

# OPTIMAL HEALTH

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# AIR

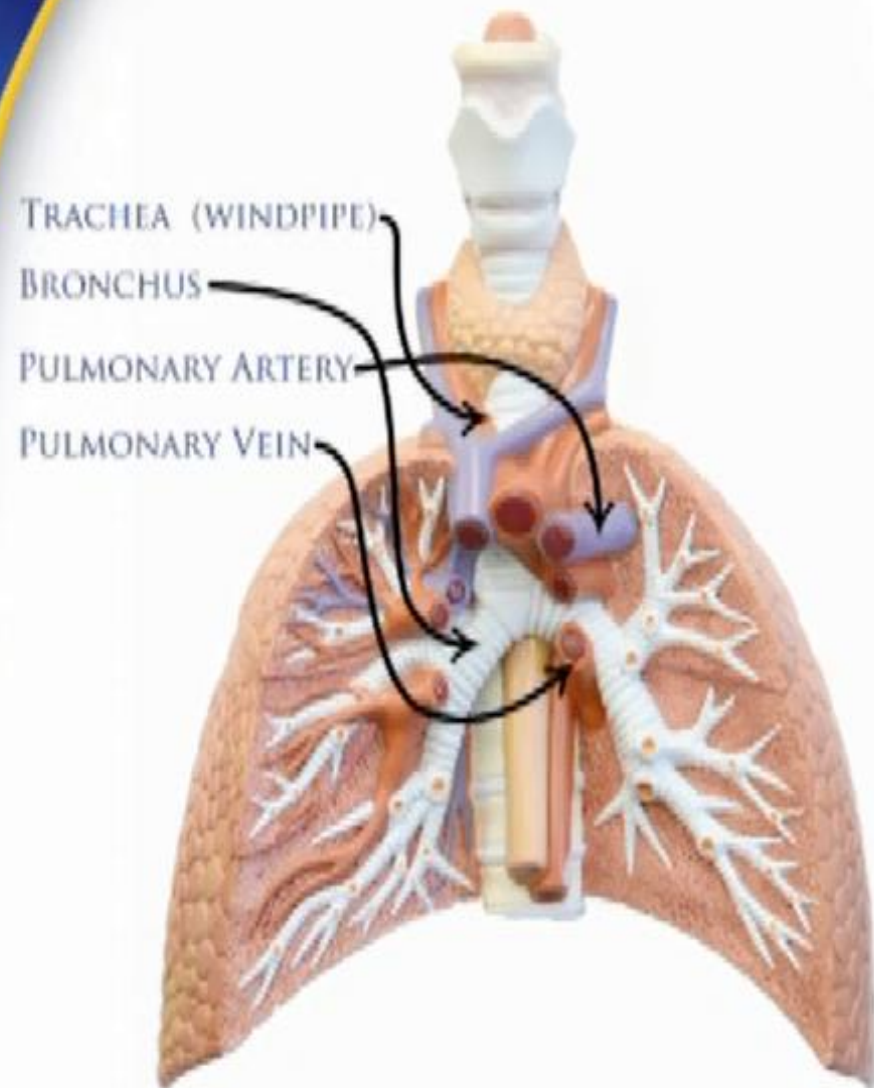
Every **minute**, we  
inhale about **8** quarts  
of air





# LUNGS: GAS EXCHANGE SITE

Each minute, **5** quarts of blood pass through the lungs releasing **carbon dioxide** and absorbing **oxygen**



# AIR EXCHANGE

**30** quarts  
of  
Carbon Dioxide  
every **hour**

The buildup of carbon dioxide in a room and the lack of oxygen will make us feel **tired, sleepy, and mentally dull**



# Outdoor Air Pollution





# Indoor Air Pollution



# INDOOR AIR POLLUTION

**50%** of all illnesses are either **caused** by or **aggravated** by **polluted indoor air**.

When ventilation is inadequate, air is contaminated and occupants grow **drowsy**, get **headaches**, and function at **lower activity levels**.

The level of some hazard pollutants are found to be **70** times greater in indoor air **than** outdoor air.



# ASTHMA IN THE U.S.

Increased by **45%** in the past **decade**

Affects **15 million** people  
(one-third under age 18)

Most **common** chronic illness of  
childhood



# ASTHMA IN THE U.S.

Leading cause in the suburbs:

**Dust mites**

**Cats**



Leading cause in urban areas:

Proteins in the droppings and carcasses of *Blatella Germanica*, the German **cockroach**



# HOW TO KEEP YOUR UNIT ROACH FREE

**Wash** all surfaces to get rid of roach antigen

Keep **all** food **out** of roaches **reach**

Put out roach **traps** that  
catch strays





# THE NUMBER ONE CARCINOGEN

- Lung
- Lip
- Mouth (oral cavity)
- Throat (pharynx)
- Voice box (larynx)
- Esophagus
- Stomach
- Liver
- Pancreas
- Bladder
- Kidney



# EFFECTS OF NEGATIVELY CHARGED FRESH AIR

Improved sense of well-being

Increased rate and quality of growth in plants and animals

Improved function of the lung's protective cilia

# EFFECTS OF NEGATIVELY CHARGED FRESH AIR

Lowered body temperature

Lowered resting heart rate

Decrease survival of bacteria and viruses in air



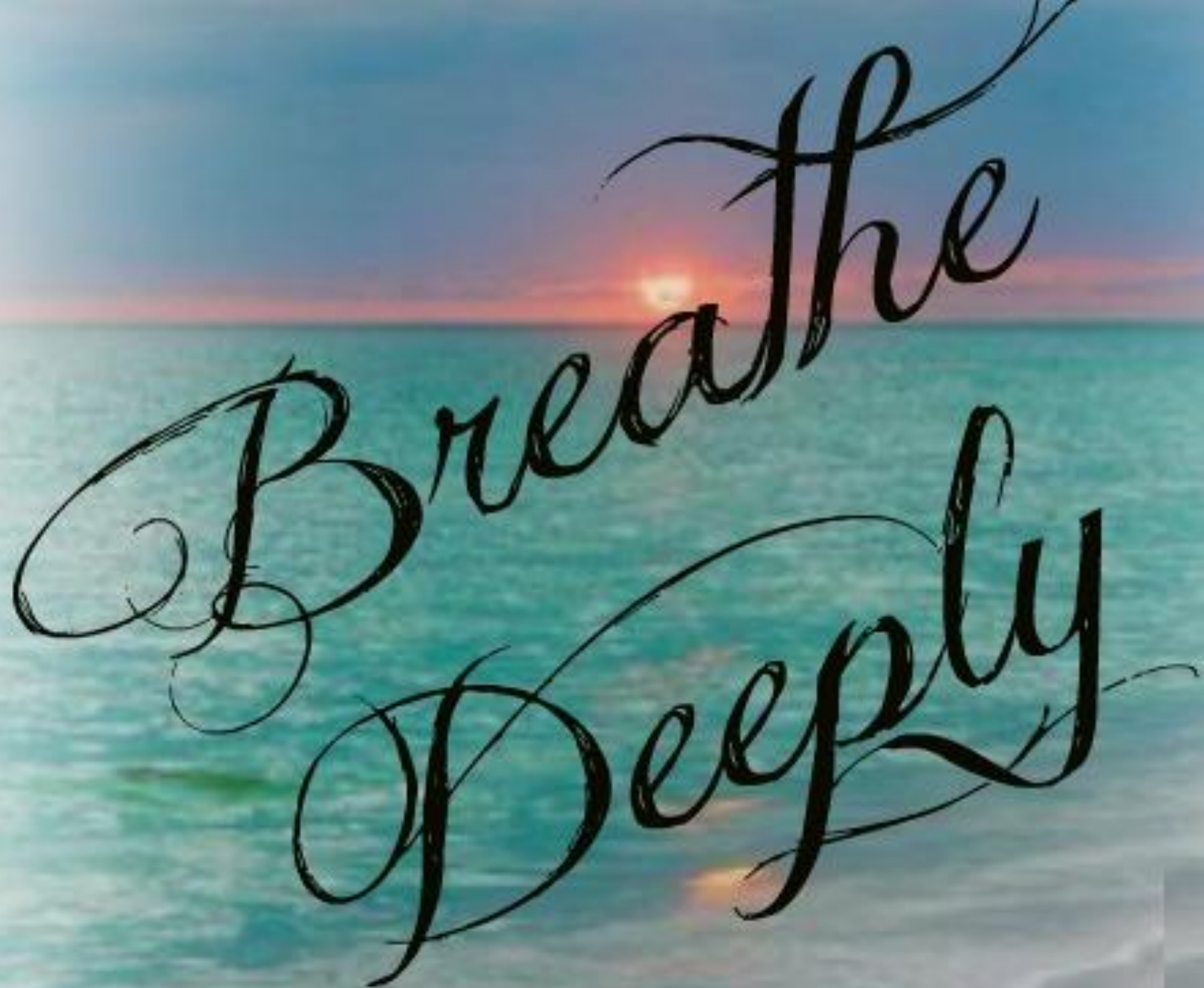
# Healthy Negatively Charged Air in Pine Groves







Healthy Negatively Charged Air  
After a Lightning Storm

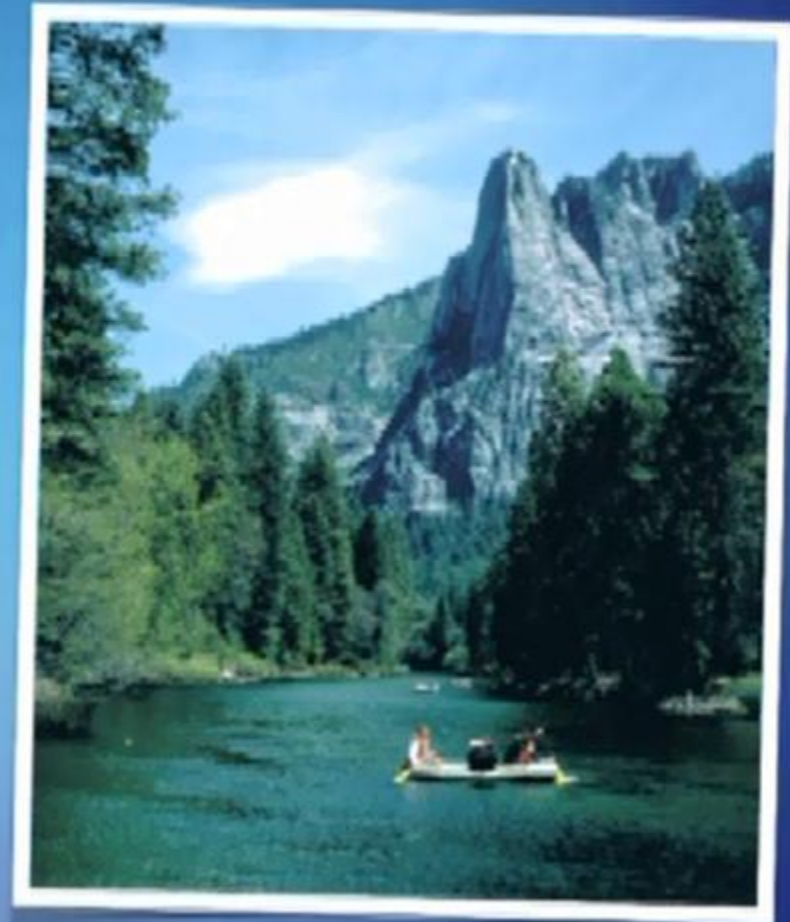
A serene sunset over a calm ocean. The sun is a bright orange orb just above the horizon, casting a warm glow across the sky and water. The sky transitions from a soft pink and orange near the horizon to a clear, pale blue at the top. The ocean is a deep teal color, with gentle waves visible in the foreground. The text "Breathe Deeply" is written in a large, elegant, black cursive script, slanted diagonally across the image. The word "Breathe" is on the top line, and "Deeply" is on the bottom line. The text is semi-transparent, allowing the background scene to be seen through it.

Breathe  
Deeply



# Improper Breathing

- Low blood oxygen levels
- Impairs muscle function
- Impairs metabolic function
- Leads to muscle atrophy
- Leads to exercise intolerance



## Poor posture

## Good posture

## Poor posture

Forward head

Flat back

Forward head

Rounded shoulders

Weak abdominal muscles



Keep your house **clean**, at least **2** deep cleanings per year and frequent removal of dust

Keep your house well **ventilated**

**No** tobacco **smoke** or other **pollutants**

Allow cool evening **fresh** air **inside**

Plants **in** house and **around** house



**Aerobic** means "requiring air," in which "air" usually means oxygen.

If the efficacy of this moderate-intensity aerobic exercise intervention can be demonstrated, drug dependent patients may be provided with a valuable adjunct to traditional substance abuse treatment. Furthermore, future studies may contribute much-needed knowledge about the role of aerobic exercise in reducing alcohol and drug use and increasing fitness in drug dependent patients.



### Genesis 2:7

And the LORD God formed man of the dust of the ground, and **breathed** into his nostrils the **breath** of life; and man became a living soul.

Job 33:4 The spirit of God hath made me, and the breath of the Almighty hath given me life.

Job 27:3 All the while my breath is in me, and the spirit of God is in my nostrils;

Psalms 150:6 Let every thing that hath breath praise the Lord.



3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.





STARTING ANEW