systems and elimination organs (i.e. bowels, intestines), decrease connective tissue integrity, and create subcutaneous fat."

<https://www.stuff.co.nz/life-style/well-good/motivate-me/77954653/cellulite-is-there-a-way-to-beat-it>

Infrared increases the rate and efficiency of injury and wound healing:

Infrared has been studied in great depth by NASA and the military. A NASA report states:

*“Biologists have found that cells exposed to near-infrared light – that is, energy just outside the visible range - grow 150-200% faster than those cells not stimulated by such light. **This form of light increases energy inside cells which results in speeding up the healing process...***

Infrared, especially near infrared in the 600-1000nm range, promotes fibroblast proliferation, enhance chondroplasia, up-regulates the synthesis of type I and type II pro-collagen mRNA, quickens bone repair and remodeling, fosters revascularization of wounds and overall accelerates tissue repair in experimental and clinical models.”
--Therapeutic Light, Rehab Management, (Jan/Feb 2004)

Infrared improves lymphatic movement and drainage:

"Cellulite severity is increased by interstitial fluid retention or congestion of toxins and pathogens. Lymph flow is not only a cause of cellulite, it is also slowed by the cellulite it causes," says Cooper.

"As the lymphatic vessels have no muscles to pump the fluid with, a build-up naturally occurs, aggravating and increasing the fatty masses, and thus the increasing cellulite appearance. Capillary blood flow is also slowed, which accounts for most of the reduced lymph flow, as the former affects the latter. Any fluid here depends purely on tissue movement and efficient blood flow to work."

"Aha! So we need to move our lymphatic system – to move the fluid – to move the toxins – to move the fat – to move the cellulite. Capisce?"

"Infrared saunas use infrared light to create deeply penetrating heat, at a waveband that is easily absorbed by human tissues and cells," says Cooper. "The skin excretes toxins through sweat, while the infrared energy triggers the release of toxins stored within your cells. Metabolism increased. Calories burned. Weight lost. Body cleansed."

<https://www.stuff.co.nz/life-style/well-good/motivate-me/77954653/cellulite-is-there-a-way-to-beat-it>

Clean the Blood → Clean the Liver → Clean the Brain → Clean the Heart!

Infrared Sauna Sweating Shows 15-20% of Sweat is Toxins:

When it comes to relieving toxins, not all sweating is equal.

"While most sweat is water and a little salt, studies show that 15-20% of infrared sauna-induced sweat includes cholesterol, fat-soluble toxins, heavy metals, sulfuric acid, sodium, uric acid and ammonia.

In other words, infrared sauna sweating may enable your body to rid environmental toxins through sweat."

<https://www.drnorthrup.com/infrared-sauna-sweat-toxins/>

The Blood Rich Liver Has Over 1000 Functions

The liver is an amazing organ. All the blood in your body goes through your liver every 3 minutes!

It is one of the largest organs in the body and receives **25% of the blood that the heart pumps with each beat.**

The liver performs over 1000 exotic “life giving & life saving” functions that are necessary to keep a person alive.

Malnutrition From Diseased Liver:

The liver also makes bile, which helps us absorb food and eliminate toxins. Bile salts, which come from the liver and are dumped into the intestine via the bile duct and through the Gallbladder, help us manage fats from our diet.

When the liver is overwhelmed for long periods of time and is not functioning well, bile may not be managed well and re-absorbed by the blood and continue to breed and feed all infections and pathogens throughout the body. A whole host of symptoms and diagnoses ensue and continue until death.

Liver Detoxifies the Blood

One of the liver's most important functions is to "detoxify" the blood.

The liver receives blood from the intestine. This blood is full of nutrients but also contains all the toxins and other chemicals that the liver cleans up before they enter the body's circulation. In patients with very poor liver function, the liver may not ever be able to clean up the blood on its own.

Ammonia, which is a byproduct of protein metabolism, may accumulate as well as many other toxins produced from a malfunctioning liver.

Other chemicals that we are not able to see, identify, or be aware of, constantly build up as well. This leads to primary causes of all mental disorders and constantly interferes with mental states. THE ONLY ORGAN THAT GETS MORE BLOOD THAN THE LIVER IS THE BRAIN! Over time, liver malfunction can even cause brain swelling and coma.

The liver also helps the body fight infection and an inefficient liver breeds and feeds all infections throughout the body and over time becomes the “cause” of infections.

<https://www.edskilling.com/nitric-oxide-infrared-sauna-therapy-links.pdf>

Sauna Study Updates:

Reduces Risk of Fatal Heart Attacks: (Heart)

From: 2015. A recent medical study involving 2,315 Finnish men indicates that regular use of a sauna **reduces the risk of fatal heart attacks and reduces death from all causes.** -- Laukkanen, T. et al, "Association Between Sauna Bathing And Fatal Cardiovascular And All-Cause Mortality Events", *JAMA Internal Medicine*, 2015;175(4):542-548.

<https://pubmed.ncbi.nlm.nih.gov/25705824/>
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2130724>

Reduces Dementia and Alzheimer’s Disease (Brain)

From: 3/2017. A continuation of the Finnish men’s medical study indicates that **regular sauna use reduces dementia and Alzheimer’s disease.** -- Laukkanen, T. et al., "Sauna bathing is inversely associated with dementia and Alzheimer’s disease in middle-aged Finnish men", *Age Aging*, December 7, 2016.

<https://pubmed.ncbi.nlm.nih.gov/27932366/>

Brain Benefits – Nitric Oxide Helps Our Cells Live Longer

"Nitric oxide helps our cells (including blood cells) live longer. And when nitric oxide production is slowed or blocked, telomeres become shorter, and cells die earlier."

<https://web.archive.org/web/20170313144326/http://www.elsearsmd.com/2015/05/save-your-brain/>

Nitric Oxide Pathways in Alzheimer's Disease and Other Neurodegenerative Dementias, Diabetes, etc.

NO pathways are an important factor with neurological disorders:

<https://pubmed.ncbi.nlm.nih.gov/15265275/>

Clean up your blood for a better you.

Think of your blood like the oil in your car.

Your car runs better with clean oil.

The same is true for your body with cleaned up healthy blood.

Clean your blood up for the best health and wellness now!

Diabetes Report: <https://edskilling.com/diabetes-report.pdf>

Brain Health: <http://edskilling.com/super-sauna-brain-health.pdf>

Super Sauna Summary: www.edskilling.com/Super-Sauna-Summary.pdf

Skilling Flyer: <https://edskilling.com/skilling-flyer.pdf>

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