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### Indoor Air Pollution Linked to Sleep Breathing Problems

*Air pollution has long been known to have a negative effect on health, says researcher Antonella Zanobetti, PhD, a senior research scientist at the Harvard School of Public Health. "With this study, we found air pollution also increases the risk of poor sleep," she says.*

*More specifically, air pollution increased the risk of sleep-disordered breathing, a group of disorders including sleep apnea, in which breathing stops briefly during sleep. Up to 17% of U.S. adults have sleep-disordered breathing, Zanoobetti says, although many are unaware they have the problem.*

*Sleep-disordered breathing and air pollution have both been linked to increased risk for cardiovascular disease, but the link between air pollution and sleep disordered breathing is not well understood, Zanoobetti says. Her study is believed to be the first to link pollution and breathing problems during sleep.*

Source: American Journal of Respiratory and Critical Care Medicine

## WHY IS INDOOR AIR QUALITY SO IMPORTANT?

You may not know it, but the air in your home can be dirty and hazardous to your health. In fact, indoor air can be even more polluted than the air outdoors.

### Why is Fresh Air So Important?

A steady supply of fresh air is very important. Fresh air provides you with a steady supply of oxygen which is needed by your brain and every single cell of your body. If you stay in a closed in area for a long period of time, you will end up breathing in the same air over and over again. The oxygen content of the air will go down continually as you (and whoever else happens to be in the room with you) breathe out carbon dioxide and other wastes. Breathing this stale air will not supply your body with enough oxygen to keep your cells fueled and functioning properly. Fresh air is full of negative ions. It has a good amount of oxygen and is free of pollutants. It is refreshing and will give you a lift! Oxygen typically carries a negative



### AirRestore Air Naturalizer Whole Home System

charge, while carbon dioxide has a positive charge. Therefore, air with a higher concentration of oxygen will be more negatively charged (i.e., have more negative ions) than air with an abundance of carbon dioxide.

Fresh air helps with digestion, Fresh air affects the amount of serotonin in the body, which promotes emotional

well-being.

Breathing polluted air makes the body work harder to get the oxygen it needs, so individuals with high blood pressure benefit from avoiding unclean environments.

<http://www.greenhealthtechnologies.com/product/%E2%80%A2airrestore-air-naturalizer-whole-home-system/>

## THREE NEW AIR NATURALIZER UNITS INTRODUCED

Three new models of the amazing AirRestore Air Naturalizer™ are now available. The Element Series represents a leap forward in the original Standard Series which revolutionized the indoor air quality industry. The

Element is more efficient and powerful and rarely (if ever) needs to be cleaned.

The Aura Series is for those who require total quiet from the unit. There is no fan to make even the very slightest

of noise. The Tempest Series is an even more powerful version of the Element Series for use situations that are more prone to contaminants and require extra levels of cleaning.

*"Improve health for diabetes and prediabetes patients. A Japanese study involved 36 patients with either type 2 diabetes or impaired glucose tolerance (a prediabetic condition in which blood glucose levels are higher than normal). Some patients drank about 30 ounces of hydrogen-rich water daily for eight weeks... the rest drank the same amount of plain water. Results: Hydrogen-rich water consumption was associated with significant decreases in LDL "bad" cholesterol and urinary markers of oxidative stress as well as improved glucose metabolism... in two-thirds of prediabetes patients, oral glucose tolerance test results returned to normal. Among plain water drinkers, there were no significant changes."*

#### Customer Testimonial:

*"We have been using the Laundry Pure for about a month. I was skeptical when I threw in my first load of dirty laundry. In the past, I'd only bought Tide and thought it was the best - therefore worth the extra money. I was shocked to see how clean the clothes turned out with Laundry Pure. I was most impressed with the smell: not only were the clothes visibly clean, they also smelled fresh. I have two toddlers, so I'm doing numerous loads every day and look forward to seeing how much money the Laundry Pure will save us."*

**Terry — San Diego**

## NEW AQUA MAGIC H2 HYDROGEN BOTTLE NOW AVAILABLE FROM GREEN HEALTH TECHNOLOGIES

Green Health Technologies is now offering the Aqua Magic Hydrogen Bottle by Air, Water Life.

The Hydrogen water bottle is an advanced piece of



Combo!! 2 Aqua Magic H2 Hydrogen Bottle Booster + 2 Water Bottle

equipment ideal for consumers who want high negative ORP (Oxygen Reduction Potential) ionized water. The Aqua Magic H2 creates an ionized water solution with an ORP of negative 800. With the all new Aqua Magic H2 you can create a significant antioxidant rich solution capable of defending your body from free radicals while dramatically increasing your body's hydration levels! Studies have

been shown that increasing the number of antioxidants can improve the overall body of one's self. The Aqua Magic H2 seamlessly delivers an increased amount of benefits instantaneously into your body without unwanted additives. Give us a call today to discuss how Hydrogen enriched water would benefit you today! To order the Aqua Magic click the link below:

<https://yy249.isrefer.com/go/basic-ref-shop/GHT/>

## ARE YOUR LAUNDRY SUPPLIES HARMING YOU?

Did you know that the chemicals in your laundry supplies can cause minor to severe health issues? Some of the things in these products can cause rashes, aggravate allergies, and more. **Some are known to be cancer causing!**

Did you know that the lovely scented laundry detergents you pour down your washing

machine may **contain chemicals that are not only linked to cancer, but also to diabetes and obesity?**

To make matters worse, there are **no legal regulations** in place for manufacturers to list out every single ingredient on the label. So they hide from you the ones that are **linked to cancer, respiratory prob-**

**lems, and may be endocrine disruptors.** Detergents are also unhealthy for our environment. Among other substances which build up in water supplies as a result of detergent use are toxic heavy metals such as arsenic and cadmium, and sodium, a constituent of bleach which may play a part in the rise in male infertility.

## LAUNDRY DEVICE ELIMINATES THE NEED FOR DETERGENTS, BLEACH, SOFTENER AND HOT WATER

There is a device using Space Certified technology which has been used in hospitals for more than a decade that allows you to do laundry using **no hot water, no detergents or bleach or softener, yet gets your clothes completely clean and kills 99.99% of all germs and bacteria!**

This unit has been laboratory and university tested and works to keep your clothes in better shape, smell fresher,

and last longer than washing with hot water and detergents.

It works by changing the composition of the water to add hydroxyl ions and bubbles which make a gentle cleansing action with no abrasive chemicals. It keeps chemically polluted water out of our eco-system and prevents health issues for you and your family. For more information

click the link below:

[www.greenhealthtechnologies.com/product/laundrypure-system/](http://www.greenhealthtechnologies.com/product/laundrypure-system/)



**Laundry Pure**

Green Health Technologies



"Green technologies for a healthy life and home"

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## About Us



Alexandra Lauren Silva, President of Green Health Technologies, and Editor of this Newsletter .

Alexandra has a broad involvement in the medical industry, coming from a family of nurse practitioners and surgeon assistants, she has been involved in the medical profession as a medical assistant in a neurology physicians office, a rehabilitation administrator and a rehabilitation therapists assistant at a skilled nursing facility. In addition, she has, for years, been educating and practicing holistic nutrition.

Alexandra brings innovation, enthusiasm and energetic zeal to the company.

Green Health Technologies™ (GHT), founded in 2011, is here to enlighten and educate everyone on new healthful technologies for the home or office. These technologies will provide Environmental Protection, Optimal Health and Financial Savings..

**OUR MISSION:** *We are about health for you, your family, and those close to you as well as for our planet, while helping bring health conscious and eco-friendly consumers into the 21<sup>st</sup> century.*

*Our products include, but are not limited to, healthful water and air purification such as water ionizers which create alkaline and hydrogen enhanced water which have proven health benefits and the environmental benefit of reducing plastic bottles going into our landfills and waterways; a laundry device which eliminates the need for detergent, bleach, softeners and hot water while again, reducing the harmful chemical laden wash water from going into our water table; and Air Naturalizers which "Restore the energy to indoor air to make it act like outdoor air".*

*Our products are available across the United States through our website:*

**[www.GreenHealthTechnologies.com](http://www.GreenHealthTechnologies.com)**

*For questions: [info@greenhealthtechnologies.com](mailto:info@greenhealthtechnologies.com) or call (800) 687-4188*

## HOW DOES INDOOR AIR QUALITY AFFECT YOUR HEALTH AND BRAIN?

Air pollution has been linked with a variety of health problems, **including respiratory problems, heart problems, and headaches.** But did you also know that air pollution may also be affecting your brain and memory?

A study from 2014 published in Environmental Health Prospective found that elderly adults who lived in areas with a high amount of air pollution were 1.5 times more likely to have memory and cognitive problems than elderly adults who lived in areas with clean air. This latest research backs data found in other studies indicating that exposure to polluted air has a negative affect on the brain.

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Home Air Quality Question

**THE air you breathe in your home or office may be hazardous to your health - more dangerous, in fact, than the outdoor air in the most polluted of cities.**

Indoor air pollution has been linked to a wide variety of adverse health effects, including headaches, respiratory problems, frequent colds and sore throats, chronic cough, skin rashes, eye irritation, lethargy, dizziness **and memory lapses.**

### How poor air quality damages the brain

There are a variety of ways in which air pollution inflicts damage on the brain. Air pollution is known to reduce volumetric measures of white matter, permanently impair cognitive development . Many victims of air pollution ironically experience significant "**brain fog**".

**Accelerated brain aging:** Exposure to 2 mcg (micrograms) per cubic meter of fine-particulate matter is associated with a 0.32% reduction of brain volume.

**Brain volume loss:** Studies have confirmed that exposure to air pollution results in losses of brain volume. The loss of brain volume experienced from exposure to an average amount of fine-particulate matter in a large city is roughly equivalent to an additional year of brain aging.

**Cognitive impairment:** Regardless of age, regular exposure to ambient air pollution is known to cause working memory deficits and poorer cognitive performance.