

Creating a HEALTHY HOME ENVIRONMENT

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Why wait for government regulations to create a home that supports family health? Incorporating living water, pure air, fitness, proper rest and relaxation into our lives sets a model of wellness and prevention for the family. In turn, the immune system is strengthened, which reduces stress, and the result is good health.

Water treatment that kills bacteria with heavy chlorine produces an end product known as "dead water." Another process called reverse osmosis, removes *everything* from the water including minerals. When drinking this depleted water, your body searches for necessary trace minerals from *within*, leaching good minerals from our own bones! It is important to remove bacteria and chlorine, but then treat the water with oxygen and good minerals. We refer to this type of improved water as "living water."

Many health challenges can be prevented just by increasing your intake of water to 50 percent of your body weight daily in ounces, states Dr Batmanghelidj, M.D. in his book "You're Not Sick, You're thirsty!" For example, a woman weighing 120 pounds would benefit from drinking 60 ounces of water per day. A half-gallon container, (64 ounces), would be an ideal amount to consume daily. On the other hand, a man weighing 192 pounds would benefit from drinking 96 ounces per day, equivalent to a gallon-and-a-half of water daily. In addition to the known benefits of weight loss from increasing water intake, just increasing water consumption has also reduced challenges such as asthma, ulcers, and arthritis.

Avoid drinking water from containers other than glass, or a container rating of less than seven. (You can determine your container rating by looking on the bottom of the container. Inside the "recycle triangle," you will find a number from one to seven.) Any container with a rating of less than seven, may leach harmful petroleum from the container into the water. For example, a container rated with a number one is very thin plastic and has a higher potential to leach petroleum from that

bottle into the water when that bottle reaches a warm temperature. Bottles sitting in the sun or stored in a heated area, and those being transported on trucks moving across country may be exposed to hot temperatures in storage or on route to the store.

According to the Environmental Protection Agency, the air inside an average home is 100 times more polluted than outdoor air. When purchasing an air filter for your home, look for one that produces negative ions. These negative ions help us feel good when we are near a waterfall in nature, for example, or at the beach. It is important to look for an air filter that does not produce ozone as a bi-product of negative ion generation. Ozone is a poisonous gas emitted into the air. Also many air filters that circulate air in large areas do this by using radio waves releasing additional electromagnetic waves into the home along with our microwaves, TV's, and computers.

According to a Southern California Edison pamphlet, "laboratory experiments have shown that EMF can cause changes in living cells." It continues, "You may want to take no-cost and low-cost measures to reduce your EMF exposure at home and at work. You can reduce your EMF exposure by limiting the time you spend using personal appliances such as hair dryers, electric

razors, heating pads and electric blankets." Electrical appliances are best to be used at a distance of three feet or more for safety from electrical currents to avoid the possibility of affecting our body's natural energy levels.

Since our bodies heal at night when we sleep, it is important to find an environment that supports relaxation. Keep all electrical appliances such as clock radios, TV's and computers at least three feet from the head of the bed. Be sure to use cool colors, such as greens or blues that tend to recede and vibrate at a lower energy level, having a calming effect on people, which in turn, promotes good sleep. Save the warm, active colors of red, yellow and orange for the more active areas of the home such as the kitchen, family or living rooms.

Bringing nature and natural energies into the home helps to reduce stress. When we are in nature, our bodies connect to the natural energies helping us recharge, reducing stress. Bring nature into your environment with healthy



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live plants, the use of natural fibers such as cottons, wool, silk, and linen. Introduce relaxing sounds of a waterfall with the addition of a water fountain, and/or soothing music that incorporates sounds of nature.

Remember how important drinking living versus dead water, breathing clean air, and getting a deep sound sleep is to our health. May you never know what you might have prevented! Remember what Winston Churchill stated, "We shape our environments and our environments shape us."

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