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Greetings, I'm April V. from Coastline Neighbors for Brookings Harbor Voices

Prevention; I am going to tell you how to live longer and better in less than 2 minutes.

~~Normally, every 6 seconds we take in a breath and exhale the waste products. It is done totally involuntarily. Our brain chemically and mechanically requests our muscles to behave by inhaling and exhaling.~~

What's in a breath? 78% of the air we breathe in is made up of Nitrogen. 21% is Oxygen and 1 percent is trace gases. That is not all though... sometimes the air contains extras, such as; pollen, bacteria, viruses, soot, dust, acid droplets and smoke. What a mouthful!

How can we prevent breathing problems and infections with all this going into our lungs?

First- Smoking, huffing or vaping are done as a choice but quickly become addictive due to the habit and chemicals involved in the product used. The more you breath-in these chemicals the more you damage the air sacs, muscles and bronchi.

Stop! Find help! What works for others that have quit? Talk to your doctor.

Second; Prevent exposures to bacteria, viruses and environmental hazards by following these 3 steps;

Number 1. When you step outside cover up your nose and mouth with a scarf or mask. In the winter, this prevents cold air exposures plus bacteria and virus exposures. In other seasons, a mask or a scarf may be needed due to pollen, smoke from wildfires, pollution and so on.

Number 2. Keep your fingers out of eyes, nose and mouth unless you have a tissue or have just washed your hands.

Number 3. Vaccinate. At the Library or on your home computer you can go on the Internet and Educate yourself at websites like; the center for disease prevention. CDC.org

On average, we breathe 960 breaths an hour, over 23K breaths a day, over 8 million a year. ~~A lifetime is close to 672 million breaths.~~

May every breath you take be the best? This is April V. signing off from Coastline Neighbors