

Chapter Two : The Functions Of What's "Inside"

The heart is one of the body's most important organs. It is a simple but highly efficient pump which circulates blood throughout the body at the correct pressure. It is responsible for returning oxygen-depleted blood to the lungs and for pumping the freshly oxygenated blood to every nook and cranny. Its sole function is the circulation of blood in the cardiovascular system.

Other vital organs in the body are :-

The liver whose main task is detoxifying the entire body.

The kidneys which remove metabolic wastes and also produce hormones and red blood cells.

The lungs that provide oxygen for life and control the respiratory system.

The immune system which protects the body from bacteria and viral attacks.

The endocrine system and its subsidiaries who are responsible for the maintenance of health.

The nervous system which regulates and disseminates the sensations of the five senses and also controls muscle activity and tone. It also exercises significant automatic regulatory control over most of the other bodily functions.

Blood is a vital liquid performing many critical functions. Besides providing nourishment all over, it transports oxygen and nutrients and removes impurities and waste matter. Blood is composed of water and plasma. It is made up of red corpuscles called erythrocytes, white corpuscles called leukocytes and platelets called thrombocytes. All the constituents that go to make up the blood are being continuously worn out or consumed and require repeated replacement. Since blood circulates throughout the body and is constantly on the move, it is the best and most accurate medium for diagnostic purposes. Its chemical composition and qualities are such that a very precise indication of the overall health of the body is easily provided. In all there are 33 characteristics of blood chemistry and the various component elements are each capable of giving a true indication of every possible dysfunction that is or likely to be in progress. The heart pumps about 43,000 gallons of blood through 50,000 miles of blood vessels, arteries, veins and capillaries every day. Arteries carry oxygen-rich blood from the heart to the capillaries and other vessels for further distribution while the veins are the conduits that return deoxygenated blood to the heart for further passing onto the lungs for "recycling". Pulmonary veins, portal veins and umbilical veins are the only three whose functions differ in this respect.

The body also contains certain "trace metals" or metallic elements that are transported from one place to another by the blood. Some of these are essential for life but problems arise when amounts exist in excess of what is needed. Unwanted metals will certainly cause undue harm by their presence. Since these are carried in the blood, their

individual volumes can be ascertained through blood tests. This diagnostic feature enables the physician to render appropriate to (a) keep the required volumes within limits through either replenishment or depletion and (b) take steps to rid the body of unwanted and unneeded metals.