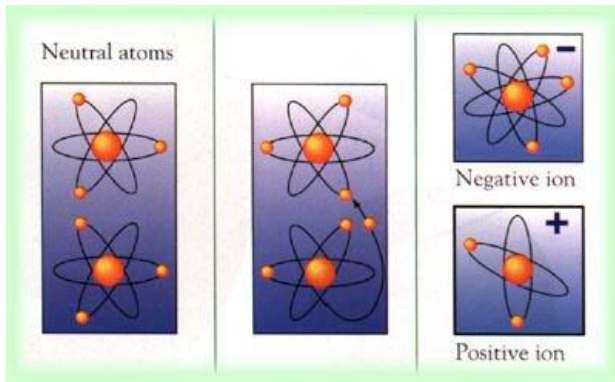


# Negative Ions - Vitamins of the Air ...



There's something in the air and while it may not be love, some say it's the next best thing -- negative ions.

Negative ions are odorless, tasteless, and invisible molecules that we inhale in abundance in certain environments. Think mountains, waterfalls, and beaches. Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress, and boost our daytime energy. They are generated in nature by invisible billions of cosmic rays, radioactive

elements in the soil, ultraviolet radiation, storms, waterfalls, winds & the friction of blowing sand or dust ~~~ they are the fabric of our air. Every time we draw a breath in, ions fill our lungs, they are carried by our blood to our body's cells. They appear to have a lot to do with several natural reactions, including our moods.

Positive ions ("the stress ions") are common before a storm, in polluted areas, closed buildings, around electronics, around power lines & cell phone towers, in vehicles, traffic and airplanes. More people may come down with respiratory complaints & aching joints; asthma sufferers wheeze and gasp; children grow cranky; crime and suicide rates climb. (Pollutants magnetize to these stagnant dust particles.)

**Breathing polluted air (the more positive "stress" ions) rather than negative ions contributes to an acid reaction in our bodies, our plants and our animals.**

On the other hand, the "feel-good" negative ions we inhale in abundance in certain environments... like the mountains, waterfalls, the ocean ... Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that increase levels of the mood chemical - *serotonin*, helping to alleviate depression, relieve stress, and boost daytime energy.



**"Generally speaking, negative ions increase the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy,"**

says Pierce J. Howard, PhD, author of *The Owners Manual for the Brain: Everyday Applications from Mind Brain Research* and director of research at the Center for Applied Cognitive Sciences in Charlotte, N.C.

[www.webmd.com/balance/features/negative-ions-create-positive-vibes](http://www.webmd.com/balance/features/negative-ions-create-positive-vibes)

## Some Benefits of Negative Ions

- Hospital burn victims have been treated successfully with negative ions.
- Asthma and allergies have been alleviated even cured in atmospheres rich in negative ions.
- Athletes have progressed more rapidly when training in environments high in negative ions.
- Negative ion generators have helped car drivers to stay more alert, feel less fatigued and have better reflexes.
- Women's menstrual cycles have been more regular and sexual capacities enhanced
- People living near natural water falls, a highly concentrated negative ion environment, generally live healthier and longer lives.
- Airborne bacteria and viruses are destroyed by negative ions.

To experience more of the "feel-good" ions, you can go to the beach, the mountains, or check out: negative ion/air purifiers, use cell phone & wireless neutralizers on your wireless devices & building, and invest in other natural earth harmonizers, and drink & use pure water.

Air, Water & Wellness ~ 503-524-4862

[www.airWaterAndwellness.com](http://www.airWaterAndwellness.com)