

Toxic Tidbits: Environmental Links to Disease
Tips from *121 Ways to Live to 121 Years ... And More!*
Dr. Robert Goldman and Dr. Ronald Klatz

This article features excerpts from our newest book, *121 Ways to Live to 121 Years ... And More!*, which covers thirteen categories of topics that relate to improving the healthy human lifespan. It is estimated that medical and scientific knowledge doubles every 3.5 years or less. Become educated, and stay atop of the newest breakthroughs, and you too can live a long and healthy life. As the Greek philosopher (c 412 BC- c 323 BC) remarked, “The only good is knowledge, and the only evil ignorance.”

Today, humankind is perhaps at the most important crossroads between environmental influences and health that it has ever faced. There are many everyday exposures that can put the length and quality of our lives at risk. In this article, we highlight some of these influences, which are featured in *121 Ways to Live to 121 Years ... And More!*. By minimizing or limiting your exposure to environmental hazards, you can improve the odds of living a long, healthy, happy, rewarding, productive life.

Tip 26. Say “No” to Nitrites:

Preserved and cured meats (bacon, sausage, deli meats, etc.) are the largest source of nitrites in our diet. Nitrites cause the body to form nitrosamines, which are environmental oxidants and powerful carcinogens. Scientists have established a significant association between nitrosamines and stomach cancer.

Tip 58. Ring, Ring...Radiation Calling:

Worldwide cellular connections exceed 2 billion. One in three people around the globe are wired up via mobile connections. With such broad usage, cellular phone technology is giving rise to important questions about possible long-term health consequences associated with its use. Cellular phones emit low frequency electromagnetic fields (EMFs), which have been linked to health conditions such as:

- General malaise
- Immune system dysfunction
- Male sexual and reproductive issues
- Changes in the central nervous system and cardiovascular system
- Changes in memory, cognition, attention, and other brain functions
- Elevations in blood pressure
- Skin damage
- Changes in red blood cells

Because of the immense numbers of present and projected users, some scientists and public health experts are worried that even if only a small percentage are adversely affected, that could still equate to a public health issue of epidemic proportions. Here are a few of the tips to minimize your cellular phone radiation exposure that appear in *121 Ways to Live to 121 Years ... And More!* :

1. Call Length and Frequency

A number of the scientific studies have shown a correlation between the length of calls and/or frequency of use, with biological changes.

TIP Reserve cellular phone use for short, necessary conversations. Keep incoming mobile phone as brief as possible and return your calls on a corded phone.

2. Distance

The concentration of radiation emissions is directly related to the power of the emitting device. The farther you can put yourself from the cellular phone handset, the less emissions you will receive. Radiation from all sources obeys the inverse square law. That is, the further you are from the source the less intense your exposure to the radiation. In fact, it drops off with the square of your distance from the source.

TIP Many cellular phones now have a “speakerphone” option, permitting a substantial distancing between the user and the handset during conversations.

3. Phone

Antenna

The type of antenna that on your cellular phone may contribute to the amount of radiation it emits. Stubby antennae cannot be extended, and have been shown to be worse because they concentrate energy into the user’s brain.

TIP Select a phone with an extendable antenna.

4. Signal Path

The steel construction of vehicles and buildings creates an electrical shielding effect (“Faraday cage”). As a result, using a cellular phone inside an enclosed vehicle or building causes the phone to increase the power output it needs to establish a connection, receive signals, and transmit signals, all of which causes increased radiation emissions. A presentation by the House of Commons (United Kingdom) Science and Technology System reported that using a cellular phone inside an enclosed vehicle can cause radiation levels to rise by 10 times.

TIP If using the cellular phone inside a vehicle, open the window or door (if not in motion). This will improve the path for the cellular phone signals and possibly reduce the phone’s need to increase its power level.

5. Phone Mode

The highest cellular phone emissions occur when the phone is establishing a connection with a base station. When using the phone in a mobile setting, the phone is constantly re-establishing its base station connection. The emissions in the mobile setting are further compounded by signal path issues (see preceding tip).

TIP When inside a vehicle, avoid keeping the cellular phone handset turned on unless you are expecting an incoming call, or making a call.

Tip 91. Lower the Lead:

A lifetime of low-level exposure to lead in the environment may contribute to mental decline as we age, reported researchers at Harvard School of Public Health in 2005. Tracking 466 men averaging 67

years of age, the team found that the higher the men's level of lead present in the kneecap, a bone marker of cumulative lead exposure, the worse they scored in tests of memory, attention, language, and other mental functions. A separate study by researchers at Brigham and Women's Hospital (USA) found that accumulated lead exposure increases the risk of cataracts, a leading cause of age-related blindness. The team tracked 642 men aged 60 and older for five years, finding that those who developed cataracts had increased levels of lead in their bones.

Older people, who are prone to osteoporosis, are particularly vulnerable to the damaging effects of lead because the toxin lodges in bone poses and can be released over a long period of time into the bloodstream, allowing it to damage body tissue.

Lead is no longer present in gasoline and paints available in the US, but leaded products may be available in other nations, putting those residents at-risk. Drinking water may also be a possible source of lead, as the toxin can be introduced via older plumbing.

Tip 94. Breathe Easy:

People spend about 90% of their time indoors. The US Environmental Protection Agency reports that the air within homes and other buildings can be seriously polluted than the outdoor air in even the largest and most industrialized cities. Cut down on indoor triggers of allergies and asthma by following these simple tips:

- Remove pets from the home and thoroughly clean to eliminate their dander.
- Opt for leather furniture rather than upholstered pieces, since leather is an impervious material that is resistant to breeding dust mites.
- Eliminate carpet and drapes.
- Dust both vertical and horizontal surfaces weekly.
- Keep indoor humidity below 50% year round.
- Open windows for an hour each day during dry seasons to improve ventilation.
- Use a HEPA air filter in the bedroom
- Clean mold off shower curtains, bathroom and basement walls and other surfaces with a solution of bleach, detergent and water.
- Use a dehumidifier if your basement is damp or musty.
- Never allow smoking in the house.

Tip 105. Not So Fine:

Fine particles, that is particulate matter in the air measuring less than 2.5 microns in diameter, can cause serious health problems. According to the American Lung Association, "tens of thousands of premature deaths each year are attributed to fine particle air pollution," microscopic substances such as acid aerosols, organic chemicals, metals, and carbon soot.

Long-term studies have repeatedly shown that people living in areas with high fine particle concentration may have their lives shortened by 1 to 2 years on average (as compared to those living in cleaner locations).

To limit your exposure to fine particle air pollution:

- Stay in an indoor environment where the air is filtered or air-conditioned. You can build an inexpensive air purifier by taping a micropore HEPA air conditioner filter over a large box fan.
- Do not exercise outdoors when particulate levels are high. Never exercise near high-traffic areas.
- Drink plenty of fluid: One 8-ounce (236-milliliter) glass of distilled water, with a pinch of sea salt (for electrolytes), every 1 to 2 hours that you are awake. You may need to drink more when you are physically active.
- Take a cool shower or bath: Removes superficial particulate matter from your skin.

In the United States, the Air Quality Index (AQI) is the standard system that state and local air pollution control programs use to notify the public about levels of air pollution. The US Environmental Protection Agency (EPA) posts the daily AQI at www.epa.gov/airnow.

Tip 114. Green Groceries

The United Nations estimates that at least four million people worldwide have Parkinson's Disease (PD), a type of motor system disorder that is marked by tremor, rigidity, slowness of movement, and postural instability.

Environmental exposures increase a person's risk of developing PD. Even when genes are a factor in the disease, as with many familial cases, exposure to toxins or other environmental factors may influence when symptoms of the disease appear and/or how the disease progresses. Pesticides and fungicides produce free radicals that cause cellular oxidative stress, one of the main causes of degeneration of brain cells. In a 2005 study by University of Rochester (USA) researchers, pesticides and fungicides were found to remain on produce for more than three weeks, and persisted even after washing.

Whenever possible, purchase locally grown fruits and vegetables and encourage your grocer to provide produce that is free of pesticides and fungicides.

Enjoy a future of boundless health and vitality by implementing anti-aging approaches to help you feel, look, and perform better today. Start by enjoying *121 Ways to Live to 121 Years...and More!*, and make it your handbook for living a long and healthy lifespan. *121 Ways to Live to 121 Years ... And More!* [144 pages, softcover, \$12.95], authored by Drs. Goldman and Klatz, is available from A4M. To order, call (773) 528-4333, or visit The World Health Network's Online Bookstore at www.worldhealth.net.