

PURE AIR

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SCRIPTURAL

Genesis 2:7 – And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

Ezekiel 37:5 – Thus saith the Lord GOD unto these bones, Behold, I will cause breath to enter into you, and ye shall live:

Job 12:10 – In whose hand is the soul of every living thing, and the breath of all mankind.

Job 33:4 – The Spirit of God hath made me, and the breath of the Almighty hath given me life.

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SPIRIT OF PROPHECY

Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence, if you will not refuse its entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves. Air must be in constant circulation to be kept pure. The influence of pure fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep.

Testimonies for the Church, vol. 1 p. 702

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OXYGEN

Every part of our body requires oxygen.

The mitochondria produces 36 units of energy using its aerobic pathway

Resting breathing we take in 500 mil. and expel 500 mil. Of waste

When exercising we breath in 3,600 mil. of air and expel 3,600 mil. Of waste

The most vital element needed in the human body

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WHAT DOES OXYGEN DO

- Invigorates
- Electrifies the cells
- Soothes the nerves

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NOT ENOUGH OXYGEN CAUSES

- Hypoxia
 - Fatigue
 - Lethargy
 - Nausea
 - Headache

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TYPES OF OXYGEN

- Negative Ions
 - Electrically charged oxygen molecules
 - Three things need to be present
 - Movement
 - Moisture
 - Air
 - Thunderstorms
 - Ocean Waves
 - Water Falls
 - Forests (PINE)

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TYPES OF OXYGEN

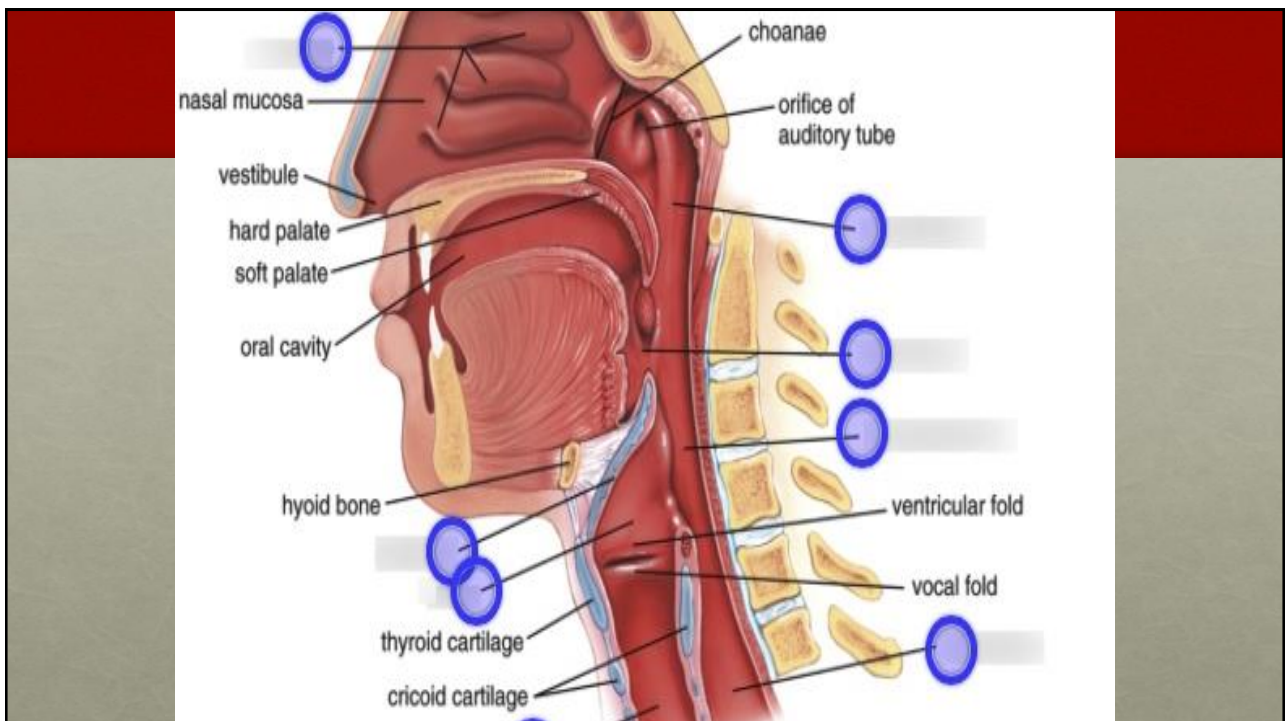
- Positive Ions
 - Has more CO₂ than O₂
 - Before Thunderstorms
 - Cities
 - People
 - Tobacco Smoke
 - Car Exhaust
 - Mold

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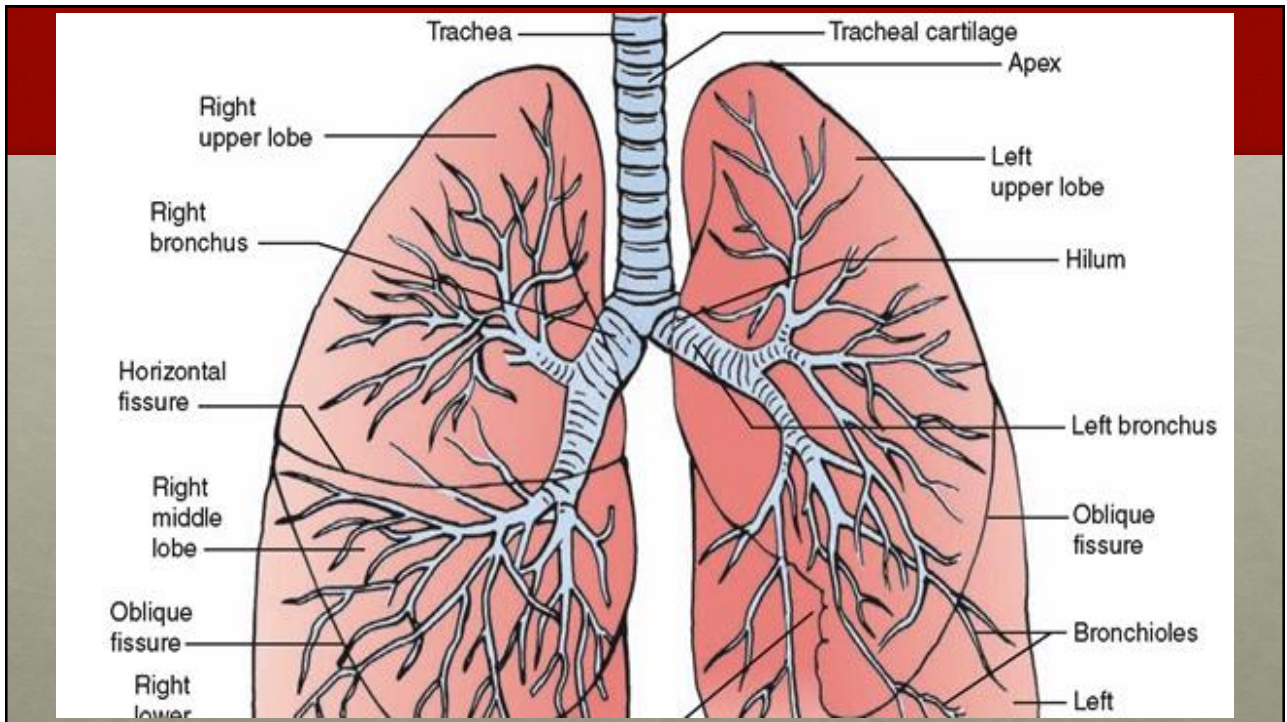
BENEFITS OF NEGATIVELY CHARGED OXYGEN

- After inhalation of negative ions in high doses for 30 minutes, we have a 20% increase in oxygen absorption and a 14.5% increase in carbon dioxide emission.

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RESPIRATORY SYSTEM

- Every cell in the human body needs to get hold of oxygen, and to get rid of carbon dioxide. These gases are transported around the body in the blood, but the actual transfer of gases between the air and the blood occurs in the lungs. The lungs have extremely thin membranes that allow the gases to pass across easily. But air also needs to be regularly drawn in and out of the lungs, to expel the building carbon dioxide and to bring in fresh oxygen, and this is brought about by respiration – commonly called breathing.

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