

# Clean Air Is Vital to Your Health #Basic Health Publications, Inc., 2004 #2004 #Beatrice Trum Hunter #137 pages #9781591200574

Author:-Hunter, Beatrice Trum. Title:-Air and Your Health (Basic Health Guides). Genre:-Air - Pollution - Health aspects. Publisher:-Basic Health Publications. Read full description. See details and exclusions - Air and Your Health (Basic Health Guides) - Paperback NEW Hunter, Beatrice 2004-0. See all 3 brand new listings. QtyÂ Health Books Mental Health. Yours Magazines. This item doesn't belong on this page. Cancel. Thanks, we'll look into this. Air and Your Health Air and Your Health: Clean Air is Vital to Your Health by Beatrice Trum Hunter (Paperback, 2004). Be the first to write a reviewAbout this product. Brand new: Lowest price. Â£6.52. People usually underestimate the advantages of clean air environment unless they are located in a very heavily air polluted area such as the Asia region. As a result, the importance of having clean air environment is being taken lightly here and if you are one of them, here are the benefits that you can gain from having a fresh and clean air.Â As a result, in order to achieve a longer life span, it is vital to have clean air environment. #5. Improved productivity.Â Last but not least, when a person intake clean air all the time, it ensure the health of the person is healthy. This indirectly lower the medical cost of one individual as a healthy person does not need to spend on medical expenses. How to Check Your Air Quality. Clean air is important to human and animal health because pollutants can cause harm in various ways depending on the pollutant and the timescale of the exposure. Life expectancy and quality can be significantly reduced in places with clean air pro...Â Food, Water and Air are the three most vital elements which enter our body form outside. We are somehow managing cleanliness of food and water. But air is most voluminous and the toxin intake through air is maximum which is causing several respiratory symptoms among children. These symptoms may be converted into a major disease if not taken care early. Clean air only reduces the toxin load into our body thereby helping our immune system to rest. Hopefully this helps. 1.7K views Â: Example: This is carried in the blood to provide energy. 1. Proteins. Help your body grow and recover. 2. Fats. Provide the body with energy. 3.Vitamins. Are vital for the proper functioning. 4.Minerals. Are needed to improve the body. Answer the questions. 5. What do you need to eat when you are growing? Proteins. 6.What should you eat if you have some injuries?