

Why is Indoor Air Quality SO Important?

I recently visited our communities' newest fitness center and was shocked at the POOR indoor air quality. The minute I stepped inside the door that "new build" or as some would say "new car" smell hit me in the face.

The air reeked of formaldehyde, plastics and rubber. When I commented to my "guide" he was overjoyed. He seem to think that was GREAT after all they had been open a little over 6 months and it still smelled NEW. He delighted in telling me how clean they keep the place. I quietly told him NO it was not a good thing. Building materials, rubber and plastics and vinyl OFF GAS TOXINS and they are deadly, causing a long list of health problems. He shrugged it off.

When I had a chance to tell, who I assume was the manager (he was not wearing a name tag) the same thing -- he seems shocked. I suggested he call in an indoor air quality engineer to assess the issue. I explained I have a very sensitive sense of smell

and wanted him to know the hazards. After all his guests are working hard, moving



vigorously increasing their intake of oxygen. Therefore taking in all those TOXINS into their lungs. People who have never smoked die from lung cancer due to toxic indoor environments. Plus his guests are truly working up a sweat and that means all those toxins are being sucked into their largest organs - their skin.

It reminds me of years ago when I would buy a NEW plastic shower curtain and the smell was so offensive. But I would get use to it and not notice. The OFF GASSING truly never went away I just got use to the smell and would not notice it most of the time. However, I did occasionally and now realize

the TOXINS NEVER really go away.

It is like a smoker they have no idea how BAD they smell. They get so use to the offensive odor they don't notice.

Once I learned of this deadly pollutant I stopped buying plastic shower curtains and paid three times as much for rayon. Which is made from is a cellulose fiber that comes from wood pulp. When it's bleached, a byproduct called dioxin is released. It is known to be toxic to humans. This is the product that caused Toxic Shock Syndrome years ago.

When I could no longer find rayon shower curtains I turned to polyester. Which is made using a chemical reaction involving coal, petroleum, air and water. Polyester is made up of purified terephthalic acid (PTS) or its dimethyl ester dimethyl terephthalate (DMT) and monoethelene glycol (MEG). The manufacturing process causes wastewater contamination that is HARMFUL to all living humans, animals and plants.

So I went searching for a 100% cotton shower curtain liner. It won't repel the water but will absorb it. Using TWO cotton curtains: one on the inside of the tub and the other on the outside to keep the water off the bathroom floor. They were truly hard to find as everyone online was out of stock.

Now to how did plastic came about in the first place and exactly what is it? It is the SLUDGE that is not good enough to make the motor run in your car or even your lawnmower.

You see when OIL was discovered and engineers like Mr. Fred Koch Sr. figured out how to refine or separate the oil into different grades and even into gasoline for Mr. Ford's automobiles there was this murky leftover SLUDGE, which they buried in the ground. The problem was; wherever they buried the sludge the cattle and crops began to DIE.

So in the 50's someone said , "Ooop's better find a use for that SLUDGE". And they did. Remember the movie The



Graduate and the famous line "Plastics young man PLASTICS. The future is in PLASTICS." Sure did create a deadly future.

The saddest part is the next generation won't even know this history and worse won't care enough to ask. They'll just keep dying of heart disease, diabetes and a host of cancers.

Just like now people wring their hands and say, "Oh what can we do about gun violence?" We don't have to hunt for our food anymore, do we? Or, "What can we do there is so much PLASTIC in the world and yes, I want to be able to SEE my FOOD before I buy it."

Got to find innovative ways to make our plant healthier.

P. S. After I left the fitness center it occurred to me the employees and regular guest might want to have their blood tested for toxins. The only two people I encountered in the entire building that had any energy at all was the fella making smoothies and the (I think) manager. There were three people sitting at computers like zombies, one woman at the counter who never acknowledged me or anyone else and one woman zombie

at the spa desk. I would hate for these people to discover 2-5 years from now they had some awful disease and it could have been prevented.

There are beautiful big windows that let in the glorious sunshine making the building a boiler room full of toxins. I sure hope they call in an indoor air quality control engineer SOON.

And . . . let's NEVER forget Asbestos. Everyone thought it the best thing since sliced bread. Before they found out how DEADLY it was; they had installed it in most schools and public meeting places. Which, created a multi-billion dollar industry to get rid of it.

And . . . Remember the canary in the mineshaft? They use to place these tiny birds in a cage and take them into the mine shafts. If the bird stopped singing they quickly left the mineshaft. Why? Because, the bird has much smaller lungs than humans and would die from the toxins in the air much quicker than man, saving many lives. Be the canary in the mineshaft. Pay attention to odors, when your eyes water or you begin to get a headache. These are signs of toxic poisoning.

