

## **EClub Weekly Health Tip – Why We Must Exercise**

**Phillip Day – 25 May 2010**

Natural Hygiene also promotes exercise to get oxygen into the system to encourage a dynamic circulation, elimination and mobility for your marvellous human machine. Quite simply, if you are doing good for your body, you will feel so darned fine, you will quit your job and begin promoting the Natural Hygiene lifestyle full-time like the dedicated nutritional evangelical you have become, for the rest of your extended happy days.

I love exercise, having lived in California for a number of years. But before you can come to terms with the need for it (exercise, not California), you have to see, like swimming, how far you will sink without regular movement. I am hardly a zealot with exercise, as many are, but I do my part and have developed a discipline over the years that has served me well, and I have been disease-free for the last twenty-six years, not only as a result of exercise, but also thanks to the other factors covered in my books.

I have to say though, the one thing that impressed me most about Californians who lived healthy outdoor lives down in those beach communities like Malibu, Santa Monica, Playa del Rey and Redondo Beach, was that they actually enjoyed themselves, looked great and were living life to the full. Months later, I too was part of that euphoria that is healthy Southern California.

I was amazed when, as a pale Englisher, I had first arrived in Los Angeles to see tanned and fit octogenarians sailing by on roller-blades and vital, pretty ladies in their seventies playing volleyball on the sandy beaches before picking up their bikes and cycling along the famous bike-path to one of the great restaurants along Santa Monica Bay for a scrumptious chow-down, consisting of - you guessed it - platefuls of high-water-content, unrefined plant dietary.

Exercising is something we all must do, because living things DO move, and the more they move, the more alive they feel. Look at a Jack Russell puppy. It's bouncing off the walls with excitement and couldn't get into more drawers and mischief if you paid it. Inactivity is a relatively recent phenomenon with humans, ever since the abandonment of the horse and the advent of mass transport earlier in the 1900s. Many facets affecting health, like high meat and dairy consumption, drug abuse, environmental contamination and polluted food, water and air, are also quite new to us, and so are the health tragedies we are suffering as a result. It often helps to put things in perspective. We haven't always done many of the things we do or don't do today. And with health and sickness, we are very much reaping the results of our activity or inactivity. Obesity is at an all-time high. Our convenience society, coupled with our new chemical junk diets and personal toxin fripperies, is, as they say where I'm from, doing us in. And exercise has all but gone out the window.

The key with exercise is don't overdo it, just work the muscles progressively and get cycling to raise a light sheen for a hour or so. Interval training is best; this is where the program gets you to vary your heart-rate periodically during the training program with short bursts of intense activity. Studies show this type of interval training not only takes less time, it's far more effective. Don't be frightened to sweat freely. Your body is eliminating from the lymph massage the exercise is providing. Do not use antiperspirants EVER AGAIN, as the aluminium and other compounds block up your lymph nodes, giving rise to major problems down the road when internal toxins can be driven back into the body, denied any means of escape and damage the lymph and breast. A deodorant with safe ingredients, such as the one marketed by Neways International, is ideal. Remember, the idea is to get everything moving both inside and outside the body with your exercising.

### **A word from F Batmanghelidj MD**

The most important factor for survival, after air, water, salt and food, is exercise. Exercise is more important to the health of the individual than sex, entertainment or anything else that might be pleasurable. The following points explain the importance of exercise for better health and pain-free longer life.

- Exercise expands the vascular system in the muscle tissue and prevents hypertension.
- It opens the capillaries in the muscle tissue and, by lowering the resistance to blood flow in the arterial system, causes the blood pressure to drop to normal.
- Exercise builds up muscle mass and prevents the muscles being broken down as fuel.
- Exercise stimulates the activity of fat-burning enzymes for manufacture of the constantly needed energy for muscle activity. When you train, you are, in effect, changing the source of energy for muscle activity. You convert the energy source from sugar that is in circulation to fat that is stored in the muscle itself.
- Exercise makes muscles burn as additional fuel some of the amino acids that would otherwise reach toxic levels in the body. In their more-than-normal levels in the blood—usually reached in an unexercised body—certain branched-chain amino acids cause a drastic destruction and depletion of other vital amino acids. Some of these discarded essential amino acids are constantly needed by the brain to manufacture its neurotransmitters. Two of these essential amino acids are tryptophan and tyrosine. The brain uses tryptophan to make serotonin, melatonin, tryptamine and indoleamine, all of

which are antidepressants and regulate sugar level and blood pressure. Tyrosine is used for the manufacture of adrenaline, noradrenaline and dopamine—vital for the coordination of body physiology when it has to take a physical action, such as fighting, running, playing sports and so on. Excess tyrosine loss from the amino acid reserves of the body is also a primary factor in Parkinson's disease.

- Unexercised muscle gets broken down. As a result of the excretion of muscle parts from the body, some of the reserves of zinc and vitamin B6 also get lost. At a certain stage of this constant depletion of vitamin B6 and zinc, certain mental disorders and neurological complications occur. In effect, this happens in autoimmune diseases, including lupus and muscular dystrophy.
- Exercise makes the muscles hold more water in reserve and prevent increased concentration of blood that would otherwise damage the lining of the blood vessel walls.
- Exercise lowers blood sugar in diabetics and decreases their need for insulin or tablet medications.
- Exercise compels the liver to manufacture sugar from the fat that it stores or the fat that is circulating within the blood.
- Exercise causes an increase in the mobility of the joints in the body. It causes the creation of an intermittent vacuum inside the joint cavities. The force of the vacuum causes suction of water into the cavity. Water in the joint cavity brings dissolved nutrients to the cells inside the cartilage. Increased water content of the cartilage also adds to its lubrication and smoother bone-on-bone gliding movements of the joint.
- Leg muscles act as secondary hearts. By their contractions and relaxations during the time we are upright, the leg muscles overcome the force of gravity. They pump into the venous system the blood that was sent to the legs. Because of the pressure breakers—and one-directional valves in the vein—the blood in the leg veins is pushed upward against gravity by frequent contraction of the leg muscles. This is how the leg muscles act as hearts for the venous system in the body. This is a value to exercise that not many people appreciate. Leg muscles also cause an equally effective flow within the lymphatic system and cause oedema in the legs to disappear.
- Exercise strengthens the bones of the body and helps prevent osteoporosis.
- Exercise increases the production of all vital hormones, enhancing libido and heightening sexual performance.
- One hour of walking will cause the activation of fat-burning enzymes, which remain active for 12 hours. A morning and afternoon walk will keep these enzymes active round the clock and will cause clearance of cholesterol deposits in the arterial system.
- Exercise will enhance the activity of the adrenaline-operated sympathetic nerve system. Adrenaline will also reduce the over-secretion of histamine and, as a result, prevent asthma attacks and allergic reactions—providing the body is fully hydrated.
- Exercise will increase production of endorphins and enkephalins, the natural opiates of the body. They produce the same 'high' that drug addicts try to achieve through their abusive intake.

### **What are the best forms of exercise?**

Exercising the body for endurance is better than exercising it for speed or building excess muscle. In selecting an exercise, you should consider its lifetime value. A long-distance runner will enjoy the exercise value of long-distance runs into old age. A sprinter will not sprint for exercise at a later phase of life.

The best exercise that one can benefit from even to a ripe old age, and without causing damage to the joints, is walking. Other exercises that will increase one's endurance are swimming, golf, skiing, skating, climbing, tennis, squash, cycling, tai chi, dancing and aerobics. In selecting an exercise, one should evaluate its ability to keep the fat-burning enzymes active for longer durations. Outdoor forms of exercise are more beneficial for the body than indoor forms. The body becomes better connected to 'nature'.

### **Summary**

- Consult your doctor before embarking on any exercise program, though what good that will do we haven't the foggiest.
- Calculate your maximum heart-rate, which is 220 minus your age.
- Regularly exercise between 65-70% of your maximum heart-rate for 20-30 mins a day. Make this *fun*. It's no good if it's not! The usual health caveats apply.
- Heart-rate variability is what you are after. This is the difference between resting and active pulse. It's good insurance for surviving a heart attack, and actually not getting one in the first place.
- Short bursts of explosive endeavour have been found to be far more beneficial than hours of low-impact exercise.
- *Health Wars* contains an ideal beginner's exercise regimen to follow, along with the dietary recommendations covered in some detail. Start today. You'll be glad and feel better that you did.

### **Further Resources**

[Why Exercise](#) by Anthony Aurelius

**HIGH-INTENSITY INTERVAL TRAINING IS TWICE AS EFFECTIVE AS REGULAR EXERCISE:**

(NaturalNews) Recent research is indicating that traditional approaches to exercise that involve spending hours in the gym every day may not be the best way to stay strong and healthy.

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