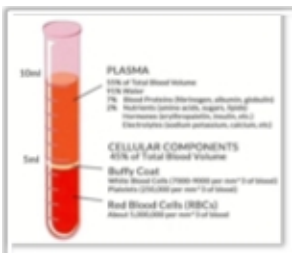
Intelligent Blood oxygenates the red blood cells (and body cells)

Simplified, we have about 5 liters of blood consisting of plasma and cells. The red wonder-liquid does everything to keep us alive by behaving as homeostatically stable as possible. Thus, the life-liquid will always try to remain within its balance range: for temperature (via capillary response), salt balance and osmotic pressure (molecule count and Na+/Cl− content), pH (including the amount of oxygen O2 and carbon dioxide CO2), enzymes (function), viscosity (consistency, number of red blood cells), "electricity" (ion and electrolyte balance), nutrients (sugar, fat, protein), an appropriate content of signaling and transport molecules (hormones, albumin, and hemoglobin), immune readiness (T-cells, white blood cells, immunoglobulins), "cleanup" (in spleen and liver), blood volume (3.5-5.5 liters) and constant oxygen supply (energy, blood pressure, pulse, stroke volume, monitoring), and the blood also functions as a short-term storage, buffer, and supplier/transporter (of nutrients, waste products, molecules etc.). Our blood thus achieves a lot throughout our lives.

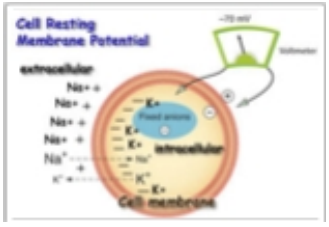
In humans, advanced iron-related oxygen transport occurs via the protein hemoglobin (Hb) in the red blood cells (RBC), while other animal species have more primitive/inefficient oxygen transport systems, such as the vineyard snail's and some squids' blue-green blood (because it is copper-linked) or the sandworm's green-red blood (only single iron-linked).

RBCs absorb fresh oxygen in the lung alveoli and it is, among other things, the oxygen pressure in the lungs that determines how much oxygen the blood absorbs. In humans, the oxygen pressure in the lungs is 160 mmHg, while in dolphins it is only 27 mmHg, and the small mountain goats in the Himalayas can manage with only 10 mmHg. Fish can survive from pressures of 0.5 atm to 1100 atm (ranging from a lake in the Himalayas to the deep sea).

(1 atm = 760 mmHg)



The content of the blood. From the plasma fluid, saliva, pancreatic juice, urine, and lymph are formed, so the composition of the plasma also affects the composition of these:



Every living cell maintains a resting membrane potential. There is a difference between the molecules facing the center of the cell and those facing outward:

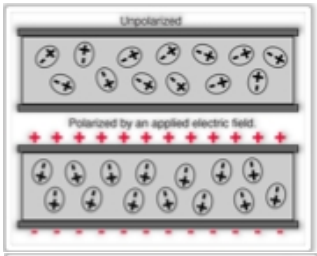
Diamagnetism and Di-electricity

Shortly after H.C. Ørsted discovered electromagnetism, Michael Faraday (and William Whewell) took up the idea and thereby discovered diamagnetism in 1845. - A phenomenon where polarized light can be rotated/bent in a magnetic field (= "Faraday effect"). Diamagnetism occurs in all substances exposed to a magnetic field; an oppositely directed reaction field arises within the material when the atoms' electrons (e-) encounter the magnetic field. Neutral material can be polarized plus/minus, while charged material will try to "adapt" to the field. This means that **dielectric material to some extent will rotate/orient/place itself in relation to a magnetic field or be polarized by it**, as seen in saltwater (NaCl » Na+ and Cl-), ordinary water (H2O » H3O+ and OH-), with amino acids (polarized NH3+ and COOH-), and with transition metals like iron (Fe(II)) and copper (Cu+). If the magnetic field is large enough (1-20 Tesla), diamagnetism can make small things like berries, nuts, mice, and frogs float/levitate.

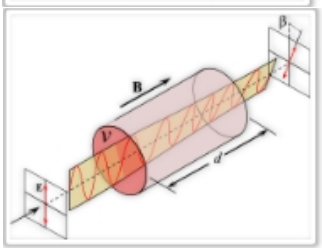
Other examples of dielectric material are: nitrogen, wood, bird droppings, glass, graphite, porcelain, plastic, and mineral oil.

All the body's cells are electrically polarized with a voltage difference across the cell membrane of about minus 70 mV. Infrared light can "bend and stretch" our molecules (we feel warmth), as well as microwaves bring water to a boil by accelerating the molecular vibrations.

"Normal polarization" occurs via the Earth's magnetic field, which has a strength of 0.25 Gauss (in the center) and 0.65 Gauss (at the poles) (= 25-65 micro-Tesla). Particles with a large number of unpaired electrons in the electron shell are most polarized:



Polarized light is bent/rotated as it moves through a magnetic field because the electrons are affected. A Neodymium magnet can create a fairly strong magnetic field of up to 1.4 Tesla. Stronger fields require electromagnetic current influence.
Ions, cells, and metals are affected so that they organize themselves in relation to the EM field:



Some materials, such as quartz crystal, create an internal plus-minus potential when compressed. Since our body consists of about 60% water, we are relatively resistant to external pressure influence, while abnormal electromagnetic influence is best kept away by using a Faraday cage.!

In some places, you can also read that:

- Blood constitutes 6-8% of our body weight. Blood weighs almost the same as water but is much thicker, so its viscosity is 3.5-5.5 times that of normal water.
- The composition of blood plasma resembles Royal Jelly (queen bee food) and the hemoglobin molecule resembles the plant chlorophyll.
- The composition of plasma affects the composition of saliva, lymph, urine, sebum, sweat, mucus, cerebrospinal fluid, tears, bile, earwax.
- Garlic, orange, and shiitake mushrooms have a natural blood-thinning effect.

- If too much sugar circulates in the bloodstream, the cells become "glycosylated" on the surface. Glycosylated hemoglobin cannot bind oxygen, and the molecule remains glycosylated until the blood cell is renewed and replaced by a fresh one (after about 120 days). A constantly low sugar level poses no problems, but a high sugar intake makes you tired.
- AGE = Advanced Glycosylation End-product. Oxidative stress AGE is seen before diabetes.
- In a healthy cell, negative phospholipids face towards the cell's interior (lumen) and neutral phospholipids face outward (toward the surface).
- An aging or sick cell displays more negative charges outward (phosphatidylserine) and thus finds it harder to maintain an internal negative resting membrane potential.
- Surface- "negative cells" can initiate inflammation, programmed cell death, and clumping.
- A cell's resting membrane potential is normally close to the Na+ "equilibrium potential" (about -80mV). ("Equilibrium potential" is achieved where ion diffusion = electrical gradient if you are curious enough to want to know that).
- If a glass of saltwater is exposed to an electric field, Na+ ions will be drawn to one side and Cl- ions to the opposite side.
- Small batteries have 1.5 Volts, car batteries have 12 Volts, and high-voltage lines have about 110-1200 kiloVolts). Volt is a measure of the tension difference between positive and negative.
- Negatively charged particles are attracted to higher voltage, while positively charged particles seek the lowest voltage.
- Many atoms, amino acids, and proteins have dipole ends (a positive and negative end).
- Natural dipoles have a high dielectric constant: K for H2O=80, K for ice=100, K for plastic=about 3, K for glass=about 5, K for gas=about 1, K for cell membranes=about 5. (A higher dielectric constant makes the material able to store more electrical energy when exposed to a magnetic field, so it is a better insulator.)
- An external magnetic field will always try to "adjust" dipoles so they can turn or perform a so-called "FLIP"... (for example, in cell membranes or hemoglobin).
- An electric field is always strongest at "sharp angles" and is also affected by metals/ions, temperature and other factors.
- A protein's correct folding is determined by small attractions between the amino acids that form the protein, when the EM field is normal/neutral.
- The body contains about 30-40 mg of iron per kg of body weight, of which about 2/3 is in the blood, which contains about 2.5g of iron in total. (-What actually happens to iron in a magnetic field...?)
- The "heme part" of hemoglobin is placed in a "hydrophobic pocket" with iron in the Fe(II) form. Hemoglobin is extremely vulnerable to even minimal changes.
- During normal oxygenation of the blood, light is absorbed most strongly at 540 and 576 nm (a strong red color is seen), while "damaged" Met-hemoglobin absorbs light most strongly at 630 nm (darker). (Met-Hb cannot bind oxygen, and the body dies if Met-Hb > 1.5 g/dl blood).

- A red blood cell = 6-8 µm, white blood cell = 25 µm, hemoglobin = 5 nm (1 µm = 1000 nm), capillary = 7-8 µm, bacterium = 0.5-5 µm. (So the red blood cells can squeeze through capillaries, while the white ones stay within the slightly larger arterioles).

-But since no one knows any of this for sure yet, it's of course just exciting reading.

Creates a PLUS on the "fluid account":

Banana, orange, apples, lemon/lime/grapefruit, organic grapes, coconut water, aloe drink, celery juice, rice milk, almond milk, lactic acid bacteria and "probiotics", sauerkraut, seaweed/algae (spirulina, chlorella, etc.), olives, sardines, mackerel, avocado, onions, garlic, ginger, cabbage (red, white, green, glass, and Brussels sprouts), beetroot, turnips, artichoke, eggplant, bell pepper, shiitake mushrooms/mu-err mushrooms, apricot, kiwi, pomegranate, barley, spelt, nuts, cottage cheese, and flaxseed oil. (All nice electrolytes with high water content).

Eat: "rainbow of oxidants" = eat fruits and vegetables with the colors of the rainbow. (This makes your red cells happy, i.e., those that oxygenate you).

And chew slowly and drink plenty of water throughout the day.

Water content of food source should be ideally around 70%, so stews and soups are to be preferred from bread and other ”dry foods”. Most moist food sources have a shorter shelf lives than their dry counterparts and should therefore be consumed.

Creates a MINUS on the "fluid account":

Soft drinks/soda, cakes + candy, licorice, sausages, red meat (steak/roast/beef), nitrate/nitrite (cheese and cold cuts), frying oil + trans fats, mayo/remoulade, pizza/pasta and other fast carbohydrates, "junk food", coffee + smoking, sugar + salt, additives, pharmaceuticals.

Avoid white (salt, sugar, flour). (This makes your white cells too happy, i.e., those that create inflammation in you).