

Fearfully and Wonderfully Made

A CASE STUDY:

Sickle Cell Disease

HEALING FOOD FOR A MORE ABUNDANT LIFE

EPISODE 2 - ORIGINS (AUDIO) BONE MARROW AND STEM CELLS

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DEDICATED TO MY ETERNAL SISTER AND SICKLE CELL WARRIOR, SONDRA NICOLE

Welcome to Episode 2, Origins!

Join me as we explore healthy habits for strong bones which dictate how well our bodies maintain adequate and effective stem cell production(1), directly affecting our ability to make plenty of healthy red blood cells and hemoglobin(2). Optimizing this area of the body through God's amazing food and few other ProTip behaviors is what we will explore in this episode's menu.

QUICK LIST:*

1 - Calcium; Seeds, Yogurt, Beans, Nuts, Greens and Sweet Potatoes(3)

2 - Vitamin D; Fish, Egg (yolk), Mushrooms and Sun Exposure**(4)

3 - Vitamin K; Greens, Greens and Greens(5)

4 - Phosphorus; Poultry (roasted), Fish, Yogurt and Seeds(6)

5 - Collagen (The hidden gem); Bone Broth, Chicken, Fish, Garlic, Egg (whites), Vitamin C foods^, Dark Leafy Greens, Beans and Nuts(7)

6 - Exercise; 30 Minutes a day(8)

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.

Here is a sample plate for a day's supply of all the nutrients needed for healthy bones, with their % of daily values!

CALCIUM

PHOSPHORUS

VITAMIN K

VITAMIN D

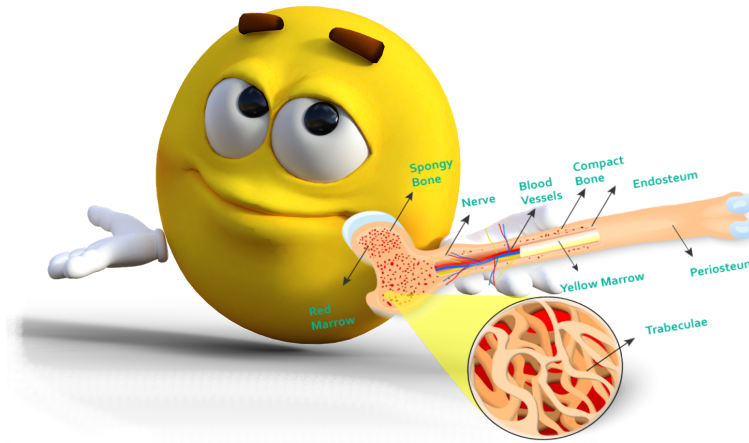
Best Source The Sun

30 Minutes to 3 hours
(the darker your skin
the more time)
3 times a week
best time
is noon day sun,
with as much
skin exposure as
is comfortable.

Another great source of
VITAMIN D
Wild Caught Salmon 3.5oz 124%

FROM THE TOP LEFT:
1 CUP LIMA BEANS, 2 TABLESPOONS CINNAMON, 1 CUP PLAIN GREEK YOGURT,
1 GARLIC CLOVE, 1 FILLET POLLOCK, 1 TOMATO, 1 RED BELL PEPPER,
1 MED SIZE SWEET POTATO, 1 EGG, 1 OZ SUNFLOWER SEEDS, 2-3 BRAZIL NUTS,
4-6 WALNUTS, 1/2 CUP COOKED KALE AND COLLARD GREENS, 1 CUP BONE BROTH,
2 TABLESPOONS CHIA SEEDS AND 1 PARSLEY SPRIG

Now let's get a more detailed understanding of how all these amazing foods and their nutrients work together to help you on your journey to a more full and abundant life!



We Truly are Fearfully & Wonderfully Made!

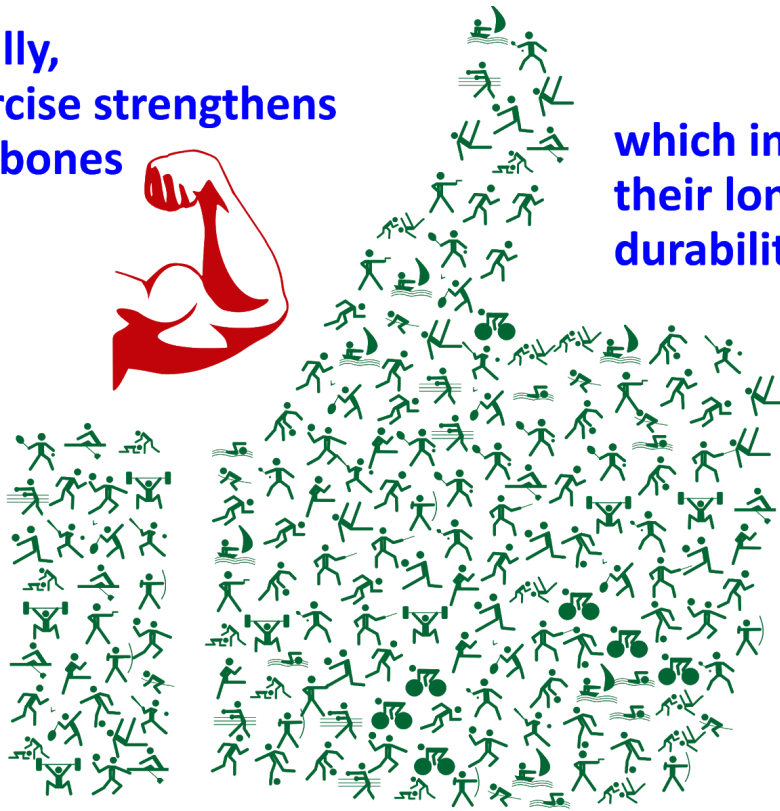
Here's how it works:

We eat calcium rich foods and get vitamin D, mostly from the sun, which allows our bodies to absorb the calcium⁽⁹⁾. The calcium teams up with our dietary phosphorus which facilitates the development of new bone tissue⁽¹⁰⁾ and then the vitamin K we get from our food creates a better quality of bone material⁽¹¹⁾. Then the collagen which is either obtained from food or created in the body becomes the silver bullet that builds better bone density⁽¹²⁾, which increases the capacity of our bones to produce quality red blood cells and hemoglobin!

Finally,
exercise strengthens
our bones

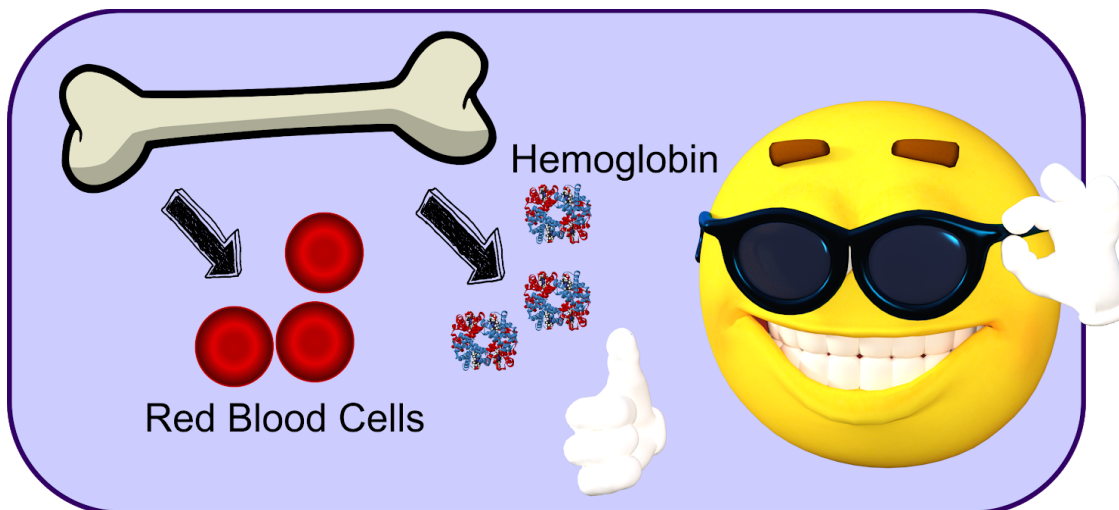


which increases
their longevity and
durability!



Easy enough, getting your bones right, will
help keep your blood right!

(13)





- Wild caught fish has up to 3 times the Vitamin D as farmed fish! [\(14a\)](#)
- Cage free eggs have 3-4 times more Vitamin D than regular eggs! [\(14b\)](#)
- Wild grown mushrooms contain up to 3 times the daily value for Vitamin D! [\(14c\)](#)
- Light tuna canned is only considered safe up to 6oz a week! [\(14d\)](#)
- Man made phosphorus additives are detrimental to bone health! [\(15\)](#)
- Garlic prevents the breakdown of collagen! [\(16a\)](#)
- Chlorophyll increases the precursor for collagen! [\(16b\)](#)
- Sugar and refined processed carbohydrates, excessive sun exposure, and smoking damages collagen [\(16c\)](#)
- Collagen can increase hemoglobin levels by 17% and increase microvascular circulation! [\(17\)](#)

Psalm 51:6

But you desire honesty from the womb, teaching me wisdom even there.

* - All foods listed should be single ingredient foods found in their natural state. Consuming foods that have been processed with additives and preservatives has shown to be not only lower in nutritional content but in some cases actually harmful to the human body.

For example: Yogurt should only contain cultured milk (and probiotics); Nuts and Seeds that have added salts, sugars and oils should be avoided; Bone Broth should be made with organic grass fed beef bones, or organic free range poultry bones, to increase nutrients and reduce contamination from pesticides; and Fish should be wild caught and free from added salts and colorings.

** - Excessive Sun Exposure can have detrimental effects on Vitamin D production and thereby Calcium absorption as well as damage to skin tissue. (18)

^ - Foods high in Vitamin C are: Guavas, Red Bell Peppers, Strawberries, Papaya, Broccoli and Tomatoes

HELP FOODS PLAY WELL TOGETHER

KEEP YOUR FOOD TASTY AND NUTRITIOUS

KNOW YOU FOOD

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 three 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 twelve 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 nine 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

May God bless you as you begin your journey to the full and abundant life He has created you to enjoy!

You can contact me at: iamnotmyown@yahoo.com

Or find me on facebook at



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
ADULT SICKLE CELL DISEASE FOUNDATION
OF NEVADA

AUDIO FILES:

Episode 1 (Pilot), Episode 2

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