

Oxygen Deprivation. How It's Making You Sick And What You Can Do.

What does Health and Car Engines Have in Common?

Car engines burn fuel to work, and so does our body. It is a machine with thousands of engines, represented by every cell in our body.

To burn fuel efficiently, an engine needs three things:

- Heat
- Substance to burn
- Oxygen

Remove or have too little of any of these things and the engine won't work properly. The same thing is true for every single cell in your body.

If it doesn't have enough of all these factors (heat, substance, oxygen), it won't function as it should. If you've ever seen an old dread-mobile shake down the street with black smoke filling up the street behind it, you know what I mean.

We are now learning more and more that oxygen deprivation causes different conditions. Fibromyalgia, migraine, headaches, vertigo, and dizziness, just to name a few. Some of these conditions are even considered incurable in the traditional medical system.

We're often focused on eating well (creating good substance to burn), exercising (creating heat to burn this substance) but we forget to fill our cells with oxygen.

There are a number of reasons why we are lacking in oxygen:

The most obvious is pollution. Especially in the cities. Some experts say there was twice as much oxygen in the air 50 years ago than now. I don't think this is the fact worldwide but there is definitely less oxygen in the air in the big cities where there is a lot of pollution.

Pollution is something we can't do much about except go where there is less pollution. However, there is something else that we can do...

Again - as I've done so many times before with other health problems - I blame this problem on muscle tension and wrong body position.

Nobody breaths deeply as they should.

The lungs, surrounded by muscles in the breathing passages and muscles that expands the lungs, become weak and do not help us breath enough air.

The tense muscles prevent proper delivery of blood to the cells instead of supporting it. This also makes the heart work harder to make up for it, straining it too much.

Illnesses in the body happen where oxygen deprivation is the most sever. So migraines and headaches are due to lack of oxygen in your brain, as well as vertigo and dizziness.

Lack of oxygen in the muscle cells result to fibromyalgia, and Cancer can materialize anywhere there is lack of oxygen.

Increasing oxygen intake has been the main focus of my more recent health programs like the migraine program, vertigo/dizziness program, and the fibromyalgia program.

About the Author

Christian Goodman is world wide recognized for his unique solutions to many difficult and even deadly conditions, such as his [Fibromyalgia Treatment](#) . Learn more about Christian and his solutions on his [natural health](#) blog.

