

## Air

### “A breath of fresh Air” is powerful medicine:

- Ceratin Death: No Food x 8 **weeks**, or No Water x 6 **days**, or No Air x 4 **minutes**
- Optimal Health: Food: 2-3 meals/day + Water: 8-10 cups/day + Air: 20,000 breaths/day (14/min)

What is air? Air is **21% Oxygen**, 79% Nitrogen, 0.04% Carbon Dioxide

Every cell in your body (40-100 trillion) requires a **constant supply of oxygen** to survive. (Free!)

Our air is contaminated with a variety of elements: pollen, dust, molds, and other pollutants.

The best air to breathe for optimal health is oxygen rich, **negatively** charged air.

Atoms are made up of neutrons, protons, and electrons. Atoms want to be neutral having the same number of electrons as protons. A “charged” atom does not have an equal number of electrons as protons and is called an “ion.” Oxygen atoms have 2 “missing” electrons, so it is negatively charged (*attracts electrons*) and is called a negative ion. Extra electrons in the air are most often attached to (*shared with*) oxygen. (H-O-H)

Negative oxygen ions tend to concentrate in “**wild natural outdoor**” areas, such as: rivers, waterfalls, beaches, forests, lakes, and mountains. Also, areas that have just been struck by lightning.

The number of negative oxygen ions in the “wild natural outdoors” is **up to 10 times more** than the number of negative oxygen ions indoors, such as our homes, offices, stores, etc. (*Where humans spend most of their time.*)

Negative oxygen ions are known as “**Happy Ions**” because they contribute to increased **serotonin**:

- Better moods
- Better overall sense of wellbeing
- Feeling calm, refreshed, happy

Breathing more “**negative**” oxygen ions makes you a more “**positive**” person.

People who breathe air with more negative oxygen ions:

- Are less depressed
- Sleep better
- Have more energy

People who breathe air with more positively charged ions have:

- Higher levels of anxiety
- Higher levels of depression

### How do we breathe more air that has a higher concentration of negative oxygen ions?

- **Spend more time outdoors.**
  - Morning stretch routine
  - Lunch breaks
  - Evening relaxation
- **Intentionally and frequently** (3-4 times/hour) **take 5+ deep breaths, even when indoors.**
  - Increases blood oxygen levels
  - Improves brain function
- **When indoors, keep a window open to bring in the “happy oxygen ions,” especially while sleeping.**
- **Step outside every hour or two for a literal “breather,” or go for a short (2-minute) walk.**
- **On the weekend, go to the beach or mountains for some outdoor “re-creation.”**
- **Grow a few plants indoors to manufacture your own clean, fresh, oxygen-rich air.**
  - Evergreen plants with a large surface area of foliage are best.
  - Such as: Ferns, Palms, Lilies (*Do an Internet search for: big leaf house plants*)
  - Plants help reduce indoor contaminates. (*formaldehyde, carbon monoxide, xylene, benzene*)
- **Develop a healthy, up-right posture and learn to breath “abdominally” (using your diaphragm).**

**In achieving our goal of living to 120, breathing plenty of fresh air is an important habit that we should make part of our healthy lifestyle.**