

Article 22 - What is Health?

By Sang Whang

The best definition of health is 'ease of flow'. When everything flows easy in your body, you have good health. As we know, 'sickness' is referred to as 'disease'. Water is a strong solvent and more than 90% of blood is water, so the blood carries everything around in the body: nutrients, vitamins, minerals, waste products, dead cells, etc.

There are two things that slow down the flow of blood: acid and low temperature.

Acid:

As it is known, acid coagulates blood. Aftershave lotion is acid water with perfume added to it. Mouthwash is acid water with mint added to it. They both stop bleeding, if there were any bleeding. It is the acid that stops the bleeding. This is a life saving property of blood to save us from bleeding to death. When there is a cut, blood comes out and meets oxygen in the air and becomes strongly acidic. When this occurs, the blood forms a scab and stops bleeding. Because of this life saving property of blood, it gets thick, as there is an accumulation of acidic waste inside the body.

There are different ways that acid accumulates in the body: a quick concentrated form such as pulling the muscle or a banged knee and a gradual build-up type such as cholesterol in the blood vessels and fatty acids around the waist. The first case is usually a result of some type of injury, and there is usually pain associated with it. The latter case is so gradual that the body adapts with the changing condition, and there is usually no pain associated with it. By the time one realizes the change, he or she is overweight. Regardless of whether there is pain or not, capillaries around the waste-build-up are clogged by the dried blood caused by acid. This is a natural chemical process.

If these build-ups are near the area where nerve endings are, there is pain associated with it and one does something about it. However, if the acid build-ups are in places where there are no nerve endings, one does not feel them and therefore does nothing about it, and they can continuously grow. By the time one feels something there, it could be too late to do anything about it. Note that cancer cells are acidic while healthy cells are alkaline.

It is generally known that the adult human body has too much acid and that something must be done to reduce the acids within the body. There are three well-known methods to reduce acid in the body: diet, exercise and liposuction. They all have risks involved. The more effective and easier way, without risks, is to drink alkaline water. It is a scientific fact that alkaline neutralizes acid. The Japanese have been drinking alkaline water for over half a century, and they are the longest living race on earth.

For more information about the benefits of drinking alkaline water, how to make alkaline water, the difference between different alkaline waters, please read article numbers 3, 5, 7, 15 and 16 of the Science and Health Series.

Low temperature:

All things in the universe vibrate, but they do not vibrate at the same frequency. Each one vibrates at its own resonant frequency. The temperature of each substance controls how vigorously it vibrates. At the absolute zero temperature (-459.670F), the vibration stops. We all know the stiffening phenomenon in cold weather. Where there is an accumulation of acid, the blood circulation is poor because of the acid clogging up capillaries. The temperature around the acid accumulation is low in general. A thermograph of a person is uniform for a healthy person while that of a person with pain is not uniform: cold spots around the painful area.

Although cold spots are a result of acid concentrations, alkaline water alone cannot do the job of dissolving the acid concentration because of clogged capillaries. The trick is first to heat the area and

expand the clogged capillaries so that the alkaline blood can reach the acidic waste. Once the heat reaches the concentrated area, it creates a temperature gradient, i.e., temperature difference. The body has a natural tendency to even the temperature difference. Therefore, the blood rushes in and out. In doing so, it helps to disperse the acid concentrations through the expanded capillaries.

The important thing is to heat the area deep inside the body where the acid concentration is located. This is where FIR (Far-Infrared) heat excels. As mentioned in article number 4 of the technical article in the alkalife.com Website, the FIR frequency happens to be the same as the resonant frequency (natural vibration frequency) of water molecules. It is very easy to excite a substance when you apply the vibration energy at a frequency same as the substance's resonant frequency. For that reason, FIR heating pads, FIR heater, and FIR sauna all create penetrating heat inside the body where water exists.

FIR heating pads and FIR heaters create localized heat and work better for relieving localized pain because they create temperature gradients and cause blood to rush in and out of the hot spot in an attempt to even the temperature. Although it does not create the temperature gradient in any specific area, FIR sauna is great in heating the whole body and inducing maximum perspiration. FIR sauna does not heat the air in the chamber, it heats the body instead. The chamber temperature need not be hot to make one sweat. After remaining in a FIR sauna and sweating profusely, one feels extremely drained. It is one of the best methods to pull out deep embedded acid toxins into the blood stream. That is why one feels drained or dizzy and why one should drink alkaline water before and after FIR sauna use. Regular use of a FIR sauna in conjunction with drinking alkaline water can make one very healthy and young looking.

The name of the game for better health is to help everything in the body to flow easily. It takes two punch attacks, alkaline water and FIR heat, both of which are non-invasive and proven to be most effective. The good news is that the FIR sauna has become much more affordable with the advent of the portable FIR sauna. If a portable sauna cannot be afforded, a bath with very hot water (at a tolerably high temperature) could be a second choice, as hot water emits a FIR frequency. The only drawback is that bath water cannot maintain hot temperatures for long spans of time.

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