

How safe Is The Air We Breathe In?

Is the air we breathe in really safe?

I am sure this is a question you are dying to know the answer to, especially since it concerns your health and wellness. As well as that of your loved ones

Firstly let's look at a few chemicals you should be made aware of. These include butadiene, formaldehyde and benzene. These chemicals pose a very high risk for cancer and other health problems. Don't take my word for it; see what these experts have to say at:

<http://www.sciencedaily.com/releases/2006/09/060927201220.htm>

Let's look at some of these chemicals in more detail.

BENZENE

Benzene is a clear liquid chemical that carries with it a sweet smell. It is highly flammable and non-corrosive and can be introduced into our bodies by the breathing in of vapors.

Exposure to the chemical benzene, which is derived from the manufacture of petrochemicals and also found in rubber and cigarette smoke, could result in increased risk to leukemia and decreased blood cell counts. Other symptoms include drowsiness, dizziness, rapid heart rates, headaches, tremors, confusion and unconsciousness.

Chronic or occasional exposure can have serious implications on the blood. The result affects bone marrow leading to anemia and other hematological diseases. Benzene has been classified as a carcinogenic by the EPA. For more info on benzene visit:

http://www.toxic torts.com/benzene_info_benzene_health_effects.shtml.

FORMALDEHYDE

Formaldehyde is a low cost common chemical used in thousands of products. It is often used in fungicides, germicide disinfectants, glues, adhesives and paper products.

Formaldehyde exposure can cause irritation of the eyes and respiratory tract. Studies of lab animals indicated that exposure caused degenerative effects and nasal tumors in lab rats. It is said that if humans are exposed to this chemical the effects are anticipated to be the same.

Formaldehyde has been classified as a volatile organic compound. Find out if you have a formaldehyde problem at

<http://www.health.state.mn.us/divs/eh/indoorair/voc/formaldehyde.htm>.

1,3-BUTADIENE

Mainly used in the production of synthetic rubber, but also found in plastics and fuels. This chemical has been classified as a known human carcinogen.

Exposure can occur through cigarette smoke, polluted air and water, auto exhausts and many common products. Exposure can also result from ingested foods that have been contaminated from plastic and rubber containers.

Symptoms due to exposure often include decreased blood pressure, blurred vision, nose and throat irritation, nausea, headaches and more.

There have been studies with mice that indicate a relationship between butadiene and cancer, but have not been confirmed in humans. However the EPA has classified 1,3-butadiene as a known human carcinogen. To find out more about this chemical visit:

<http://www.osha.gov/sltc/butadiene/healtheffects.html>

The bottom line here is that a lot of us are exposed to these chemicals on a regular basis. The last thing we need is for our lungs to soak up and our bodies store this industrial waste.

What can we do?

To stay away or limit our exposure to these is an obvious answer. But how practical is this, and what if we have been too exposed already? We must find a way to eliminate these harmful toxins from our bodies.

One way is by drinking lots of good quality water to flush out our system and transport necessary nutrients. It is suggested that an adult should drink between 2 and 3 quarts daily

Another way to cleanse our bodies is by the introduction of apple cider vinegar into our bodies. This sweetens our body and makes it less inviting to unwelcome pests and toxins. Apple cider vinegar is known to fight arterial plaque. This plaque build up is one of the leading causes of heart attacks and strokes. Apple cider vinegar also acts like a sponge and soaks up harmful toxins.

Another way of cleansing is to eat organic vegetables raw or slightly cooked and to avoid canned and frozen products that contain preservatives.

The proper elimination of these harmful toxins and chemicals will result in overall improved health...more energy...improved digestion...weight loss...healthier skin and nails and much more.

Dr Suzanne...don't know if you have heard of her yet, but she has put together a brand new book called "Top Secret Fat Loss Secret" and trust me when I tell you it is much more than a fat loss solution.

It teaches you how to flush these harmful toxins out of your body. Find out more at:

<http://www.hottrackmarketing.com/fatloss.html>.

To your good health in 2008....

About the Author

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Source: <http://www.articletrader.com>