

Dear Friend Letter was written by Cindy Brinn, RD, CDE
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Thank you,
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Dear Friend,

BODY MUSCLES

You know we are best friends . . . after all we're together all the time . . . we've been together since day 1.

EMBRYO

As your BODY I help you get through every day the best I can.
I know what you do everyday . . . do you know what I do . . . 24-7? Sometimes I feel like you don't care much. I feel like you care more about the dog, your car and your flower garden than you do me!

NICE CAR

You change the oil in your car every 3000 miles, maintain it, wash it and wax it.

DOG

And those dogs. Pretty spoiled. They get walked by the neighbor every morning and eat that expensive, nutritious, nasty tasting dog food and get washed and bathed monthly at the salon to keep their coat nice and healthy. You even pay someone to walk them when you are on vacation.

BAHAMAS

You know . . . I never get a vacation. Never.
I try really hard to perform all the tasks I am suppose to . . . sometimes I can't do it all. Usually the reason I can't do everything is because I don't have all the tools I need to do my tasks.
Tasks . . . you think your to do list is long . . . would you like to see mine?

BLOOD CELLS

I have 50,000 billion cells I need to maintain . . . some need repair, some need to be tossed out, some need to be rebuilt from scratch. The hard part is that there are so many different types of cells . . . they all have different jobs in running the body and I need lots of different specialized parts to build them. This is a huge job. It's getting harder and harder to get good parts for my cells and sometimes I have to wait a long time.

SPINACH

For example, I use this special compound that comes from dark leafy vegetables for building the white blood cells. If you don't know, white blood cells are my specialized forces that can kill foreigners that try and invade me. Things are always trying to get in and grow inside me. Fighting these bacteria and viruses and strange compounds is quite an undertaking in itself.

RED BLOOD CELLS

I know you know about red blood cells . . the guys that carry oxygen around the body—giving it to other cells that need it to do their jobs. A drop of blood contains over 250 million red cells, 275,000 white cells and 16 million platelets . . platelets are the guys that help blood to clot if you are bleeding. I have to make and destroy millions of red blood cells every second. You would be really tired without red blood cells.

LUNGS

Here's your lungs. Have you ever taken a look at the beauty of these guys? 23,000 breaths of oxygen every day pass through these tiny chambers. The oxygen gets passed off to the red blood cells. If you think keeping your furnace air filters is a chore . . you should try keep these lungs clear. I have to send special carriers to clean out those chambers all the time . . it's unreal what gets stuck in there.

HEART

And then of course there is the great pump. This guy beats 100,000 times every day year after year. His job is much easier when the blood vessels are soft and flexible and not stiff.

BLOOD VESSEL

Here lies my biggest challenge . . keeping these vessels clean and clear is really how I spend most of my day. Did you know that everything that goes into your mouth and everything that you breathe passes through these tunnels . . everyone of them. And once things get into these vessels they find their way into the liver, kidneys and other really important organs. You know, I find that you are more careful about what you put down the garbage disposal than what goes into your mouth and eventually finds it way into these chambers.

EAR

I have other important tasks that makes life interesting for you . . like helping you to hear and see and taste. Do you know how that works? Tiny hairs in the inner ear pick up movements in the liquid around them . . then send these signals to the brain. Sight, smell and taste . . you take those senses for granted don't you. There are 10 million smell receptors in your nose. I have to work hard to keep them all working.

TONGUE

There are also 10,000 taste buds I have to keep track of . . helping you to tell the difference between flavors. Let me tell you . . these taste buds wear out fast and I need to make new taste buds every 7 days. That's on top of the quart of saliva I make every day too!

HAND BONES

Have you ever thought about the 206 bones that support your body and the 600 muscles that help you move . . . all without thinking. There are 27 bones in each hand . . . for you just to step forward takes the action of 200 muscles—all coordinate and smooth.

MUSCLES

I can make over 10,000 different face expressions with the muscles in your face. Good thing that you don't have to control all these muscles on your own . . . I do it for you.

HAND VESSELS

The little nerves and blood vessels you see in this hand . . . are really all over your body. They help to control and nourish the muscles and cells involved in helping to move your hands. Amazing isn't it. The body really makes a computer look pretty elementary.

BIO CHART

Making your body run involves millions of chemical processes . . . like you see in this chart. What do I use to make all these things happen . . . well the only tools I have is what you give me. I am truly a remarkable machine that manufactures lots of worker cells that run your body. For me to run the best I can, I must have great, well built cells. To build great cells I must have the right parts . . . and the only place I can get these parts is from the food that you eat.

FOOD

Don't get me wrong . . . I am truly creative and resourceful and like a good cook I can improvise pretty good. But, just like it's hard to make a cake without flour, it's hard for me to make good cells without proper ingredients.

The food that you eat supplies me with the thousand of nutrients I need to build great cells and run your body the best that I can. So, please give me what I need . . . at least most of the time.