

Hello and welcome to

Fearfully & Wonderfully Made

A CASE STUDY:

Sickle Cell Disease

HEALING FOOD

FOR A MORE FULL

AND ABUNDANT LIFE!



EPISODE 1 -

RED BLOOD CELLS & HEMOGLOBIN

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SEPTEMBER 1, 2020

DEDICATED TO MY ETERNAL BROTHER AND SICKLE CELL WARRIOR, ZAVIER W.

Join us, as we explore the amazing healing potential of God's good food, and the role it can play in the life of those suffering with sickle cell disease.

WHO WOULD OF THOUGHT OUR FOOD COULD BE OUR MEDICINE⁽¹⁾



"Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fail. Every month they will bear fruit, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing."

Ezekiel 47:12 (NIV)

MEDICAL DISCLAIMER:

The information I will be presenting is based on God's unchanging Truth and best guess scientific research. This information is not intended to replace any medical treatment you're currently receiving. ANY lifestyle changes you are considering should always be discussed with your primary care physician first.

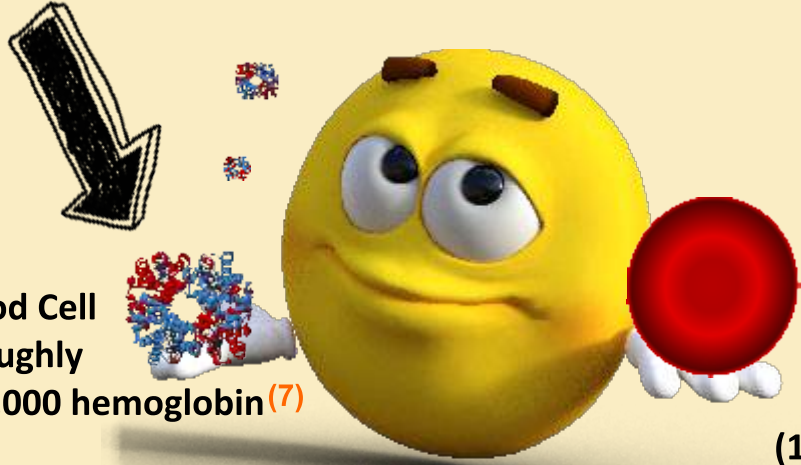
"I will use those *dietary regimens* which will benefit my patients according to my greatest ability and judgement, and I will do no harm or injustice to them."

Hippocratic Oath (Hippocrates II - 470 BC - 360 BC)⁽³⁾

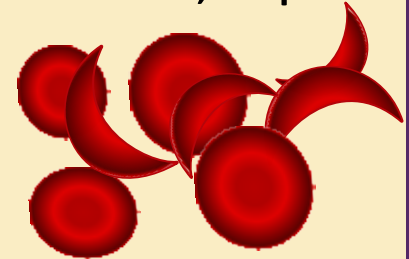
Sickle cell disease is a group of disorders that affects hemoglobin, the molecule in red blood cells that delivers oxygen to cells throughout the body. People with this disorder have atypical hemoglobin molecules called hemoglobin S, which can distort red blood cells into a sickle, or crescent, shape.⁽⁴⁾

HEMOGLOBIN

(Each one can carry 4 molecules of Oxygen. Also transports⁽⁵⁾ out Carbon Dioxide and helps remove Hydrogen Ions)




Each Red Blood Cell holds roughly 270,000,000 hemoglobin⁽⁷⁾



ERYTHROCYTE

(A.K.A. = Red Blood Cell)



Normal Red Blood Cell counts are 4-6 million cells per microlitre of fluid (1/1,000,000th of a liter)⁽⁶⁾

4 oxygen molecules X 270 million hemoglobin = 1 billion oxygen molecules per red blood cell (RBC)

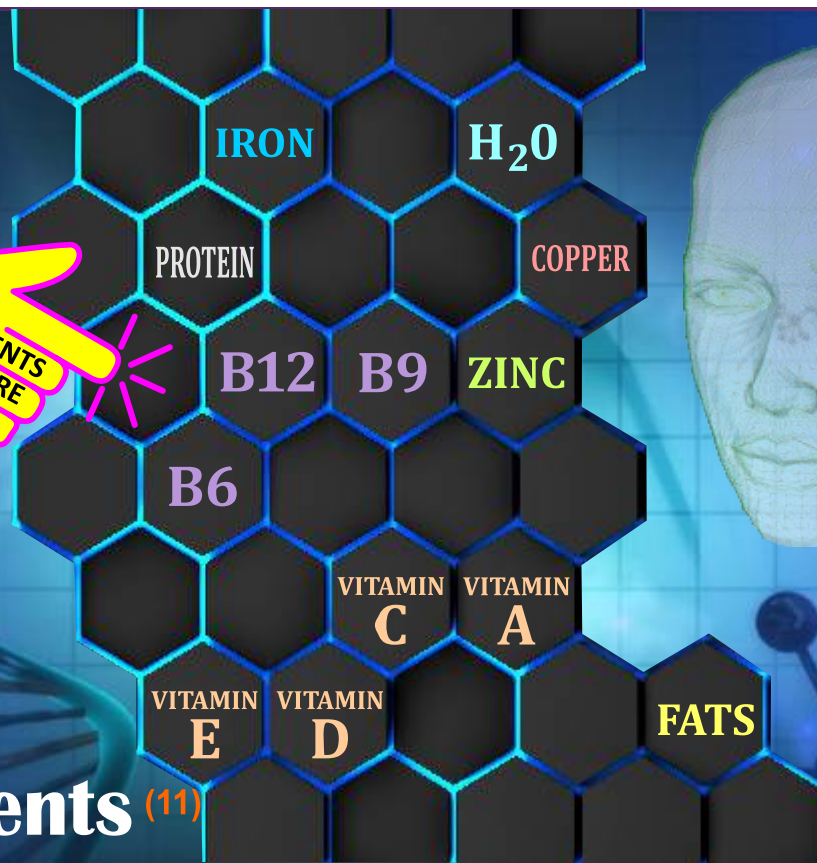
We Truly are Fearfully & Wonderfully Made!⁽⁸⁾

The Average life span of a normal RBC is 120 days, and only 10-20 days for a sickle cell.⁽⁹⁾

So getting our hemoglobin and RBC production maximized and more efficient will be the foundation we must begin with. Come with me now and let's explore all the wonderful food that will help do just that. As we journey towards that full and abundant life God has promised each one of us.⁽¹⁰⁾

PREPARATION - HARD WORK - TEAMWORK - SUCCESS 2

Feastfully & Wonderfully Made



Target Nutrients ⁽¹¹⁾

**LET'S START WITH IRON,
SINCE IT IS THE LEADING CAUSE OF ANEMIA TODAY.⁽¹²⁾**



Iron can be divided into 2 groups
BALANCE and VARIETY IS THE KEY

1 Heme Iron = comes from animals

(absorbs more easily, but is unregulated and more likely to lead to too much iron)

and 2 Non-Heme Iron = come from plants

(absorbs at a lower rate, where we get about 80-90% of our iron) ⁽¹³⁾

HEME - SOURCES THAT CONTAIN A DECENT AMOUNT OF IRON

SHELLFISH: clams, oysters, mussels, etc., **SARDINES**, **BEEF OR CHICKEN LIVER**,
WILD CAUGHT FISH*: Salmon, Halibut, Tuna, etc., **GRASS-FED BEEF***, **TURKEY**,
CHICKEN, **VEAL**

NON HEME - SOURCES THAT CONTAIN A DECENT AMOUNT OF IRON

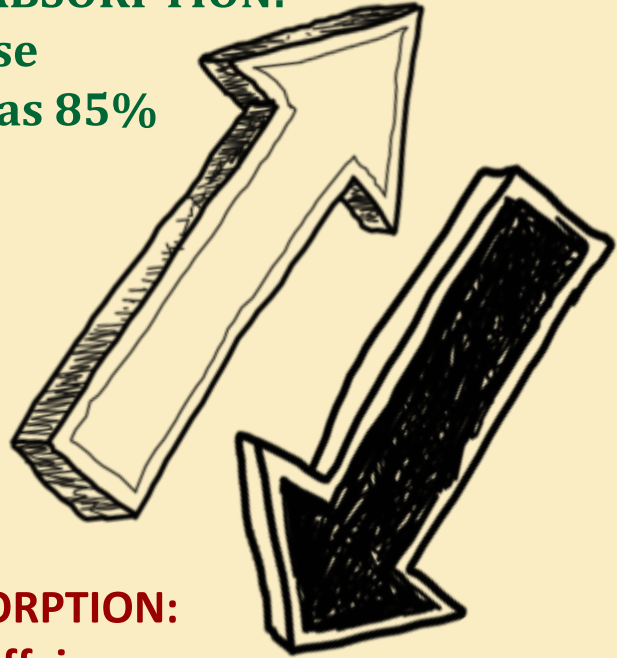
BEANS: White, Kidney etc., **LENTILS**, **DRIED FRUIT:** Apricots, Peaches, etc.,
GREENS: Spinach, Swiss Chard, etc., **WHOLE GRAINS:** Quinoa, Brown Rice,
Oatmeal, etc., **MUSHROOMS:** White Button, Sliced Morels, etc.,
NUTS AND SEEDS: Pumpkin/Squash, Cashews, Chia, Almonds, etc.

EXTRAS:

Green Peas, Artichokes, Dried Herbs: Parsley, Basil, Thyme, etc.

THINGS THAT WILL BOOST IRON ABSORPTION:

Proteins and Vitamin C can increase
Non Heme absorption by as much as 85%



THINGS THAT CAN INHIBIT IRON ABSORPTION:

Calcium, Food or Drinks containing Caffeine.
Tannins, Oxalates, Polyphenols, and Phytates found in coffee, tea, and various vegetables, grains and beans which can be reduced in beans, vegetables and grains by soaking, boiling, sprouting or fermenting
(a great resource for optimal food preparation is: [WHFOODS](#))

B VITAMINS:

B6 (pyridoxine, pyridoxal, pyridoxamine):

WILD CAUGHT FISH: Salmon, Tuna, Snapper, Mahi-Mahi

CHICKEN BREAST, TURKEY, PORK, GRASS FED BEEF, SWEET POTATOES, SPINACH, BANANAS, WHITE POTATO W/SKIN, AVOCADO, PISTACHIOS

B9 (folate):

GREEN SOYBEANS, LENTILS, BLACK-EYED PEAS, ASPARAGUS, SPINACH, TURNIP GREENS, BROCCOLI, AVOCADO, MANGOS, POMEGRANATE, ROMAINE LETTUCE, SWEET CORN, ORANGES

B12 (Cobalamin):

SHELLFISH: Clams, Oysters, Crab, Crayfish, Mussels,

FISH: Bluefin Tuna, Atlantic Herring, Mackerel, Canned Sardines, Trout
GRASS FED BEEF, BUFFALO, LAMB

PRO TIP:

A Healthy Healing, Eating Lifestyle
is all about



BALANCE and VARIETY

VITAMIN A:

CARROTS, BLUEFIN TUNA, BUTTERNUT SQUASH, PUMPKIN, SPINACH, SWEET POTATOES, KALE, MUSTARD GREENS, COLLARD GREENS, CANTALOPE, ROMAINE LETTUCE, RED BELL PEPPERS, PINK GRAPEFRUIT, BROCCOLI

VITAMIN E:

KALE, SPINACH, GREENS: Collard, Beet, Turnip, BROCCOLI, SAUERKRAUT, BRUSSEL SPROUTS, CABBAGE, PICKLED CUCUMBER, KIMCHI, KIWIFRUIT, ASPARAGUS, BLUEBERRIES, OKRA, GREEN BEANS, BUTTERHEAD LETTUCE, PARSLEY, GARDEN CRESS, ENDIVE, RADDICCHIO

VITAMIN C:

GUAVA, KIWIFRUIT, RED BELL PEPPERS, STRAWBERRIES, RASPBERRIES, BLACKBERRIES, ORANGES, POMELO, GRAPEFRUIT, PAPAYA, PINEAPPLE, BROCCOLI, BRUSSEL SPROUTS, TOMATO, SNOW PEAS, KALE, CAULIFLOWER

VITAMIN D: Most of our Vitamin D comes from the sun **SEE THIS LINK**
COD LIVER OIL, WILD CAUGHT FISH: Salmon, Rainbow Trout, Herring, Sardines,
MUSHROOMS: Crimini, Portebella, Maitake, White Button, EGGS

COPPER:

SHELLFISH: Oysters, Alaskan King Crab, Lobster, Clams, SWEET POTATO,
MUSHROOMS: Shiitake, White Button, Portobelo, SEEDS: Sunflower, Hemp,
NUTS: Cashews, Walnuts, Brazil Nuts, BEANS: Chickpeas, Navy Beans, Lentils,
FISH: Wild Caught Salmon, Sardines, AVOCADOS, GUAVA

ZINC :

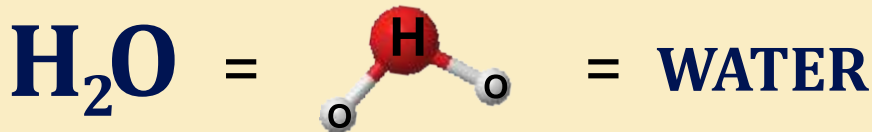
SHELLFISH: Oysters, King Crab Legs, Clams, GRASS FED BEEF: Chuck Steak,
Ribeye, Chuck Roast, CHICKEN LEG, PORK CHOPS, HEMP SEEDS, LENTILS,
LOW FAT YOGURT, OATMEAL, SHIITAKE MUSHROOMS, LIMA BEANS

PROTEIN:

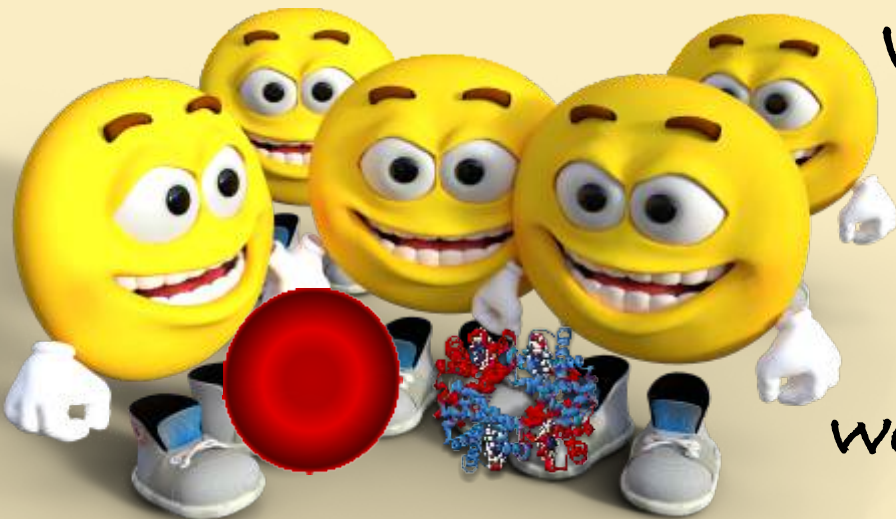
CHICKEN, TURKEY, PORK, WILD CAUGHT FISH, GRASS FED BEEF, LAMB,
BUFFALO, LENTILS, BEANS: Large White, Split Pea, Pinto, Black, YOGURT,
COTTAGE CHEESE, MOZZARELLA, PUMPKIN SEEDS, ALMONDS, EGGS

FATS (aka : lipids): the proper balance here gives flexible cells walls, if you eat the Standard American Diet (SAD), then you will want to primarily eat foods high in Omega 3' fatty acids - eventually it will be back to a **BALANCE AND VARIETY**:
SEEDS: Flax and Chia, WILD CAUGHT SALMON, WALNUTS, BRUSSEL SPROUTS,
OLIVE OIL, NAVY BEANS, SHELLFISH: Oysters , Mussels, AVOCADO (14)

Drink as much water as you can, and if you like to drink store bought bottled water, be sure to read the label some of them have as many as 4 added salts.



If you're like I was and get ill thinking about drinking water then try putting some blueberries in your water jug with some fresh squeezed lemon, a dab of honey and few drops of peppermint oil



WOW,
ALL THAT TO
MAKE THESE
WE TRULY ARE
FEARFULLY &
WONDERFULLY
MADE

KEEP IN MIND, THIS WASN'T AN EXHAUSTIVE LIST OF THE NUTRIENT-FOOD ASSOCIATIONS THAT ARE BENEFICIAL TO RED BLOOD CELL AND HEMOGLOBIN PRODUCTION.

SO SPEND SOME TIME USING THESE LINKS



[MYFOODDATA](#)

AND

[WHFOODS](#)



TO DISCOVER EVEN MORE TASTY FOODS THAT WILL BEGIN YOUR JOURNEY TO A MORE FULL AND ABUNDANT LIFE!



To make the transition in the kitchen smoother and much less painful I recommended just adding 1 new healthy food item to your menu each week, when you find something you enjoy then put it into the meal rotation.

To all the sickle cell warriors, I commend you for taking the time to explore what I believe is God's ultimate design for your life; a life NOT riddled with transfusions, emergency room visits, sleepless nights, debilitating crisis or loss of vital organs, but an opportunity for you to take more control over your life and maximize your potential. So thank you for letting me share with you some of the truth's about God's healing foods and I pray this will mark the beginning of your journey into that full an abundant life God has designed just for you.

THIS EPISODE OF **Fearfully & Wonderfully Made** A CASE STUDY:

WAS INSPIRED BY



B R I D G I N G T H E G A P
A D U L T S I C K L E C E L L D I S E A S E F O U N D A T I O N

O F N E V A D A

About the Author:

My name is Adam, and I feel very blessed to have the opportunity to spend time with you talking about God's amazing healing powers and the way He uses food to actually heal disease. I'm an empty nester father with four amazing daughters, and two wonderful grandchildren, besides. I met my beautiful wife in 1988, and even then my passion for God's sciences was apparent as I would talk for hours about the internal structure of plants. Little did I know that passion would resurface decades later in 2017 when the wife and I decided to do a 3 day water fast to draw nearer to God and pray for all the sickness in our church. No miracle healing came out of the fast but a new conviction in our hearts to eat only God's good food (anything you can go out in nature and get). At the same time my doctor sits me down and gives me the results of my lab work I had diabetes, high blood pressure, liver disease some mysterious misplaced bone marrow and I was obese which I know now is directly linked with 12 different cancers. So I chose to follow through with God's conviction and ate only His good food, with no limitations mind you. Sweet potatoes, grass fed beef, eggs, salmon, kale, collard/ beet/radish/dandelion greens you name it, if God made it and man didn't alter it we ate it. We started to see why God called food medicine in His Word, as the weight began to drop off like buckwheat pancakes as I passed the midway point of 2018. Then it happened, just 9 months after the doctor's standard American death diagnosis, he looks at me and says "Adam, I've never seen this before, according to our recent tests you have NOTHING wrong with you, you don't need a doctor anymore"! Know this- my God is no respecter of persons - what He will do for me he will do for you!

We truly are Fearfully & Wonderfully Made

You can contact me at: iamnotmyown@yahoo.com

or join me on facebook ----->



REFERENCES:

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- (3) https://www.nlm.nih.gov/hmd/greek/greek_oath.html
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- (14) <https://www.myfooddata.com/>

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