

## The Body's Intelligence

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It is one of those Sunday afternoons where peace pervades, where the only noise is that of children playing. I sit quietly on a bench writing--not because I want to, but because there is simply no other choice. As the drums beat and the clouds slowly disappear, I hear the voices of people from behind me. Just talking. Just sharing. Just sitting. Words of nothing to do besides just chilling in the summer sun.

These are the words that I am drawn to. These are the words that rock my boat. These are the words that enthrall me, exhilarate me, and remind me how "nothing but chillin'" is not how it appears. I think about myself and I think about what it took to get me here as I am in this exact moment. I think of the way that I look, and all of the actions and all the words that had to be manipulated, processed, formed, and created in order to get me to this exact point in time.

According to a scientific data source, just one cell—a specimen invisible to even a microscope—out of my 75 trillion cells has more wisdom than all the accumulated knowledge to date. Can this be true? If so, then it must be put in proper perspective.

I'm in a place where everyone believes nothing is happening. They don't know about the intelligence that is able to reproduce and to host approximately 20 billion cells every day. These complex and large-scale processes are happening in our body on a daily basis regardless of whether we are super busy or doing nothing. Our body has about 75 trillion cells and each cell contains 20,000 life units called mitochondria and organelles. This means that our body has 1.5 quadrillion life units. This, my friend, is a tremendous task force working continuously without a single break.

Each tissue, each organ, each cell is beyond important. The liver weighs only 2.5 pounds, but it is the largest internal organ. It produces more than 1,000 enzymes essential to digestion and metabolism, and it is able to hold about 1/4<sup>th</sup> of the heart's entire blood output. This happens even while we are resting, just sitting around with nothing to do, but happens even more so when our body is feverishly working and using all its life units to keep us active.

It is this art of complacency, these words of doing or saying nothing, that bring my soul and spirit warring to a feverish pitch. These words move me to confront these souls living in blissful ignorance and to enlighten them on what it really takes to do nothing. I feel an urge to explain how our hives are continuously working 24/7 to identify chemical contaminants and then to neutralize the poisons through blood, metabolic, and immune constituents. This means every single second our bodies are on full-scale military action trying to cleanse us from the processed foods, meat, dairy, eggs, fish, and their antibiotic and urine contaminants that are fermenting and putrefying in our digestive tracks. Meanwhile, our liver, the major detoxifying organ, is regenerating itself up to 75% and our kidneys are filtering and cleansing the blood at a rate of 2.5 pints per minute, or 40-50 gallons per day. The entire blood supply passes through the heart every 60 seconds—my gosh! You could sneeze 3 times and miss hundreds of gallons of blood passing through the heart. The blood flow through the heart totals to 2,000 gallons per day and 20 million gallons per lifetime. On top of that, we have 100 billion nerve cells, and

each one of these cells has on average 1,000 axons and dendrites, which are the receivers and senders of information among cells. My friends, this is now occurring in each and every one of us.

And it doesn't even end there; our body recycles about 95% of its iron supply, meaning that we need very little from outside sources. This also holds true for protein; the body can obtain over 90% of its protein needs by recycling its protein waste. The list of amazing feats that your body and cells can do goes on and on, miracle after miracle happening—not over years or months, but in a fraction of a millisecond, in my body and in your body.

This, my friends, is just a tiny fraction of what the body does and can do. We are genetically designed to stay healthy and fit till the day we die-- with no disease, no illness. In most cases, our bodies have the capability to identify the problem and to repair it without any external assistance. But our bodies can only withstand so much acid waste before they begin to degenerate as a way to protect themselves. All these activities that operate zillions and zillions of times every day are selfless acts of self-preservation. So, I continuously salute my nothingness, because, in all actuality, even in nothingness my body machine is fighting an internal war in order to protect and to care for me. It's how my body gives me boundless love beyond miracle proportion. I thank my body for what it does to take care of me.

### **Body's Intelligence**

1. Reaction time and the speed of movement slow down as nerve cells age.
2. Your body's capacity to accomplish work, as measured by the maximum of oxygen it can use, is reduced by age 75 to less than ½ of what it was at age 20.
3. The skeletal muscles gradually lose strength and endurance with age.
4. The body creates brain cells only until age 25, at which time the cells begin to die; after this age, even the healthiest of us are said to lose about 100,000 cells every day.
5. The skin, the largest organ, acts as the body's cooling system with its 4 million pores.
6. Single cells that can't be seen with a microscope have more wisdom than all the accumulated knowledge to date.
7. Saliva, an alkaline liquid, is 99% H<sub>2</sub>O.
8. The body manufactures only 0-100 millionth of a gram of thyroid hormone each day—but this amount is essential for healthy metabolism.
9. Heart beats are generated by electrical impulses created by two nodes from within the heart muscle.
10. The body itself is an electrical unit; every organ and the entire nervous system work through electrical impulses.
11. The motor cortex at the top of brain sends signals through nerve impulses to the spinal cord, through which the signals travel to various parts of the body. Each of these signals trigger a specific response in the body, and together the signals act in unison with the whole.
12. At the base of the brain is a computer-like program that coordinates muscle and bone movement in graceful harmony.
13. Each eye sees an upside-down image from its unique vantage point. The brain then assimilates the image from the right eye and the image from the left eye into one picture, and turns the picture right side up.

14. The eyes respond to orders from the brain to contract or to expand.
15. The heart beats 100,000 times a day and 2.5 billion times in a lifetime.
16. A heart at rest still pumps 1/6 of pint of blood in one beat and 12 pints of blood every minute. While exercising, the heart beat increases to 200 beats per minute, and pumps 100 pints every minute.
17. The eyes can perceive 10 million different shades of light.
18. There are an estimated 120 million rods and 7 million cones in the eyes that allow us to distinguish 14 million different colors.
19. The eyes process information at a rate of 186,000 miles per second.
20. The eyes can capture a light wave traveling at 186,000 miles per second.
21. Together, your eyes and brain use 40-50% of the body's energy.
22. The brain uses 25% of all the oxygen we take in.
23. The nose can differentiate thousands of odors.
24. Ears convert waves from the air pressure surrounding us into electrical impulses that we perceive as sound.
25. The entire blood supply passes through the heart every 60 seconds.
26. Each side of the heart pumps 2000 gallons of blood per day and 50 million gallons per lifetime.
27. We have 656 muscles in the body that hold us together and allow us to move.
28. Every fat cell in your body is replaced every 2-3 weeks
29. A series of 110 hormones are triggered so that we can wake, rise, and shine.
30. More than 75% of the body is composed of water, most of which is stored in interstitial fluid, or the loose protoplasm between cells.
31. In the stomach, it takes fruit 1 hour to digest; starches 2-3 hours; protein 4 hours; and beans 5-6 hours.
32. Concentrated fats and protein food take 3-5 hours to pass through the stomach.
33. The body can recycle about 95% of its iron supply, and consequently needs very little from outside sources. The RDA is 10 mg for men and 15mg for women, but the organs supply 20 mg.
34. The body meets 90% of its protein needs by recycling its protein waste.
35. Mother's breast milk supports her rapidly developing infant and fulfills all the infant's nutritional needs, yet her milk contains only 1.1% protein.
36. The liver weighs 2.5-4 pounds and is the largest internal organ.
37. The liver performs over 500 functions.
38. The liver produces more than 1,000 enzymes, which are essential for digestion and metabolism.
39. The liver is a great reservoir of blood; about ¼ of the heart's entire output is held within the liver when the body is at rest.
40. The liver has incredible regenerative powers; like a salamander, it can regenerate itself up to 75% if injured.
41. The liver is the body's human laboratory in which it tests for and identifies chemicals, neutralizes poisons, and creates essential blood, metabolic, and immune constituents.
42. The kidneys are 4-5 inches long and weigh 6 ounces.
43. 2.5 pints of blood pass through the kidneys every minute—for a total amount of about 450 gallons a day.
44. The kidneys filter and cleanse the blood at a rate of 2.5 pints per minute, or 450 gallons of blood per day.

45. There are 1 million nephrons, or cleansing agents, in the kidneys.
46. The gall bladder is 3" long and has a reservoir for bile, which emulsifies in the small intestine.
47. The skin takes sunlight and converts it into vitamin D.
48. The large intestine is 6 feet long and 2 inches wide.
49. The large intestine contains millions of bacteria.
50. The small intestine is 1.5 inches in diameter and 22 feet long, or 6 feet when not extended.
51. The small intestine contains trillions of bacteria.
52. A typical cell can go through 50 cycles before it finally dies.
53. We have 100 billion nerve cells, and each one has on average 1,000 axons and dendrites, which receive and send information among cells.
54. Our body has about 75 trillion cells, and each cell contains 20,000 life units called mitochondria and organelles. This means the body has a total of 1.5 quadrillion life units.
55. After going through a lengthy fast, women often have a slight mucus discharge instead of a bloody flow during their menstrual cycle.
56. Too much tissue acid waste in the body is the source of all illness.
57. Our body is 70% water, and so our diet should be 70% H<sub>2</sub>O to maintain hydration.
58. Approximately 20 billion cells are lost and replaced every day.