

AIR & WATER

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Lighted Your Toxic Load & Increase Your Immune System

Your 1<sup>st</sup> & 2<sup>nd</sup>  
Priorities for Good Health

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## Come Up With a Subheading

*Come up with a new and chatchey phrase to introduce the document.*

**G**ood day, my name is Marcel Wolfe. As a holistic health researcher and health educator I am excited about the content of this health audio presentation entitled “Your 1<sup>st</sup> and 2<sup>nd</sup> Priorities for Good Health.” This health information is thoroughly researched and backed by more than 70 references, supporting the statements made by the presenter Dr. Howard Fisher. We realize, the general public, during these rapidly changing times has shown a greater interest in both personal and community health matters and we sincerely believe that you will find that listening to this audio presentation is a worthy use of your time.

Due to the choices societies have made in the recent past and to this present day, the environment we now live in no longer supports life as it once did. Just last summer it was reported that 2 000 people in the city of Toronto died as a result of breathing Toronto air. Shortly you are about to hear from Dr. Fisher how, in most circumstances, breathing indoor air is significantly worse than breathing the air outdoors.

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### ICON KEY

 Valuable information

 Bibliography

By now most of you will realize that Nature is not the terrorist and that the problem is more a lack of full disclosure in education and the news we hear day after day. Like the canary in the coal mine, another sentinel species, the North American black bird is trying to warn us that due to petrochemical pollution our outdoor air is life threatening. There is also a strong correlation between bird and human diseases and that connection is our environment. In April 2003, *Alive Magazine* reported, in an article written about the West Nile virus, that 50% of the dead birds collected in New York State from the counties with severe air pollution tested positive; less than 5% of the birds from the moderately polluted counties and none of the birds found in the least polluted counties tested positive. In addition, the humans who were affected by the West Nile virus were usually found to be the elderly who had pre-existing health conditions (i.e. Diabetes, Cancer and Asthma) and also lived in heavily polluted areas. It is no coincidence that the same can be said of those who have recently died of SARS.

## LIGHTEN YOUR TOXIC LOAD

Regardless of how the bacteria and viruses get here, the point is that the poor and polluted conditions of air and water lowers everyone's resistance to both established and new diseases.

At what point does an individual actually decide to make better choices regarding their health and their family's health? If you decide to wait and allow others in positions of power, such as corporations and governments, to act in your best interest, (if their past performance is any indication of what we can expect) we will miss you.

More recently, 'survival of the fittest' has increasingly become 'survival of the self educated and independent' and by now I expect that you have gathered that the main focus of this presentation is the real and present need for both pure air and pure water for good health.

In terms of human survival, nature alone has determined the following order of nutrient consumption priorities:

1<sup>st</sup> priority is the air you breathe. Without it you will suffocate in minutes.

2<sup>nd</sup> priority is the water you drink. Without it you will die of thirst and dehydration within days

3<sup>rd</sup> priority is the food you consume for energy. Without it you will starve within weeks.

4<sup>th</sup> priority is the supplements you consume to replace what food, due to the demineralised condition of our soil, no longer provides.

Today, without supplementing your diet there is a strong possibility that you will suffer and die before your time with a number of nutritional deficiency diseases. I am sure that you will be impressed by the fact that just a few simple shifts in lifestyle choices will pay you huge health dividends, both short term and long term.

All of the priorities listed above need to be nurtured in an environment of respect, love and appreciation by utilizing nature's perfection (e.g. the full spectrum light provided by the sun) and by working with and mimicking nature instead of trying to manipulate and control it. We all need to realize that we can no longer afford to ignore nature's warning signals, keeping in mind that the planet is not making any more water and that oxygen and ozone are disappearing more quickly than nature can replenish them.

Now, it is my privilege to introduce to you Dr. Howard Fisher. He holds bachelor degrees in both Science and Education. As Doctor of Chiropractic, he has practiced for more than 20 years at the Glen Park Clinic in Toronto. He is also a screen writer and an international health lecturer and health educator. I am confident that you will be impressed by his message. Here is Doctor Howard Fisher.

As the toxicity level of our environment increases, the goal of wellness becomes more difficult to obtain, yet that much more desirable. The concept of wellness is one that must be embraced from all aspects in order to achieve optimal health. Most people do not realize the number of micro organisms and toxic pollutants that fill all aspects of our environment. There are many that are unaware of the cumulative affects on our health and immune systems that airborne toxins create. Influenza, an airborne virus, kills far more people than this new virulent corona virus, SARS, however we don't seem to consider these viruses in the same way. As a general rule public awareness takes a long time to infiltrate the common knowledge base but the world is quickly becoming aware of the potential health risks on this occasion. This knowledge has introduced a positive shift towards health and away from disease. We are now aware that there are lethal airborne pathogens. This will have a major impact on our actions and perhaps it will allow me to shed some light on somewhat less severe airborne factors that will affect the lives of everyone. Over the course of this paper I will endeavour to show what is happening, how it affects us and what we can all do about it by purifying our air. According to the EPA, indoor air quality “can be a serious (health) risk from the cumulative effects of these sources.”<sup>[1]</sup> It all comes down to awareness and our ability to act on the knowledge that we possess. Severe and chronic diseases are directly related to the lack of integrity of the immune system<sup>[2]</sup> and subsequently the diminished ability of the body to respond to an immune insult.

☞ Every biological contaminant, virus, bacteria, pollen, mold, mildew, spore, dander and dust mite that is airborne has the ability to enter your body and cause your immune system to react. The pathway is clear. Access may be granted through your mouth, nose, eyes, ears or any external opening. Biological contaminants are not the only invaders with which one has to be concerned. There are many gaseous, noxious, toxic and particulate materials that we are also exposed to on a regular basis. As a matter of fact, the only thing that separates us from our external environment is our immune system. Our initial lines of defence are the skin and mucous membranes that separate us from the outside world. We are not aware of the multitude of immune system insults and will not be unless something goes wrong. This may very well be the reason that there is so much sickness and disease running rampant through our society. Other authors suggest that our lack of awareness is due, in part, to the fact that the major focus of many influential groups has not made us aware of the potential problem areas. For example “the cancer establishment’s” mindset remains fixated on ‘secondary’ prevention or damage control—screening, diagnosis and chemo prevention (the use of drugs or nutrients to reduce risks from prior avoidable carcinogenic exposures)—and treatment.”<sup>[3]</sup> This statement is indicative of the fact that there are precautions and preventive actions that every individual can take to minimize the chances of reducing the quality of their health. We can only react to threats to our health when we know that they indeed are threats. “The U.S. cancer establishment conducts minimal research on avoidable exposures to a wide range of industrial carcinogens contaminating the totality

of the environment—air, water, soil, the workplace, and consumer products—carcinogenic prescription drugs and low dose diagnostic medical radiation.”<sup>[4]</sup> There is no one to blame. This philosophy is consistent with North American allopathic therapeutics: find out what is causing the disease and kill it pharmaceutically before the host dies. There is another philosophy and that is to take a preventive approach. We should all understand that cancer is an extremely severe disease but a preventive approach can improve your health and in doing so allow your body to better combat all types of disease. What will you do about it?

How badly have we been affected already? Everyone knows that our environment is teeming with infectious agents.<sup>[5]</sup> They are not visible to the naked eye but the fact that we cannot see them does not make them non-existent. Disease runs rampant because our immune systems are constantly under attack.<sup>[6]</sup> Cold and flu affect so many people yearly that injected vaccinations are offered to defend against unidentified airborne invaders. In the late eighteenth century, the early surgeons performed masterful work yet the patients often died from the subsequent bacterial infections caused by the unsanitary operating utensils and the airborne contaminants in the environment. It was not until Louis Pasteur’s acute observations in the late 1860’s that the world was made aware of the presence of bacteria on most surfaces.<sup>[7]</sup> Pathogenic micro organisms are everywhere and we must rely on our immune system to keep us healthy. There are at least four thousand viruses that have been named and billions of bacteria.<sup>[8]</sup> According to Dr. Jesse Stoff, M.D., “Even if you are perfectly healthy, thousands of viruses may be present in your blood, only seventy-five percent (75%) of which have been identified.” Think about the fact that ninety-five percent (95%) of the American population carries the Epstein-Barr virus.<sup>[9]</sup> This virus (EBV) has been linked to Chronic Fatigue Syndrome, Fibromyalgia, and Mononucleosis. According to the National Centre for Infectious Diseases, “cytomegalovirus (CMV) infects between 50% and 85% of adults in the United States by the age of 40.”<sup>[10]</sup> Aside from causing pneumonia, retinitis and gastrointestinal disease, cytomegalovirus has been linked to breast and prostate cancer.<sup>[11]</sup> More than twenty years ago, researchers were concerned that exposure to occupational carcinogens led to a minimum of twenty per cent of the existing cancers.<sup>[12]</sup> Furthermore, they believed that it would lead to a public health catastrophe.<sup>[13]</sup> The relevant point here is the importance of the immune system. As long as our immune systems remain relatively uncompromised, these viruses can be held in check, however when the immune system stressors such as airborne biological contaminants, gases, toxins, and particulates escalate to an overload status, the immune system can make communication errors or be defeated by a more powerful invader. That is precisely the situation that has occurred. Aside from the incidence of viral infection listed above, “the lifetime risks of dying from cancer are now 24% for men and 20% for women.”<sup>[14]</sup> We can help our immune system optimize our health by supplementing our nutrition and by purifying our environment.

Do you think the air is clean? How about the water? How many chemicals are additives in the food you eat? Now you are beginning to understand the level of

toxicity that exists in our environment and the challenges to our health. According to the EPA's Toxics Release Inventory, six and a half billion (6,500,000,000) pounds of toxic chemicals are released by various industries into the environment annually.<sup>[15]</sup> One hundred million pounds are carcinogens. Every time you ingest, inhale or absorb any toxin your immune system must deal with it. Dr. Bert Berkson, consultant to the National Centres for Disease Control and Prevention and Professor of Applied Biology at New Mexico State claims that, "your immune system is constantly labouring to remove toxins from your bloodstream and tissues. These pollutants may be city smog, industrial chemicals, herbicides or pesticides. If you smoke you are exposing yourself to additional poisons. If you are a heavy alcohol user, the same is true."<sup>[16]</sup>

To achieve optimal health, an individual requires between two to three quarts of water daily. Tap water contains hundreds of organic and inorganic 'ingredients' that your body would have to deal with from an immunological perspective.<sup>[17]</sup> These include petrol-chemicals, organo-phosphate residues and elements such as cyanide, strontium, uranium and vanadium. The government has set standards due to the fact that arsenic, lead, copper, nitrates, phosphates and radon are common pollutants to our drinking water.<sup>[18]</sup> Other government sources state that the four categories of drinking water pollution are: natural (microbial) pathogens, organic, inorganic or radioactive chemicals, disinfectants and coagulants (left over from treating the pathogens in the water), and chemical by-products (from the reaction of the disinfectants with organic or inorganic materials in the water).<sup>[19]</sup> It is far healthier to drink filtered, purified, ozonated, reverse osmosis or even spring water (check for the independent laboratory testing with all spring water companies). The better water filtration systems use a combination of filtration purification modalities.

📁 On average, respiration, the act of breathing, occurs between fifteen and twenty times per minute. Air pollutants are found both indoors and outside but as a general rule, the quality of indoor air is up to 1000% worse than outdoor air,<sup>[20]</sup> and in some cases 100,000% worse.<sup>[21]</sup> The air in our automobiles is also hazardous to our health. According to the Air Quality Management Board, levels of pollutants such as benzene, toluene and formaldehyde are up to ten times higher in our cars than outside air.<sup>[22]</sup> Most new buildings and homes have poor ventilation or areas that allow indoor air pollutants to proliferate such as vents, ducts, humidifiers and de-humidifiers. Indoor air quality has been gaining recognition as a common source of respiratory tract infections, asthma, allergies and lung disease, and today is considered to be one of the most serious environmental health risks.<sup>[23] [24] [25]</sup> Indoor pollutants arise from combustion sources, building materials, man-made fibres, decomposing elements, glues and adhesives, furniture, and maintenance supplies.<sup>[26]</sup> There are three basic categories including volatile organic compounds (including chemicals and odours), particulate matter and biological contaminants.

The particulate matter consists of airborne items such as dust, pollen, spores, smoke and dander. There are many harmful invisible gases: ammonia from household cleaners, acetone from nail polish remover and solvents, benzene from carpets, furniture and paint, chloroform from carpets, drapes and paint, carbon tetrachloride vapours from dry cleaning, carpets, drapes and paint, formaldehyde vapours from your pressed wood furniture, adhesives, bonding agents, plywood, plastic, carpets, upholstery, drapes or tobacco smoke.<sup>[27]</sup> Formaldehyde may cause eye, nose and throat irritation, skin rashes, headaches, and dizziness. Combustion by-products, carbon monoxide and nitrogen dioxide, are produced by fuel burning furnaces, stoves, fireplaces, water heaters or heaters.<sup>[28]</sup> Carbon monoxide, competes for oxygen absorption in the body and can cause headache, confusion, nausea, dizziness and even death. Nitrogen dioxide can irritate the eyes, nose and throat and even cause respiratory damage with excessive concentrations. Both of these gases are odourless and colourless, difficult to detect. Radon gas is the result of radioactive decay of uranium. Like carbon monoxide and nitrogen dioxide, it is colourless and odourless. Radon gas can seep into your house through drains, cracks in the foundation, sewer openings or the joints between the concrete slabs that form your walls or floors.<sup>[29]</sup> Radon gas can damage your lungs or cause lung cancer. It is alleged to be the second leading cause of lung cancer behind cigarette smoke, causing between 7,000 and 30,000 deaths annually.<sup>[30]</sup> These are just some of the noxious entities you are inhaling on a regular basis.

Biological agents such as animal dander, cat saliva, molds, dust, dust mites, dust mite feces, viruses, bacteria, fungi and more all challenge your health.<sup>[31]</sup> Many biological contaminants require two conditions for survival: nutrition and moisture. As a consequence bathrooms, kitchens, damp basements and appliances that involve water such as air conditioners, humidifiers, dehumidifiers are primary areas of growth for these micro organisms. Animal dander, particles from skin, hair and feathers, is a potent allergen. Dust mites and their feces are well known to cause allergies and asthma.<sup>[32]</sup> Dr. Samuel Arbes study found that 84.2% of homes in the US contained dust mite allergens at levels previously associated with allergic sensitization and asthma.<sup>[33]</sup> *Dermatophagoides farinae* (skin eater) is the Latin name of the North American house dust mite and they can be found in abundance in most bedding since this is the place where most individuals shed skin during sleep. Estimates are that a used mattress may contain between 100,000 and 10,000,000 mites and that “ten per cent of the weight of a two year old pillow can be composed of dead mites and their droppings.”<sup>[34]</sup> Researchers at Ohio State University suggest that dust mites may play a role in fifty to eighty per cent of asthmatics as well as many other cases of allergic reactions.<sup>[35]</sup> Bacteria, molds and fungi grow well in air ducts, air conditioners, dehumidifiers, humidifiers, air cleaner filters, carpets, damp towels (or dish towels), and any place moisture can collect. Do you smell a musty odour? Chances are mold is growing in your house. Mold has become a major concern since it has been shown to actually penetrate the substance on which it grows<sup>[36]</sup> and cause a diversity of symptoms in individuals suffering from allergic sensitivity. The medical community solved a conundrum in 1994 when it determined that the majority of individuals who had been

diagnosed, as suffering from ‘sick building syndrome’ were actually suffering from ‘toxic mold syndrome’.<sup>[37]</sup> Fungal growth proliferates as it uses the cellulose in ceiling tiles, insulation, wood, drywall and dirt.<sup>[38]</sup> Mold exposure may result in allergic rhinitis, allergic asthma, allergic sinusitis, and hypersensitivity pneumonitis. All these disorders are a direct result of affecting the immune system. Mold growth has had a serious impact on the insurance industry and more than \$1.3 billion dollars were spent in 2002 to settle lawsuits involving mold related damage.<sup>[39]</sup>

Cigarette smokers face about four thousand chemicals, containing two hundred known poisons and forty-three known carcinogens with every inhalation<sup>[40] [41]</sup>, not to mention the millions of free radicals with each cigarette. Cigarette smokers have a thirty per cent (30%) greater risk of developing cancer than a non-smoker living in a smoke free environment.<sup>[42]</sup> Cigarette smokers also have significantly increased odds for many other diseases including heart disease, colorectal cancer, and diabetes. Second hand smoke is proven to be an extremely dangerous health hazard causing approximately 3000 deaths from lung cancer annually as well as bronchitis, respiratory tract infections, allergies, and eye, nose and throat irritation.<sup>[43]</sup>

The obvious plan of action is to make every effort possible to remove these pollutants from the environment through use of ventilation and air filtration/purification systems. Everyone needs to purify the air in all their environments as much as they can in order to ease the stress on their immune system. Several authors have correlated that asthma is related to indoor air pollution.<sup>[44] [45]</sup> Current estimates (twenty years after the University of Texas study) indicate that approximately seventy-five percent (75%) of all cancers begin as a result of environmental chemicals.<sup>[46]</sup> Only 2000 of the 75,000 industrial chemicals in use and listed in the EPA’s Toxic Substance Control Act Inventory have been tested for carcinogenicity.<sup>[47]</sup>

Once inhaled, all airborne contaminants enter the chemical stew that your immune system wants to eliminate, but cannot due to a variety of reasons (insufficient water intake, deficient chlorophyll intake etc.) potentially causing health problems.<sup>[48]</sup> Dr. Elson M. Haas explains that, “there are many symptoms of toxicity but the most common signs are headache, fatigue, mucus problems, aches and pains, digestive problems, allergy symptoms and sensitivity to environmental agents like chemicals or perfumes.”<sup>[49]</sup> When the combination of these factors causes the immune system to overload, almost any disruption to health can occur.<sup>[50]</sup> Airborne toxins compromise our immune system. A compromised immune system is associated with a number of diseases such as cancer, autoimmune diseases and severe viral infections.<sup>[51] [52]</sup> The impact of these airborne contaminants is significant. If we had a competent immune system we could better fight off the potential damage, however with a compromised immune system, the health risks will be exponentially magnified. By intervening in these areas of immune deficit created by the aforementioned immune stresses, we will definitely reduce the risk of illness and disease.

The immune system is extremely complex. Until the plague of HIV/AIDS there had been very little research into this area. Now we know that there are close to two hundred cell types identified with the immune system. The lymphatic system is involved along with the bone marrow, adenoids, tonsils, appendix, spleen, thymus and of course lymph nodes.<sup>[53]</sup> Cells known as helper T cells are the brain of the immune system and they coordinate the response to any immune threat.<sup>[54]</sup> B cells become plasma cells and lead to an antibody response in certain instances of bacterial and viral invasion. Lymphokine activated killer (LAK) cells, also known as cytotoxic T cells, respond to viruses and cancer. Suppressor T cells are used to diminish the actions of the immune system after the threat has been eliminated. Macrophages are voracious non-specific lymphocytes that eat foreign substances and send a message back to the immune system indicating what further immune response is necessary. Macrophages are involved in all aspects of the immune response. Natural killer cells function to kill tumour and virus cells, bacteria and parasites on contact without need of direction from the immune system.<sup>[55]</sup> There are several types of antibodies known as immunoglobulins and adaptive cellular immunity and acquired immunity. It is very complicated. From a simple perspective, the immune system has two functions: identify self from non-self and to destroy or eliminate non-self. This can only work when the immune system and all the components function optimally. In an effort to optimize our health, we should be aware of the factors that will deleteriously affect our immune system to the extent that it is unable to overcome the immune insults<sup>[56]</sup> such as poor nutrition<sup>[57]</sup>, infection, trauma, toxicity or stress.

These are the areas that can stress the immune system and most of these can be affected beneficially, to varying degrees, by our actions. Diet and purification of our air and water are two of the easiest to facilitate. Nutrition is a major factor affecting our immune system.<sup>[58]</sup> According to Dr. Charles B. Simone, nationally renowned Medical Oncologist and Immunologist, “nutritional deficiencies decrease a person’s capacity to resist infection and its consequences, and decrease the capability of the immune system.”<sup>[59]</sup> There is a great deal of evidence supporting supplementation and the consequent decreased risk of diseases.<sup>[60]</sup> According to the Council for Responsible Nutrition, “There is ample evidence to suggest that the public will benefit from the adoption of healthy dietary patterns and healthy lifestyle habits including the regular use of nutritional supplements.”<sup>[61]</sup> According to Dr. Samuel Epstein, MD, Professor emeritus and Chairman of the Cancer Prevention Coalition, the risk of significant disease is largely environmental, “the majority, probably the large majority, of all important cancers in western populations are due to environmental rather than genetic factors”.<sup>[62]</sup>

Every action you can take to decrease the toxic load on your immune system will have a synergistic effectiveness towards achieving optimal health. Current estimates are that one in three women and one in two men will suffer from cancer in their lifetime.<sup>[63]</sup> <sup>[64]</sup> <sup>[65]</sup> One of the parameters that demonstrate immune system compromise is the natural killer cell activity level. Natural killer (NK) cells kill cancer, <sup>[66]</sup> virus cells, <sup>[67]</sup> bacteria, parasites and fungi on contact. Unfortunately the bulk of the American people have


compromised immune systems.<sup>[68]</sup> When your body receives an immune insult from a virus it is up to your lines of defence to protect you from succumbing to an infection. In a healthy body, natural killer cells would attack and defeat any invader that made it into the bloodstream while other facets of your immune system relay information to determine the appropriate immunological response. With a compromised immune system, often times the virus takes control and starts to replicate, running its course until the immune system can create an antibody to defeat the 'non-self' micro organism. Dr. Yulius Poplyansky, Director of the International Foundation for Innovative Medicine, states "Every severe and chronic disease is directly associated with immune dysfunction".<sup>[69]</sup> To corroborate this, research has shown that decreased NK cell activity levels are present with almost all illnesses.<sup>[70]</sup> A recent survey found that the average level of natural killer cell activity of the subjects in an experiment was between twenty and fifty lytic units.<sup>[71]</sup> These values are only 10-20% of the NK cell activity levels that were considered to be normal at one time<sup>[72]</sup> and are perhaps one of the main reasons for the high level of severe and chronic disease that exists in our society.


We need help. We must reduce pathogens in our environment. Breathe fresh air whenever you can, although according to most sources Americans spend as much as 90% of their time indoors.<sup>[73]</sup> Improve ventilation. It is extremely important to purify (sanitize, decontaminate) as much of our environment as we can. Purify the water. Purify the air... in our homes, cars, and offices. Today we are fortunate to have products on the market that will reduce air and water contaminants by more than ninety-nine per cent. There are several different types of air purification systems on the market. HEPA filters remove all particulate matter over the size of the pores in the filter, some biological contaminants but fail to remove gases, odours and most volatile organic compounds. Fiber filters will remove medium to large particulate matter and most bacteria but viruses, fungi mold, gases and odours will remain in the air. Carbon media filters are similar to the fiber filters but they will not remove bacteria. Electrostatic precipitators are excellent at removing all particulate matter but will not remove biological contaminants, gases or odours. All the previous purifiers/filters must pass the air through the filter to be effective. Negative ion generators and photo ionization will knock particulate matter out of the air and kill some bacteria and viruses but it will not affect fungi, molds, gases or odours. Ozone generators will not remove particulate matter but will destroy biological contaminants like viruses, bacteria, molds and fungi. Ozone will also denature gases and odours. Photochemistry uses ultraviolet light to cause chemical reactions that break bonds, generate negative ions and destroy organic compounds. Ultraviolet light will not affect particulate matter but will destroy all biological contaminants and denature gases and odours. Plasma is the state of an energized gas. Lower wavelengths of ultraviolet light will energize air and create a plasma that will destroy biological contaminants, denature gases and chemicals, and neutralize odours. The systems utilizing a plasma will be the safest in limiting the concentrations of ozone. Research has shown that high levels of ozone (levels above .05 ppm) may create some health consequences regarding irritation of air passages.<sup>[74]</sup> Technology involving plasma will have far lower levels of ozone due to the fact that

these units will produce oxygen singlets that will continuously create and recreate all valences of oxygen and continue to recombine. Random collisions generally allow the more favourable bonding pairings (O<sub>2</sub>) to take precedence keeping the ozone levels between .02 ppm and .03 ppm. The most efficient air purification systems will use a combination of technologies to enhance their overall decontamination abilities. Water and air purification systems using high-energy (low wavelength) ultraviolet light have demonstrated great efficacy for removal of all three categories of pollutants. Certain wavelengths of UV light will kill more than ninety-nine per cent of all pathogens and will oxidize volatile organic compounds.

Every immune insult we can remove improves our health. More than three and a half million in North America are afflicted by allergies so intense that they miss time from work. Corona viruses such as the rhinovirus (cold) pneumovirus (flu and pneumonia) and SARS virus are spread through airborne means. One million three hundred thousand people were diagnosed with cancer in the year 2000. "If cancer rates follow current patterns, we anticipate a doubling from 1.3 million people in 2000 to 2.6 million people in 2050 diagnosed with cancer," said Holly Howe, executive director of the North American Association of Central Cancer Registries.<sup>[75]</sup>

It is time to do all that we can to improve our immune system health. Let me reiterate. We must decrease our immune insults to the best of our ability because the threat to our immune systems will never stop. Watch what you eat. Purify the air and water. If we all could reduce the toxicity in our environment, it would decrease our immune system insults and optimize our chances of living a healthy life.

 *You have now reached the end of side A for your continued listening and learning turn the tape over to side B.*

 *You have now reached the end of side B and this audio presentation. For a more complete understanding of this health message it may take you more than just one interrupted listening. To continue fast forward the tape and turn the tape over and restart on side A.*

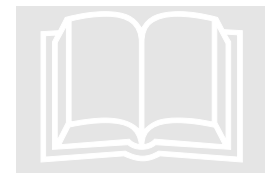
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