

THE CONSTITUTION OF MANKIND

- Since we learned that God's Spirit originally energized all the atoms of the universe (Gen. 1:1-2), we know that God's nature includes (among so much more) *energy*.
- Genesis 1:27 says that we are made **in the image of God**. This would require that we (mankind) contain energy, just like God does. In other words, God's **eternal power** (Rom. 1:20) must be evident in man because man is made **in the image of God** (Rom. 1:20).
- From what is man made?
 - Trillions of atoms come together to make trillions of cells, each of which have unique roles in human life.
 - Each of the trillions of atoms has been energized by God in its original creation.
 - Each atom in a cell contains electrons and protons. The electrons are *the same electrons that power a light bulb*. They are, in short, potential electricity.
- That is to say: *you are electric!* And your health depends on electricity generation.
 - If your electricity gets drained, you will not operate well.
 - If your electrical circuits do not operate well, you will not operate well.

UNDERSTANDING REDOX

- REDOX is a word formed by the two words *reduction* and *oxidation*. In the body, on the cell level, redox is the way electrons are shared among molecules (groups of atoms).
 - Reduction takes place when a molecule *gains* electrons.
 - Oxidation takes place when a molecule *loses* electrons.
- If your normally healthy cells are *oxidized* (they have lost electrons), they will not function properly.
 - This can make you tired.
 - This can make you sick.
 - This can give you chronic illness (arthritis, immune disorders, heart disease, etc.)
 - This can make you die.
- Is this an electrical issue? Let's consider this illustration.
 - In a swimming pool, living organisms (cells) are *not welcome*.
 - An *oxidizing* agent is added to the water to *take the electrons from the living organisms*.
 - When these living organisms are sufficiently oxidized, they get sick. Eventually oxidative stress kills them...and your pool is clean.
 - In large public or commercial swimming pools, the correct chlorine level is measured by an *ORP Sensor*. That is, an "oxidation reduction potential" sensor. And how does the sensor measure ORP? It does so by *measuring the millivolts of electricity in the swimming pool*. A *low* measure of millivolts in a swimming pool means electrons are flowing (electrons are negative), and this means *cells can thrive!* This is bad for your pool. But if your pool was your body, you would want the electrical current to be *negative*. You want those electrons moving in your body...not in your pool.
- What does this mean for the body? If your electrons are not healthy, your cells are *oxidized* and will not grow, thrive, and function properly. You WILL get tired, sick, or develop chronic illness.

BUT OXIDATION CAN BE GOOD!

- Your illness or chronic disease is *always* oxidation of cells. Always. There is no exception.
- But some oxidation among the cells in the body is a *good thing*.
 - When you work your muscles, they come under oxidative stress. The *electrical energy* has been discharged. But the body recognizes this problem and delivers electrons to strengthen the muscle. If you repeat this over and over, the body will send permanent extra “electrical generators” to that area, and thus build muscle.
 - When you get toxins in the body, the immune system will attempt to oxidize the toxins, thus using oxidation to reduce and eliminate the toxicity.
 - Thus, antibiotic therapy can often be *harmful* to what our God-given bodies are made to do.
 - Antibiotics do not distinguish between toxins (oxidizers) and other cells. The body is smart enough to send them to the toxins, but they *will* destroy healthy cells along with the toxin.
 - Use antibiotics only when the body is unable to keep up with the toxin.
 - A better first-step is to *feed the body the antioxidants that it needs*. Remember that antioxidants will deliver “electricity” to your cells so that your immune system can oxidize the toxins.
- The only oxidation (loss of electrons and thus electricity) that you want in your body is that which is planned (a workout of muscle) and that which is fighting oxidizers in your system.

HOW ELECTRIC IS THE BODY?

- The heart and brain are so known to be electrically driven that if you go to the hospital for a heart or neurological issue, they will put electrodes on your skin to measure your electric pulses.
- If your heart does not beat at the proper time, they will put in a pacemaker, artificially sending the electrical signal that other get naturally.
- The entire nervous system works through electrical impulse alone. Without electrical impulse you do not have a nervous system.
 - You see, hear, touch, smell, and taste through a complex series of “on/off” switches in your neurons.
 - This is *so electrical* that all five senses can be controlled by a computer (with varying degrees of difficulty, each of which needs more technological achievement).

I will praise thee; for I am fearfully *and* wonderfully made: marvellous *are* thy works; and *that* my soul knoweth right well.

Psalm 139:14

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