



## RIDING THE RAPIDS OF THE HEART

**H**ear that thump, thump, thump? We're getting close to the heart. Now that the liver doesn't have to shut down valves to slow the flow we've arrived with a strong flow of blood back to the heart.

Watch to see how all these electrons we're swimming with strengthen the heart's beat. Thank you Human for making sure you get essential fatty acids—must be the freshly ground flax seeds with breakfast.

Look at those heart cells sing! The electrons boost both the muscle and nerve cells. The heart cells have no problem bolstering the twisting and turning of the blood vessels. Feel invigorated all over again? Come on let's cha cha cha! I could dance all night, I could climb with might, I can feel delight ... okay, okay, I might be a bit off key but I feel like singing and dancing.



Human's heart cells have lots of exciting news to pass along. The first thing they want me to tell you is the heart is much more than a pump. In fact, even though there are lots of strong muscle cells to form the heart, it isn't simply a mechanical pump. For now though, let's focus on its boosting action to the flow of blood. It would probably wear out much sooner than it does if these muscle cells were solely responsible to keep 7,700 quarts or 8,000 liters of blood rushing through here every day.

The rapid flow of blood is a result of the twisting motion of the walls of the blood vessels

and the heart. The layering of the muscle cells in the vessel walls is designed to keep the blood flowing by vortex or spiral movement. This works the same way the muscles of the intestinal tract alternately compress and expand to keep the contents moving from Human's esophagus through to the anus. This spiral movement started Human's blood flowing in the womb—before the heart was fully formed. Yes, blood has a life of its own! Blood gives the heart muscle its start. The heart relies on the blood for movement as much as the blood relies on the heart for a boost. Gives us a new respect for the importance of keeping the blood vessels clean.

"The heart has its reasons which reason knows nothing of."

Blaise Pascal 1623–1662

"Art is the language that is the language of the heart, that is the language of the emotional structure."

Margaret Mead

Get ready for the rush and roar as we enter the mighty heart. It's the size of Human's fist and weighs about 1 pound or half a kilo. There are four chambers separated by paper-thin valves. Blood always enters the heart through the two upper chambers and leaves from the lower two chambers. Our first pass through the heart gives us a boost on our way to the lungs. The red blood cells (RBCs) need to dump the carbon dioxide they picked up from the cells and then pick up a fresh load of oxygen to take to the cells. The blood plasma or fluid is already loaded with nutrients as we've come through the liver.

We're entering the upper right chamber along with blood returning in the other major vein—the one that brings blood back from the cells in the upper body. Listen to the roar and feel the pulsing—as awesome as a mighty waterfall. We'll course through here and be expelled very quickly so hang on. Human's heart normally beats from 60 to about 100 beats a minute. Each beat propels us into the heart, on to the next chamber and then out of the heart. The valve to the lower right chamber is open for us now. Relax and go with the motion. That valve may be thinner than tissue paper but it's stronger than steel.

Ready! The next valve is already open for us. We're out and sailing on our way to a lung. We'll have to squeeze through a capillary soon to enter an air sac in the lungs. We've got to become tiny specks to follow a RBC as it elongates itself to squeeze through a capillary. A capillary is about 1/10 the diameter of one of Human's hairs! We depend on these capillaries to keep traffic moving—to return our waste, carbon dioxide (CO<sub>2</sub>), back to the lungs to be expelled and to bring oxygen from the lungs to us. Watch for the change in color. We've made it into an air sac ... notice how blue this cell is from the CO<sub>2</sub> we need to unload. Done. Now, we'll pick up oxygen. Watch the enzymes assisting the iron in the RBCs. Iron is key to pick up

Heart transplant patients take on personality traits of their donors. Claire Sylvia describes her experience and that of others in *A Change of Heart*.

oxygen. Time to squeeze back out through a capillary. Notice how red this RBC is! Love that oxygen. It's a short ride back to the heart. Feel the pulse as the layers of muscle cells lining this tube twist and untwist the walls to move us along.

This time we'll enter the top left chamber to meet the flow of blood returning from the other lung. Hear the roar again from the rhythmic contracting and expansion of the heart's beat. We're in again! The twisting and untwisting of the walls is definitely more dramatic than in the blood vessels. The valve to the lower left chamber is open so prepare to ride through. Notice how some blood always stays behind in the previous chamber. The movement of the remaining blood helps the heart muscles retain their steady rhythm. This keeps the muscle cells from having to strain to give the blood entering the chamber a boost ... providing Human keeps the blood lively and healthy.

We'll stay in this chamber and wait for another beat to expel us. The heart cells want me to pass along a secret. They're not all muscle cells—at least 60% of them are nerve cells! Nerve cells that are the same as brain cells! Those electrons keep these nerve cells firing so the heart brain stays sharp. Yes, Human communicates from the heart as well as the head. About half these neural heart cells translate messages from all over the body to keep it running as harmoniously as possible. The other half are in constant communication with the head brain. What a relief since Human has learned to listen to the heart mind and not just the head mind.

Human now asks the heart, "How do I feel about this?" as well as the head, "What do I think about this?" Makes a big difference. The head mind stores ideas, opinions and beliefs picked up from Human society. All thoughts are filtered or colored by past thoughts. The heart mind stores the feeling part of Human's experiences. The heart brain taps into feelings of sadness, joy, anger and love. Human is learning to listen to both the head and the heart. This brings a balance of thoughts and feelings to help Human make decisions. When the

### VORTEX MOVEMENT

The vortex or spiral is the motion of nature. Vortexes are noticeable in free flowing water, ocean waves, tornadoes, the motion by which a baby is birthed, the DNA spiral, the movement of fish and birds and the growth of plants.

Vortex motion is a key to water keeping itself and the earth healthy.

A vortex has two opposing forces: A centrifugal force that generates or expands life and a centripetal force that shrinks or decays life. In the arteries, the centrifugal force predominates with blood having greater electric potential and life energy. In the veins, the blood has less life energy and a predominantly centripetal force.

In addition to fetal development, the ability of blood to control flow was noticed during open-heart surgeries.

Two technologies that have harnessed the power of vortex motion are lasers and super-conductors.

head ruled, Human often got into trouble from listening only to the head and ignoring the warning signs from the heart. Human is learning to listen to the heart as a guide to love and happiness.

Oooh, it feels soooo good ... when Human shifts to both feeling and thinking positively! Nerve cells in both the heart and head are electrified and create a shower of electrical, hormonal and biochemical connections that cascade to the rest of us. Human relaxes, thinks more clearly and feels energized. A balance of heart and mind has made Human happier!

Ready! One more mighty boost from the heart's twisting and untwisting pulse and ... we're launched! Woowwwweeee! That was a great boost. We're propelling along the main artery heading to cells everywhere in the body ... so the RBCs can deliver their life-giving oxygen and the blood plasma, the liquid carrying the blood cells, can unload nutrients. There used to be a build-up of grunge on these walls that left us a narrowed passageway—interfered with delivery and sapped Human's energy. The bad fats and cholesterol had built up in here so you could literally pull out ropes of fat. It started in the heart chamber first. With the fatty build-up inside the heart chambers, a ride through wasn't as easy as it is now.

We're about to enter a capillary—those tiny blood vessels. Every one of us cells is bathed in a sea of fluid. The blood capillaries float in this sea. The tiniest lymph vessels or lymph capillaries also float in this sea. Let's look at the crucial role of the fluid surrounding each cell.

The oxygen carried by each RBC is transferred through the wall of the blood capillaries to the fluid surrounding us cells. At any one time over half of Human's blood is in the many miles of these thread-like capillaries. It's a squeeze to move through a capillary—even for a RBC. The shape of the RBC makes it especially flexible. This allows them to dump their load of oxygen as they move along the capillary. It really helps when Human's food, emotions and thoughts are healthy. This allows the negative electrical charge on the RBC to stay slightly less than the negative charge on the walls of the blood capillaries. The difference in charge repels the RBC to keep it moving through without

### ITEMS THAT INHIBIT LYMPH FLOW

**Antiperspirants:** Many antiperspirants contain an aluminum compound. Skin pores close to keep the toxic aluminum out of the body. As a result, the body cannot purge the toxins from under the armpits. This means the lymph nodes under the arms must store the toxins.

**Tight fitting bras:** A tight fitting bra can also impede the flow of lymph.

**Furniture:** Sitting too long on soft chairs and sofas hampers the flow of fluids in and out of the cells. It's the bones not the flesh that should bear your weight so best to sit on chairs that are only lightly padded. Grandma's rocking chair was good for moving the lymph.

sticking to the capillary walls.

In addition to oxygen oozing through the blood capillary wall, vital nutrients from the blood plasma are transferred to the fluid surrounding us cells. Human's blood plasma is now rich in minerals, fats, amino acids, glucose and hormones. Yummy, it feeds us cells well. See how those vital enzymes escort the nutrients through the blood capillary wall to our cellular fluid. The minerals are particularly important. The minerals keep our surrounding fluid like sea water—lots of electrolytes or mineral ions to keep the voltage up and spark nerve and muscle cells ... to keep Human humming.

It's awesome to see how the fluid keeps each one of my fellow cells fed and cared for. Look at the way oxygen moves hand in hand with essential fatty acids. With these good fats to assist, oxygen waltzes right into the cell. These fats keep our membranes strong and selective—giving us the strength to repel anything that isn't good for us.

As well as feeding us cells, our surrounding fluid carries away our wastes. Watch as the cells expel carbon dioxide ( $\text{CO}_2$ ) and other wastes into this sea. There are two different routes to carry wastes back to the heart. The  $\text{CO}_2$  and some of the smaller waste molecules migrate back into blood capillaries. These capillaries are a two-way highway as they bring nutrients from the arteries loaded with oxygen and nutrients as well as sending  $\text{CO}_2$  and other wastes to the veins. Veins transport the wastes to the liver, the kidneys, the skin and the lungs for Human's body to expel them. Of course, it's the RBCs that are responsible to pick up the  $\text{CO}_2$  as it enters the capillaries to ensure this gas gets to the lungs so Human can get rid of it.

The other route carries our larger waste molecules. Larger molecules migrate to lymph capillaries, laying in our surrounding fluid, to flow into the lymph system. It's harder to spot the lymph capillaries as they are clear like our surrounding sea. Actually this fluid surrounding us cells is part of the lymph system. The flow of nutrients in and out of us cells depends on electricity—electricity from photons or light absorbed directly from the sun and electricity from foods grown on mineral-rich soils.

This fluid is life-giving but sometimes excess fluid builds up. When Human led an unhealthy lifestyle, excess proteins from blood plasma would seep out of the blood capillaries. This protein would pile up around us cells. Fluids follow blood proteins so excess fluid was attracted to us. This fluid lacked electric vitality. Human looked fatter because of the swelling. It looked like Human needed to lose weight but it was mostly excess liquid. Us cells were being suffocated as it was hard to get oxygen with so much water that wasn't electrically balanced. No wonder we weren't able to repair ourselves. Human's health deteriorated as the trapped proteins and fluid build-up created arthritic pain in joints.

It is up to the lymph to carry these proteins and excess fluids back to the blood again. The lymph was so congested for a time that it was almost jelly-like. Talk about constipation. Our problem was trying to get the message to Human. There was no problem letting Human

know when the bowel was constipated but Human didn't have any idea that us cells were constipated too.

Let's slip into a lymph capillary and return to the blood via the lymph system. We're nearing the first filter station—a lymph node. These filters or nodes are stationed at intervals along the lymph vessels. They swell up and get sore when the toxins build up—the ones under the arms and in the pelvic area can be particularly painful and noticeable. Lymph nodes are Human's main defense stations. There are armies of white blood cells stored in each of more than 600 nodes. The lymph ferries viruses, bacteria and other pathogens to the blood. The white blood cells can then electrocute them. Fortunately, Human isn't as great a breeding ground for infectious agents anymore. The white blood cells are able to move freely as well to keep the lymph and blood relatively clean.

We noticed the very gentle twisting motion of the lymph earlier when we left the liver. A key to efficiently moving the lymph and keeping it electrically active is movement. Human gets regular exercise but also takes time for some special activity that generates more electrical sparking in here. Human bounces on a small trampoline called a rebounder. We love the effects of the soft bouncing. Not only does the movement give us a massage but each time Human goes up the effects of anti-gravity gives us a boost to flush ourselves.

And Human also breathes deeply. That acts like a firecracker going off—sending cascades of electrons to boost the flushing of wastes. A natural bristle brush for the skin also sparks the lymph. A good dry skin brushing cleans more effectively than water. When Human had arthritic joints, a lymph massage was one of the therapies that helped us clear the pain-causing debris and give us needed oxygen to heal. A lymph massage is a gentle stroking motion. Human discovered we keep the body functioning well when the lymph system is allowed to do its job—to flow freely so wastes and toxins are swept away from us cells.

Remember how each organ of the body has its own special time to cleanse. It's the lymph system that carries the waste from the organs during cleansing. The cells within each organ work for two hours to clean house. Then for the next two hours the lymph system carries away the debris from the organ. This body works awesomely well when Human cares for us.

### CHINESE TIMECLOCK FOR ORGAN CLEANSING

11:00–13:00	Heart
13:00–15:00	Small Intestine
15:00–17:00	Bladder
17:00–19:00	Kidneys
19:00–21:00	Circulation
21:00–23:00	Triple Warmer or Glands and Nerves
23:00–1:00	Gall Bladder
1:00–3:00	Liver
3:00–5:00	Lungs
5:00–7:00	Large Intestines
7:00–9:00	Stomach
9:00–11:00	Spleen/Pancreas

We've seen how our cells rely on the blood and lymph to feed us and carry away our wastes. And, remember how we were expelled with solid wastes at the end of that awesome trip down the digestive tract. Next, we'll look at more ways Human's body gets rid of wastes.

## REFERENCES

"Vortexian Mechanics & Your Health," Rhetta Jacobson Baumgartner, *the american raum & zeit*, (forerunner to Explore!) Vol. 2, No. 4, 1991.

"The Forces of Healing..." John Barnwell, *Explore!* Vol. 7, No. 4, 1996.

*Living Water*, Olof Alexandersson, 1976, ISBN#0 946551 57 X

*The Liver*, Heinz-Hartmut Vogel, 1988.

[www.heartmath.org](http://www.heartmath.org)

*The Spectrum*, March and August 2001.

*The Golden Seven Plus One*, C. Samuel West, DN, ND, 1981. 81-86099

*Micro-Magnetic Medicine*, Prof. Dr. med. Et. Rer. Nat. W. Langreder.

"Lymphatic Health on the Rebound," Lois Meyer, *Alive*, March 2001.