



# Livebetterindoors.com

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## “Why Should I Care About the Indoor Air?” (Part 1 of 3)

We each inhale and exhale approximately 15,000 quarts of air every day. Breathing clean air is vital to maintaining a healthy lifestyle. Indoor air quality is three to five times worse than outdoor air in the United States, according to the United States Environmental Protection Agency (EPA).

The EPA states that there are three basic strategies to improve indoor air quality:

1. Source Control
2. Improved Ventilation
3. Air Cleaners

This is the first installment of a three-part series. Part 1 addresses Source Control. Future installments will address Improved Ventilation and Air Cleaners.

Steps that everyone can take to control or eliminate the sources of indoor pollution will be listed later in this article.

An often overlooked source of air pollution is the natural sloughing off of dead skin cells by people and pets.

Indoor pet owners usually realize there is “stuff” in the air because “Fluffy” or “Rover” is in the house. Many people do not suffer at all when they first bring their pet into their home. In time, however, they may notice the onset of allergy or asthma symptoms.

Many homes and offices have high quantities of dead skin cells in the air. They are an excellent food source for dust mites, which feed on bacteria found on skin cells. These little critters receive lots of publicity for their contributions to allergies! Most people with indoor pets would rather suffer than get rid of them. Since shedding dead skin cells is natural, eliminating that source is not an option.

**Source Control** – According to the EPA, “Usually the most effective way to improve indoor air quality is to eliminate individual sources of pollution or to reduce their emissions.”

Some sources of air pollution at home are obvious while others may not be so obvious. One obvious source of pollution is cooking odors and smoke from burnt food. Utilizing a range hood ventilation fan helps to remove odors and reduces moisture. Making sure that food doesn’t burn on the stove definitely controls one source of pollution! Keeping a kitty litter box clean controls another source.



**Controlling Sources** – These are some important, though often unused methods to control sources of indoor air pollution:

- ◇ Always turn on the bathroom ventilation fan when bathing or showering. Allow the fan to run long enough after showering to remove excess moisture from the air.
- ◇ Always turn on the range hood ventilation fan when cooking to remove odors and moisture.
- ◇ Always use truly eco-friendly cleaning products to avoid harmful fumes. (Cont - Page 2)



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## Controlling Sources – (Cont)

- ◇ Ceiling fans should run continuously, all year long, to thoroughly circulate the air. Ceiling fans may be reversed during cool weather, for comfort.
- ◇ The Fan switch on the thermostat should be set to 'ON' while Air Conditioning is operating. It may be set to 'AUTO' while Heat is in use, for comfort.
- ◇ Wipe up liquid spills immediately.
- ◇ Keep closet doors ajar to allow air circulation.
- ◇ Clean refrigerator coils regularly.
- ◇ Open curtains and blinds, daily.

VITAMINS AND MINERALS IN FRUITS AND VEGGIES. GOOD FOR US AND YOU TOO!



## Recommendations that everyone can use to help themselves improve their own indoor air quality:

–Use a high quality HEPA filter on the HVAC system. They cost more than the inexpensive filters, but they also remove far more particulate from the air.

–Keep the home clean using a HEPA vacuum cleaner to remove dust, dirt and dust mites.

–Use an 'active' air purification system. These systems electronically create a safe purifying plasma that travels throughout the indoor environment sanitizing the *air and surfaces*. Portable and HVAC supply duct-mounted systems are available.

## Remember -

*Breathing is not an option -  
Breathing Clean Fresh Air is!*

## “Sugar + Sugar + Sugar = Fat”

**You are what you eat!** There may not be a saying that is more true! The things we put into our bodies make up who we are from the inside out. Looking at the smallest unit that makes up our bodies, we'll make a trek through the bad and the good.

The cells of the human body are primarily made up of fat. The membrane surrounding each cell is a fat layer enclosure for the smaller parts of the cells. The cells keep the good stuff in and the quality of the barrier between good stuff and bad stuff depends on the foods we eat, specifically the fats.

The “standard American diet”, consisting of fast food, unhealthy foods and anything fried makes the cell membrane more solid, and therefore less fluid. Rigidity makes it more difficult for the cell to perform the activities it needs to, like slipping through tiny, little places throughout the body. This “solid” membrane has an increased chance of getting stuck to places it should not be. These “solid” cells contribute to numerous forms of heart and vascular disease and many other health issues. The majority of healthy fats allow the cell membrane to become more fluid and perform its duties without incident.



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### Where can we get these healthy fats?

Healthy fats, such as the famous Omega-3's, can be obtained from healthy nuts and seeds, wild coldwater fish, grass-fed cattle and other meats and eggs.

**These healthy fats** are important from childhood or before, because in the United States, there is evidence of poor diet as young as age four. Four-year olds are showing signs of atherosclerosis, or fatty deposits in the arteries, because of their diet.

**So, what** does make us fat? Refined sugar, plain and simple. Refined sugar makes up the majority of the American diet. Natural sugars, such as those found in fruit, are good because they are countered by natural fiber in the fruit.

**The foods** Americans typically eat contain large amounts of added sugar and little to no fiber or protein. Increased refined sugar consumption can lead to diabetes, most commonly. This preventable disease affects millions across the United States. An interesting tidbit of information: in 1931, a gentleman by the name of Otto Warburg won the Nobel Prize for discovering that cancer cells use sugar to thrive. They are unable to multiply quickly without it.

**This doesn't mean** that everyone should switch to the sugar substitutes, because those products are made from chemicals that are cancer-promoting, such as ant poisons and neurotoxins. Limiting refined and processed sugar is the best way to avoid some of these health problems.

**Most of the foods** we eat in the United States today contain way too much sugar. Such large amounts are detrimental to the body and are stored as fat. An increase in fat on your body leads to increased risk of heart disease, diabetes, arthritis, cancer and any number of diseases.

**If you want to continue** to feel tired, old, and "unable" to participate in activities you enjoy, the processed items at the grocery store and disease await. If you're serious about having a life full of energy and empty of pain, start eating real food again!

**Keep everything as simple** as you can. Eat real food. Proper diet and exercise keep your body functioning at its optimal level!!! Next time you're ready to scarf down a bag of Doritos, or a dozen Krispy Kreme doughnuts, think – Do I want this to become a part of me???

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### Next Issue-

- Improved Ventilation
- Water, Water