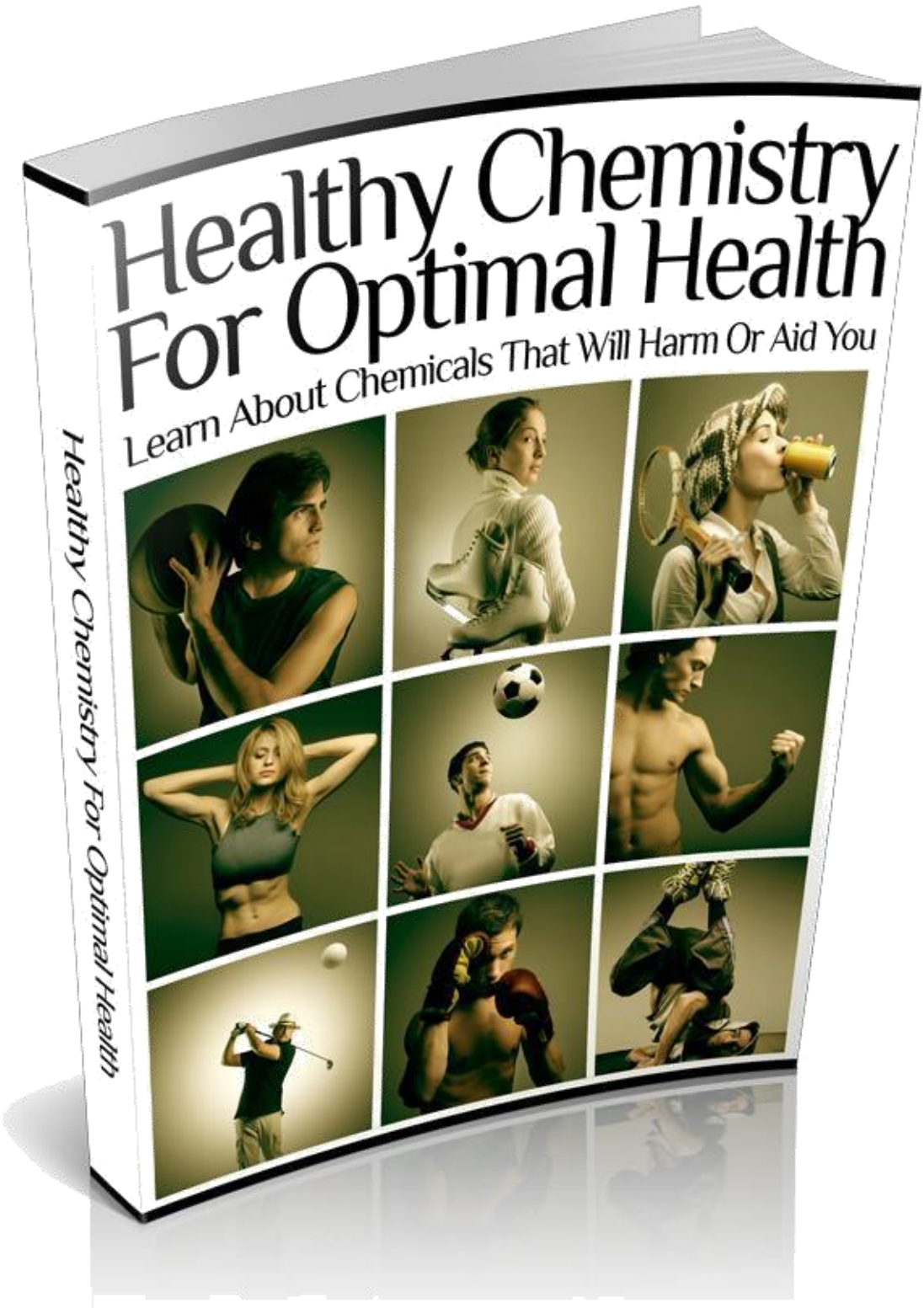
Healthy Chemistry For Optimal Health
Learn About Chemicals That Will Harm Or Aid You
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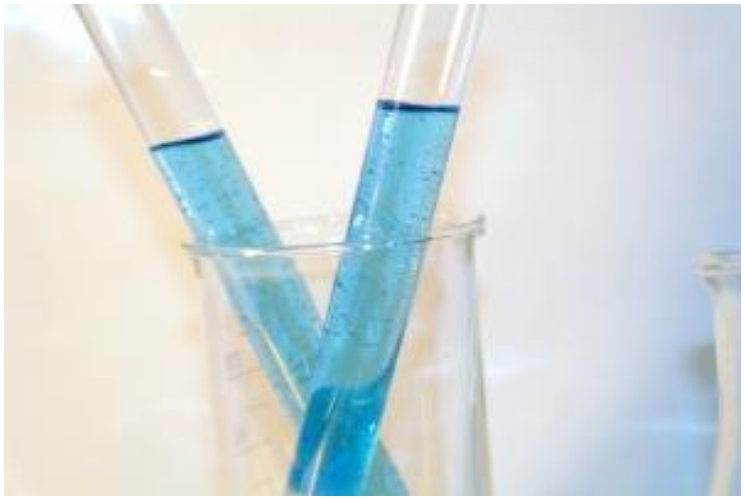
Table Of Contents

Foreword

Maintaining good health is not as difficult as you think. The body, as you probably know from your school days, has built-in mechanisms for taking care of itself. The problem is that people sometimes forget that for these built-in mechanisms to work, they are to maintain a certain diet as each and every one of the nutrients they get from foods they eat contributes to the maintenance of a body chemistry that allows the body to function smoothly. Get all the info you need here.



Healthy Chemistry for Optimal Health

Learn About Chemicals That Will Harm or Aid You

Chapter 1:

Introduction

Synopsis

This course on healthy body chemistry helps you understand what balanced body chemistry is and what it does for optimum body performance and sustaining good health. Here, you will learn about the chemicals the body produces and the impacts of these chemicals in your body. With this knowledge, you will have a good idea which types of foods to include in your diet and those you better avoid.

What Balanced Body Chemistry Means

The term body chemistry applies to all processes that occur inside the body from heartbeats to production of cells. All these processes are made possible by the chemicals that the body produces. From this definition of body chemistry, we can define balanced body chemistry as having the right amounts of chemicals that support the proper functioning of the body.

The health of a person is said to be good when his body chemistry is well balanced. To attain and maintain this balance, your body continually needs the nutrients provided by the food that you eat. You get proteins (amino acids), vitamin, minerals and fats which are used for maintaining and sustaining the operations of the body. Too much or too little of these nutrients could lead to health problems.

How does body chemistry affects your body? Every day, your biochemistry constantly changes. It changes when you eat, study, work, exercise, and sleep. When you eat, the sugar in your blood increases; after jogging your heart rate goes faster, or your blood pressure rises after arguing with somebody.

Whatever you do that leads to changes creates either a balance or imbalance in your body chemistry which means that these changes can be damaging or beneficial.

When your weight is just about right, meaning you are neither fat nor thin, your blood pressure is normal and you do not suffer from any

kind of health problems; then, you have balanced body chemistry. Conversely, when you weigh more or less than you should, you are likely to have abnormal blood pressure and suffer from various health problems; then, you have imbalanced body chemistry.

What is a balanced pH and why is it important to balance body chemistry?

One of the most important aspects that contribute to body chemistry balance or imbalance is the amount of acid/akaline in your body. PH is the unit of measuring the acid or alkaline content in your body. A pH level lower than 7 means your body contains more acid while more than seven means your body contains more alkaline. The neutral pH level is 7.

It has been proven medically that when your urine and saliva is a bit over 7 PH level, your body works the best, although your blood PH is slightly alkaline. It is in this pH level that the body is equipped to fend off fatigue and illnesses. Your metabolism works well and you are able to keep your suitable weight.

A body suffering from over-acidity could face dangerous health problems over a long term because your body, to counter the acidity, is forced to get nutrients from your vital organs, weakening your body until it's no longer able to perform its tasks.

Now that you already know the importance of balanced body chemistry, you will find the next chapters even more helpful.

Chapter 2:

The Chemistry of the Blood

Synopsis

Blood tests are mandatory especially when your doctor needs to find out any possible sickness. It is a part of diagnostic procedures where all members of the healthcare team will be able to check the actual condition of your body to confirm their findings from physical assessment. Often, these blood tests are your worst enemy as they inflict pain although they are actually important. To better be aware of the importance of these tests, start by knowing the chemistry of the blood.

What is Blood Chemistry?

Our body is composed of millions of chemicals working together to provide function for all organs. They are usually contained in the blood and flowing all around our body to be distributed into cells of your body organs. With that, blood chemistry is defined as the actual composition of the chemicals that is present in our blood. Whenever we are sick, or we have ingested something harmful, our blood chemistry automatically changes. First, because it needs to fight the harmful substances (or microorganisms) off and second, these harmful substances also have their own blood chemistry that mixes with yours.

This is also the reason why your blood tests differ from one health problem to another. Too much sugar changes your blood glucose; a kidney problem may disrupt your blood flow because of too much salt or your liver may give off yellowish color when damaged. These are just few of the chemical changes in the blood whenever our body is harmed.

What are the Blood Chemistry Tests?

There are so many kinds of blood tests that are performed, depending on the symptoms your body is manifesting. Your doctor may order one kind of blood test, or in combination of many. This is because our organs work together in such a way that when one is damaged, the

other may be affected too. So, here are the common blood tests that your doctor may request.

1. **Glucose** – this is by far the most common blood test since the emerging obesity and sedentary lifestyle causes people to have blood sugar problems. With this, your doctor can see how your body uses glucose and diagnose if you have diabetes or any metabolic problems.

2. **SGOT and SGPT** – for liver function, these two blood tests are necessary to check the condition of your liver. These two are enzymes that work with the liver and so when the said organ is damaged, both of them will be dispersed into the blood that causes them to rise. Elevated levels of SGPT and SGOT indicate liver problems.

3. **Blood Urea Nitrogen** – the condition of your kidneys are measured by a blood test called blood urea nitrogen or BUN. Your kidney works 24/7 filtering waste from the blood and one of which is nitrogen. When kidney is damaged, nitrogen becomes unfiltered and thus, goes into the blood stream. So, an increase in BUN indicates kidney problems.

Other tests include T2 and T3 for thyroid function, Creatinine test for kidney function or sodium and electrolytes to check dehydration. These are the common blood tests that your doctor can request so your illness can be diagnosed, or check if your organs are still working properly.

Chapter 3:

The Relationship between the Biology and the Chemistry of the Blood

Synopsis

The relationship of biology and blood chemistry in your life can be seen everywhere. If you may observe, chemicals are all around us and they all contribute to many uses. Our body also is composed of different chemicals that are necessary for proper function. This includes sustaining life, which biology is all about. Find out the relationship between biology and chemistry of the blood, and how it can nourish and sustain your life.

Even these letters are made up of series of chemicals to make it readable. The computer you are using is made up of chemicals from the monitor to the internal hardware. In fact, all the things you see are chemically structured to give a specific function. Actually, you can think about all the things in the world and all of them definitely have a unique chemical composition. However, the most important thing to understand is its relationship to your blood chemistry, which defines how your body exactly performs.

The Relationship Defined

The relationship of biology to the chemistry of our blood involves three areas of science: genetics, biochemistry and molecular biology. These are interrelated to keep each body system functioning efficiently. Here are their definition and works:

1. **Genetics** – the study of genes is one of the biological studies which aim to trace roots by means of DNA (deoxyribonucleic acid), where chemicals intertwine to create a unique structure for each individual.
2. **Biochemistry** – is defined as the study of a living organism's body processes. Biochemistry is important in the field of biology as it focus on the specific function of molecules in the body. These include organ functions, cellular structure and blood's chemical components.
3. **Molecular biology** – derived from the word molecule, molecular biology focuses on the cell's structure and function. It involves studying how a specific cell reacts to given conditions, how it replicates and makes use of the substances ingested in the body.

These three sciences are all related to the biological functions of our body and its relationship to your blood chemistry. When a certain chemical enters your body, it automatically reacts and alters the normal composition of the blood. This may be harmful or medicinal,

depending on the type of chemical. This is the reason why your body reacts to some chemicals differently.

Significance of Relationship

The relationship of biology and blood chemistry to the body is considered to be a whole new approach. With that, the application of it for therapeutic and healing purposes is called molecular medicine. Molecular medicine involves many biological processes that include physical and chemical techniques to identify a specific health problem or provide ways of prevention. Sometimes, it also looks into a patient's gene expression to determine cause of current medical condition.

The relationship of biology and blood chemistry is not just important to sustain daily life, but to give progress to the surroundings as well. We all are interconnected with all these chemicals, either for the betterment of life or otherwise.

Chapter 4:

Dangerous Chemicals to the Body

Synopsis

Every day, you are prone to chemicals and pollutions that may affect your health. In fact, you may be unaware of the chemicals that invade your body. So whether you are in a hospital, laboratory or even in the comfort of your own room, there are hazardous chemicals that may linger around you.

Although they are everywhere, you also need to know that these chemicals can only do harm when they are absorbed in the body. So before jumping to any conclusions, it is important for you to know the terms related to chemicals; whether they may be toxic or hazardous. Do you know the difference?

Hazardous – this is the term used when certain substances accumulate in a concentration that can possibly harm to body.

Toxic – this is the term used when a certain substance has produced a harmful effect to the body especially when it reaches a certain amount.

The Passages Explained

So when you say that a certain chemical is toxic, it simply states that a chemical can cause negative effects at a concentration given. Usually, scientist and other professionals would define toxicity by percentage and measure them according to the amount that can cause fatality.

Usually, rats are the ones tested. These rats do a heroic act in defining toxicity since when a certain chemical caused 50% of death, then it is considered toxic. On the other hand, hazardous chemicals may or may not be toxic and as such, it should be handled carefully so as not to impose dangers.

Now that you have known the difference between toxic and hazardous chemicals, the next thing you need to know is their usual route in the body. These harmful chemicals may enter our body without knowing it. Sometimes, we inhale them; we ingest them and even our skin absorbs them. They invade in such a way that they do everything to penetrate our system.

When we ingest: It is only by the route of your mouth that you can actually let these chemicals invade your system. Eating in a contaminated area, drinking dirty water or food is a potential harm.

When we inhale: People who are working in a hazardous environment are more susceptible to invasion of chemicals. These chemicals invade

by getting into your lungs first then contacting the blood vessels in the body. Via these vessels, they begin to enter the system.

When we absorb: Your skin, even your eyes, is made up of series of cells that can absorb substances. The chemicals in your lotions and topical medications are absorbed this way. So, when a harmful chemical drops into your skin, it will then have a passageway through your skin.

These are the things you need to know about the pollutions and chemicals that may invade your system. The harmfulness of a material can still be described depending on their health cause. Irritants causes aggravation to our body tissues, narcotics are depressants, mutagen alters DNA of cells and cause cancer. Furthermore, poisons causes internal damages, teratogens affect the fetus of pregnant women and sensitizers cause allergies. For more information, visit your doctor today.

Chapter 5:

Good Chemicals to the Body

Synopsis

In order for a person to get fit and healthy, he or she should engage in exercise. It would have physical benefits to your body and physiological advantages as well.

While exercising, the body produces good chemicals to the body. For instance, running is a form of exercise that generates chain reaction to your body that activates chemicals called neurotransmitters in a cycle on brain.

Neurotransmitters can give out sensations or feeling of happiness and excitement while running or a feeling of exhaustion after exercising.