

Our Bodies are Electric

By Becky Hendrix

Electricity is vital to life and vital to our human bodies. Without electricity, whether outside our bodies or within, we wouldn't be able to live. Electricity is a form of energy. In a battery, electrons and protons are kept separated until a charge is needed. They only come together when a switch is flipped, producing a current. Without this electrical energy we wouldn't be able to create fire for cooking. We wouldn't be able to see without the light it creates. And we certainly couldn't survive without electricity to power all of our technology in this day and age. There is an electrical current running through our cells as well, which is required by our nervous system in order for our brain to be able to send signals to our body that make it possible for us to think, move and feel. If the electrical system in our body gets out of balance, illness can result. How do we know if our electrical system is in or out of balance? How is being out of electrical balance measured? How does it affect our health to be out of balance? And what can we do to get ourselves back in balance once we become ill?

Electricity in our bodies is different than in our houses. Obviously, we aren't plugged in to anything that we pull electricity from. The electrical system running through our bodies uses salts instead of protons and electrons. These salts are potassium and sodium. Potassium ions have a negative charge, like protons and sodium ions have a positive charge, like electrons. It's these positive and negative charges that generate electricity in our body. The potassium and sodium ions are also kept separate until needed to create a current. When they aren't being used, potassium mostly lives inside our cells and sodium lives in the fluids outside our cells. Cells achieve electricity by allowing the positive and negative ions to flow in and out through the cells' membrane, generating an electrical current. When a current is needed, the cell walls open paths that allow the salts to move about freely, like a battery does, which creates the current.

It is crucial that these salt levels are balanced in order for our bodies to maintain optimal health. Our body relies on the potassium and sodium to make sure it has enough water, to ensure proper muscle function and to maintain blood acidity, or pH, which is a measurement of how much hydrogen is in our body. When you measure the pH level of your blood, you can determine if you are in balance, too acidic or too alkaline. Having a blood pH that is too high means you are too alkaline, and if it measures too low you are too acidic. Being too alkaline can cause irregular functioning of organs like the kidneys, heart and digestive

system. This tends to occur when potassium levels are too low. In the other direction, when your body is too acidic, meaning sodium levels are too low, your body becomes sluggish and exhausted. Your oxygen levels decrease, also causing impaired organ functioning. This can result in respiratory failure and even cancer. As you can imagine, in extreme cases of an unbalanced ph, death can result. A balanced ph level is between 7.35 and 7.45. In a healthy body, the natural balance of potassium and sodium is 3:1. Therefore, you should have three times more potassium than sodium in your diet. That is definitely not the norm here in the U.S. The tendency here is to overindulge in sodium.

Dr. Jerry Tennant, after developing encephalitis that the doctors who diagnosed it said they couldn't do anything about, began to do his own research to try and find a solution to his illness. He wanted to figure out how to make his cells work again, which the encephalitis was preventing. During his research, he discovered the problems ph can cause when out of balance. He also came to understand that ph is a name given to voltage in a liquid and that the voltage in his cells was out of whack. He discovered that when cells get damaged, the body must repair them and make new ones to come back to health. He researched how to measure voltage in liquid. He discovered that liquid, which we have an abundance of in our bodies, can either add electrons, be an "electron donor" (another term for antioxidants – molecules with electrons they can spare), or an "electron stealer" (another name for free radicals – molecules missing an electron). A piece of equipment called a ph meter, which reads volts, can measure the voltage of a liquid. Dr. Tennant determined that minus 400 millivolts is equivalent to a ph of 14 (meaning the body is too alkaline) and plus 400 millivolts is equivalent to a ph of zero (meaning the body is acidic). As I said before, a balanced ph is between 7.35 (which is equal to -20 millivolts) and 7.45 (which is equal to -25 millivolts). Therefore, in an adult human the healthy voltage of a cell is between negative 20 and negative 25 millivolts. Now he understood that he was sick because his cells didn't have enough voltage! He used an ohmmeter placed on acupuncture meridians on his body and determined his brain, which is what is affected by encephalitis, was operating between 2 to 4 millivolts. In terms of ph, this meant he was far too acidic.

So now we know that our bodies generate electricity and we know that electron stealers, or free radicals, cause damage and electron donors, or antioxidants, repair damage. But how do we make sure electrons are being donated and not stolen? Well, drinking alkaline water is one important way. Water allows our body to store voltage. When giving or receiving any kind of energy work, it is a great idea to tell your client to drink lots of water, as should you. Water helps our body receive and store energy which is important for

absorption and maintenance of voltage. Also, when touch is involved in energy work, voltage is exchanged. As a matter of fact, any touch, like hugging or even petting your cats and dogs, creates a voltage exchange. Electrons are donated from the person or animal with the higher voltage. Even trees will donate their voltage to us when we lean on them! So, hanging out with electron donors and not electron stealers is one way to raise your voltage! Electrons are attracted to positive intentions. It's true that a positive, optimistic attitude and outlook can accelerate healing, prolonging your life. Other ways to increase your voltage are to get plenty of sleep, put your feet in the grass, spend ample amounts of time in the sun, eat clean, whole foods and avoid chemicals. Dr. Tennant learned how to heal himself using microcurrent and frequency, dietary changes and supplements. He created a device called a Tennant Biomodulator which stimulates the body at a cellular level. If you're interested in learning more about his research into cellular health, he has a series of books called, "Healing Is Voltage". Besides the physical aspects of increasing your voltage, allowing your emotions to pass through you instead of keeping them bottled up, speaking your truth, laughing a lot, and crying when you feel the urge are also ways to help. This is where sound therapy can come into the picture. With the use of sound, we can provide space for our clients to do all of these things.

Many modalities of sound therapy can work. Eileen McKusick has developed a modality called Biofield Tuning that she says specifically uses tuning forks to move electricity that has escaped the body back into it. She believes in the electric body and believes when we experience any sort of trauma, a piece of our electricity leaves the body and is stored in our biofield, the torus shaped energy field that surrounds us. She developed a method where we can use tuning forks to find these pieces, drag them back to the body and drop them back in. If you're interested in experiencing what she means, she has recordings of a three-part tuning session called "Raise Your Voltage" available on her website, www.biofieldtuning.com. Any form of sound therapy can do the job, though. Holding space with sound and a positive intention can help your client learn to speak their truth and move their emotions.

Without electricity, we wouldn't survive. We need the proper balance of it in our bodies. When we get out of balance, which can be measured, we need to make changes to correct it. When we get ill, we need to repair our cells, which generate the electrical charge. This will bring us back to health. When I'm doing energy/sound work, I like to think of myself as electricity repairing electricity. To quote Eileen, "In this inner electrical environment of our bodies, the magic of life unfolds, and this environment is able to be influenced in a powerful manner

through sound vibrations.” I would add that it is vital to maintain the health of our electric bodies through good vibrations of all means.