

# *Green* is Not Just a Color Anymore!

By Chuck Jumpeter

One of my vices has always been that, given the time and opportunity, I could very easily survive as a couch potato. Oh yeah, I know all the benefits of an active lifestyle and try to do my best, but deep down, I'd gladly just turn on "the tube" – of course, in today's world it's a big-screen Hi-Def tube – and waste away watching all my favorite programs. One of those programs is **Monk** (an original series on the USA network). Adrian **Monk**, who is brilliantly played by Emmy award winning actor Tony Schalhoub, was once a rising star with the San Francisco Police Department, legendary for using unconventional methods and out-of-the-box thinking to solve some of the department's most baffling cases. But after the tragic (and still unsolved) murder of his wife, a devastated Monk became obsessive-compulsive. Now plagued by various phobias, almost everything causes him angst: germs, heights, crowds -- even milk. His condition eventually cost him his job, and continuously poses unique challenges as he goes about his daily life. He is in therapy for his condition, but signs of progress in overcoming his psychological disorder are spotty at best. Now working as a private consultant, Monk continues to investigate various cases using his vast intelligence and unconventional approaches. One of the quirks of Monk's OCD is that he is a germaphobe. He can't even shake hands with someone without having his personal assistant hand him a wipe so he can clean his hands.

As I watch Monk deal with his compulsive cleanliness in a dirty world, I can't help but remember my childhood and the fact that my mother, may she rest in peace, may have been the original germaphobe! Mom was an absolutely wonderful, caring and loving person, who truly believed in the old adage that "Cleanliness is next to Godliness." We used to kid her that any dust, dirt or germs in her house had to pay rent. She would go so far as to sterilize oranges and bananas before she would peel them for my brother and me. Boiling, bleaching and disinfecting everything were her normal mode of operation. And, she did all of this in an effort to keep her family safe, healthy, and free from all those nasty germs. Well, her efforts were somewhat effective, and we didn't get sick very often. However, my dad suffered from asthma and allergies and both my brother and I suffered from allergies. You can read more on this in my May 2006 article *Ahhh-Chooo, Do Allergies Bother You* at the following link.

<http://federaljobs.net/retire/healthcj/Volume%201%20-%20Issue%205%20May%202006.pdf>.

Keep in mind that I grew up during the 1950's and we didn't have the information highway we have today. If we did, I'm sure mom would have modified her approach considerably. You see, we now know that environmental toxins are a major contributing factor to asthma and allergies, cancer and many other serious and often fatal diseases. Had mom known that, products like Clorox® and Lysol® may never have passed through our doors.

But during the 50's, new chemicals were being introduced almost as fast as they are today. We were inundated with ads telling us the chemicals were our friends, and chemicals were our key to the future. Smiling models in shiny cars with sparkling vinyl upholstery were all over our small, black-and-white "tubes" of the 50's and 60's. The glass and wax covered milk containers were being replaced

with plastic bottles; wood floors were being replaced with vinyl and linoleum; wood furniture was being replaced with plastic and composite materials held together with exotic glues and the chemical revolution was well under way.

Now then, I'm not one to stand in the way of progress and I realize that many of these chemicals have greatly enhanced our lifestyles and provided us with numerous products that we may not otherwise have had. However, progress often comes with a price, and, all too often, that price may be higher than we can afford.

Here is where all this starts to become one big confusing mess. The bill for all this progress is our health and well being. Asthma is the single biggest reason why our children miss school and visit the doctor. Cancer is rapidly gaining on heart disease as our number one killer. Neurological and respiratory diseases are on the increase and indoor air quality has become a serious problem. Along "cancer alley," the area on the Gulf Coast from about Houston to Alabama, where most of our chemical companies reside, has become home to some of the most bizarre forms of brain and other cancers.

Additionally, the manufacturing processes for all these new chemicals, some synthetic and some organic, produce tremendous amounts of greenhouse gasses and greatly exacerbate the problem of global warming – and I could devote several issues to that topic alone. Given the complexity of these issues, what do we do? Can individuals play a role in addressing issues of this magnitude?

The simple answer is **YES!** Each and every one of us can and should do our part. While many of these issues will be addressed at the highest levels of government and our scientific communities worldwide, we all have critical roles to play.

The cover story for the April 9, 2007 issue of TIME magazine is "The Global Warming Survival Guide, 51 Things You Can Do to Make a Difference." I suggest that you get your hands on this issue and read it thoroughly. Author Jeffery Kluger sums it up nicely in his opening three sentences. *"Our feverish planet badly needs a cure. Climate change is caused by lots of things, and it will take a lot of people to fix it. There's a role for big thinkers, power players, those with deep pockets – and the rest of us."*

I'm not going to get into the details of the article here, however, as I mentioned, I encourage each of you to read this article and begin to implement as many of the suggestions as you can. This works like an IRA – every little bit you put into it now can produce big gains later on.

I want to discuss the asthma epidemic and how we can address the environmental aspects of this disease. I wish that I could tell you that I have all the answers and that I can cure you of any asthmatic symptoms that you or a family member may have, but, of course, I can't. However, there are a number of things that you can do to mitigate the impacts of asthma and that's where I will focus.



Let's start with some general information. Worldwide, the incident of asthma is increasing rapidly, almost certainly as a result of worsening air pollution from cars and industry. . It is the number 1 cause of school absenteeism across the county. Asthma threatens one's essential ability to breathe, to take in oxygen, our most basic and urgent survival need. We cannot live without air for more than a few minutes. Choke off our air supply, and we quickly become frightened and desperate, to the point of panic. It is easy to understand

why asthma is one of the most taxing, debilitating health problems a human being can face, both physically and mentally.

The most significant characteristic of asthma is a narrowing of the trachea (the "windpipe") and bronchial passages in response to some stimulus. In asthma, the airways are over-responsive. Certain things that may not cause breathing problems for most of us can provoke the airways to constrict in asthmatics. These may be external stimuli like pollen, dust, chemicals, and even cold air. Or, the stimulus may be something internal, like a nutritional deficiency or emotional stress. Whatever the trigger, all asthma attacks have the same scenario in common: the airways become extremely irritated and overreact by going into spasm.

Asthma is divided into two major types: intrinsic asthma and extrinsic asthma. Intrinsic asthma usually develops in adulthood and may begin with risk factors such as cold air, exercise, or emotional trauma. In extrinsic asthma, also called allergic or atopic asthma, the immune system reacts to an allergy-provoking substance such as pollen or dust by releasing histamine and other chemicals in the lungs. These potent chemicals cause smooth muscle in the air passages to secrete mucous, swell up, and narrow. The specific triggers of an asthma attack may be allergic or non-allergic.

Some causes of asthma attacks include:

### **Allergic:**

- Grass/Tree/Plant pollens
- Animal dander
- Cat hair, saliva, urine
- Dog hair, saliva
- Cockroaches
- Dust mites
- Mold
- Foods (peanuts, corn, citrus, milk, wheat, yeasts)
- Food additives (sulfites, MSG, dyes, other preservatives)
- Pharmaceutical drugs (ASA, beta-blockers, estrogen, NSAIDs, PCN)

## Non-Allergic:

- Additives
- Air pollution (ozone, smog)
- Chemical odors (cleaners, nail polish, paint)
- Coal smoke
- Cold air
- Cold drink
- Cooking fuel (kerosene, natural gas, propane)
- Emotional stress
- Exercise
- Foods (wine)
- Gastroesophageal reflux (heart burn)
- Heating units (coal, gas, kerosene, wood)
- Infection (upper respiratory)
- Nutritional deficiencies (magnesium, omega-3 fatty acids, selenium, vitamins B6 and C)
- Paint fumes
- Scents (air fresheners, colognes, perfumes)
- Tobacco smoke
- Weather changes
- Wood smoke

Traditional drugs used to treat asthma are often “toxic, addictive and sadly ineffective” according to DR Andrew Weil in Natural Health, Natural Medicine. Drugs used for asthma don’t cure the disease they simply control the symptoms. The natural approach to asthma involves:

- Strengthening the immune system
- Eliminating toxins in the environment
- Adding anti-inflammatory nutrients to support the body’s systems

**Strengthening the Immune System:** Last October and November I wrote a two-part article called *"I'm Not Sick, Am I?"* and *"I'm Not Sick Again, Am I? Part II."* In these articles I described the immune system and provided some tips and specific actions that we all can and should take to make sure our immune system is functioning at peak effectiveness. Both of these articles are still available on The Health Awareness Forum site at <http://federaljobs.net/retire/health.htm>. I suggest that you reread these articles and adopt the actions suggested to maximize your immune health.

**Eliminating Toxins in our Environment:** This is an area where most people have little or no knowledge. It is also an area where asthmatics and other allergy sufferers can experience some tremendous relief.

The EPA has noted that, ***“Indoor air quality is 2 to 5, and sometimes up to 70 times, worse than outdoor air quality.”*** Those are some pretty alarming numbers, and, for the asthmatic and allergy sufferer, they can add up to serious trouble. Pet odors, mold, mildew, smoke, viruses, pollen, dust and other nasty things are circulating throughout our homes constantly. Did you know that about 80% of indoor dust is actually dead, decaying human skin? Humans shed about 10 pounds of skin per year – that’s 7000 particles of skin per minute – and on this “dust” is: 1) bacteria, 2) dust mites that feed on the bacteria, and 3) their feces. Not a pretty picture. According to USA Today, “If you’ve had your favorite pillow for more than 10 years, up to 10% of the weight of the pillow could be dust mite feces.” Maybe it’s time to change that pillow?

Given these data, there are a few things you can do. If you are in the market for a new bed, you might want to consider the Tempur-Pedic® brand. You’ve probably seen their ads or gotten their mailers. These foam mattresses resist dust mites and minimize these bedroom intruders. They also make pillows so you can fix that problem too. We purchased one of these last year and, while this may sound like a shameless plug for their product, it’s the best mattress we’ve ever had. They’re a bit pricy, but better products usually are. That’ll take care of your bed, but what about the rest of your house?

Well, I recommend a high quality air purifier. Not an air filter, but an air purifier. For about 4 years now we have been using and really enjoying the benefits of our **AirSource 3000™**. This attractive unit stands 16” high and is 9” in diameter and purifies the air in an entire house, up to 3000 square feet! It purifies the air of all of the aforementioned bad guys and this patented technology also is being used to kill the SAR virus. I also carry an **AirSource Mobile** unit in my car. This smaller unit, which works off both AC and DC, is good for areas up to 300 square feet and is excellent for your car, camper, or when you are traveling and staying in a hotel. Read all about AirSource at <http://www.shaklee.net/jumpeter/prodAir>.

Now that you have the technology to clean your air, let’s work on how you can minimize the amount of pollutants you put into it in the first place. We are in the midst of a “green revolution” and it’s about time! You see, green is not just a color anymore; it’s a lifestyle choice and a more responsible way of living. By “going green” we not only improve our health and the health of our environment, but we can also play a vital role in minimizing our individual carbon footprints. In my January 2000 article, ***“If You Want to Breathe, Plant a Tree”*** I touched on the impact of global warming and what’s at stake. Even if you’re still in the category of non-believer on the global warming issue, you’ll have to admit that if we can accomplish the same task, more effectively, and for less cost, and without adding to our carbon emissions it would be a good idea. If we also happen to reduce our susceptibility to asthma, allergies, cancer, respiratory diseases and numerous other maladies, well, there is no downside. We might not be able to clean the world, so, let’s start cleaning up our environment by focusing on our homes. The first step is to head for the laundry room and under the kitchen sink and grab all those “cleaners,” put them in a box, and either discard them (safely, of course) or hide them in the garage or basement. Recent studies indicate that there are more deadly

chemicals beneath our kitchen sinks today than there were in the chemical laboratories of 1900! Recent data also suggest that 9 out of 10 poison exposures are from household products! Another recent 15-year study presented at the Toronto Indoor Air Conference noted that, "Women who work at home have a 54% higher death rate from cancer as a direct result of the increased exposure to toxic chemicals found in household products." I don't want to be accused of gender discrimination, so for all you stay-at-home dads, you face the same increased risk.

There are some really great "green" choices out there and the best of the bunch is Shaklee's **GET CLEAN™**. This system of products will replace just about everything you need to keep your home clean and safe. **GET CLEAN™** was featured in the March issues of *Redbook* and *Renovation* magazines and the spring issues of *Country Home*, *Mothering* and *Natural Health*. These products are as effective as whatever other brand you may be using and are also safe for you, your home and our planet. You'd have to shell out \$3400 at the local supermarket to get the same amount of clean that you would get from one **GET CLEAN™** starter kit that sells for \$154.45 at retail. By using **GET CLEAN™** you'd also eliminate **108 pounds of waste from our landfills**, and **248 pounds of greenhouse gasses** from our environment. Additionally, there are **ZERO** ingredients that are hazardous to humans, **ZERO** chemicals like phosphates, chlorine, and nitrates that are harmful to the planet, and **ZERO** volatile organic compounds (VOC's) that produce noxious toxins and air pollution. Finally, the purchase and use of each **GET CLEAN™** system is the **equivalent of planting 10 trees**. So, you'll not only minimize many of the causes of asthma attacks, but also do your own small part to combat global warming. See? Like I said earlier, there is no downside. To learn more about **GET CLEAN™**, go to [www.shaklee.net/jumpeter/getclean](http://www.shaklee.net/jumpeter/getclean).

**Adding Anti-Inflammatory- Nutrients to Support the Body's Systems:** I could write several more pages on this subject, but I've outlined these approaches in my May 2006 article "*Ahhh-Chooo, Do Allergies Bother You*". I've also included the link to this article on page 1. I would be glad to help any of you develop a program to suit your own specific needs. If you'd like that help just drop me a note and we'll get started.

I know that mom would have a tear in her eye if she saw what we're doing to our environment. However, I hope she would be proud that I am doing what I can to help address the problem. I Love you, mom, rest in peace.

Yours in Good Health,

