

## Deep Breath!

So in the last blog we discussed the benefits of chiropractic care other than pain relief. So for this blog I would like to focus on breathing and increased oxygen consumption.

The most visible example of the benefits of chiropractic care is the profound changes in breathing ability after an adjustment. Simply watch a patient breathe before & after just one adjustment. You can actually see the difference in the rib cage movement. It would take quite some time to get that change with gym training and it happens in a second with a chiropractic adjustment.

Increased oxygen uptake affects how every cell in your body works, including the nervous system & immune system. Don't believe me, go ahead and look it up. The benefits of increased breathing capacity are documented in every medical, physiology and health book that you will find.

Here are some quotes from famous scientists on the topic of breathing.

“Cancer has one prime cause. The replacement of normal oxygen respiration of the body's cells by an anaerobic (oxygen-deficient) respiration.” ~Dr. Otto Warburg (1883-1970),  
Winner of the Nobel Prize for cancer research in 1931

"In all serious disease we find a low oxygen state. Hypoxia (lack of oxygen) in the tissues is the fundamental cause for all degenerative disease." ~Dr. Stephen Levine, Molecular Biologist

"Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life threatening disease. The link between insufficient oxygen and disease has now been firmly established.“ ~Dr. W. Spencer Way, Journal of the American Association of Physicians

“After age 20 vital capacity (maximum volume of air that a person can exhale after maximum inhalation), decreases  
5-20% per decade.” ~Dr. Brian Ross, University of Washington.

Dr: Otto Warburg: Two-time Nobel Laureate, Winner of the Nobel Prize for Cancer Research: "Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the body's cells by an anaerobic (ie., oxygen-deficient) cell respiration".

Dr. F.M. Eugene Blass, PH.D.: author, "Oxygen Therapy: Its Foundation Aim Results": "Oxidation is the source of life. Its lack causes impaired health or disease, its cessation, death."

Dr. Harry Goldblatt, Journal of Experimental Medicine: Lack of oxygen clearly plays a major role in causing cells to become cancerous."

Dr. Arthur C. Guyton, M.D., author "The Textbook on Medical Physiology." All chronic pain, suffering, and diseases are caused by a lack of oxygen at the cell level."

Dr. Wendell Hendricks, Hendricks Research Foundation: "Cancer is a condition within the body where the oxidation has become so depleted that the body cells have degenerated beyond physiological control. Similarly, the true cause of allergy is lowered the oxidation process within the body, causing the affected individual to be sensitive to foreign substances entering the body. Only when the oxidation mechanism is restored to its original high state of efficiency can the sensitivity be eliminated."

Dr. Albert Wahl, "Simply put, disease is due to a deficiency in the oxidation process of the body, leading to an accumulation of the toxins. These toxins would ordinarily be burned in normal metabolic functioning."

Dr. Parris M. Kidd, Ph.D. author, "Antioxidant Adaption": "Oxygen plays a pivotal role in the functioning of the immune system."

Dr. Stephen Levine, Renowned Molecular Biologist and Geneticist Author, "Oxygen Deficiency: A Concomitant to All Degenerative Illness": "In all serious disease states we find a concomitant low oxygen state...Low oxygen in the body tissues is a sure indicator for disease...Hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative disease. Oxygen is the source of life to all cells."

Dr. John Muntz, Nutritional Scientist: "Starved of oxygen the body will become ill, and if this persists it will die, I doubt if there is an argument about that."

Dr. W. Spencer Way, from the Journal of the American Association of Physicians: "Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life-threatening disease. The link between insufficient oxygen and disease has now been firmly established."

Townsend Letter for Doctors: "Cells undergoing partial oxygen starvation send out tiny panic signals which are collectively felt in the body as a continuous vague sensation of uneasiness, dread or disaster. This low level generalized warning tends to get tuned out as mere "background noise" by the individual experiencing it. Or, it is attributed to other sources of uneasiness...." People rarely suspect that the constant vague feelings of helplessness, fatigue....uneasiness are symptoms of cellular oxygen deprivation.

Dr. Kurt W. Donsbach, D.C., N.D., Educator, Scientist, Author, Lecturer, Consultant; author of "Super Health". "Oxygen-Oxygen-Oxygen", and over 50 publications on the subject of health and nutrition, Founder and Executive Director of Medicine at Hospital Santa Monica, Rosarita Beach, Baja California, the largest holistic hospital in the world; also serves as Medical Director of Institute Santa Monica, Kamien Pomorski, Poland, the sister establishment of Hospital Santa Monica: Dr. Donsbach states, "One of the most overlooked benefits of extra oxygen in the tissues is their ability to detoxify more efficiently".

Ed McCabe, author, "Oxygen Therapies, A New Way of Approaching Disease" (1988). "Illness is the result of improper removal of toxins from the body. Oxygen is the vital factor which assists the body in removing toxins."

Dr. Lataste in 1992, conducted a study with a team of scientists on health at high altitudes. The observed people who lived at high altitudes and found that there was a much higher incidence of drowsiness, apathy, delayed reaction time, and reduced motor capacity, as compared to those who lived in lower altitudes.

Dr. Richard Lippman, renowned researcher: "A lack of oxygen (hypoxia) is the prime cause of 1.5 million heart attacks each year."