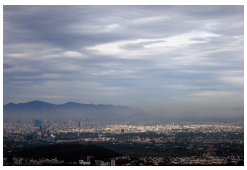
Did you know that toxins kill 1 in 4 kids worldwide ?

written by Pure Living | March 7, 2017

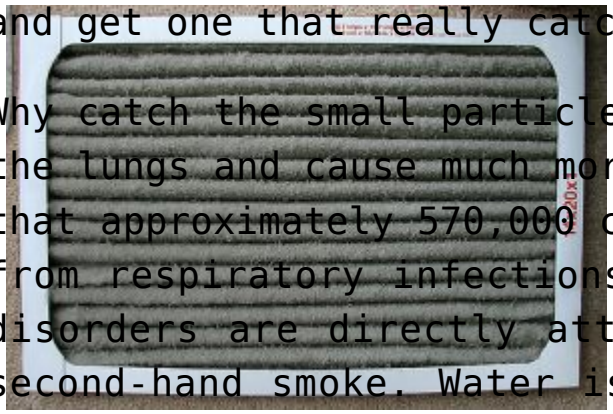


The World Health Organization recently publish a report detailing the shocking number of deaths from toxins in children. For children under 5 years of age worldwide 1 in 4 will die from polluted air water and toxins from our waste. This amounts to 1.7 million children deaths per year.

What makes kids so vulnerable ? It’s unwise to think of their bodies as small adults. They breath faster, moving more air and toxins into the body, have undeveloped organs that can’t effectively deal with chemical assaults, have a less robust immune system and often times have much higher exposure rates.

AIR

Think of your child on the floor. Children pass a relatively higher level of air through their lungs daily. Multiply the effects of bad air and then add a healthy dosing of toxins and what happens ?
The dust, dirt, animal danders and the host of toxins that settle to the carpet or floor is their playground. Want to make a simple but effective change ? Remove your shoes at the doorway and put on house slippers. Consider getting an air cleaner and using a top of the line vacuum cleaner. Dust with a moist microfiber cloth and change your air filters regularly and should I mention to spend a few dollars more and get one that really catches the small particles ?



Why catch the small particles, because these get deeper into the lungs and cause much more potential damage. Did you know that approximately 570,000 children, under five, die yearly, from respiratory infections. Pneumonia, asthma and other disorders are directly attributable to air pollution and second-hand smoke. Water is another of the large killers. 361,000 kids are killed from diarrhea resulting from a clean water, accessing unsanitary water and the resultant lack of hygiene.

Water is the second of the large children killers. 361,000 kids die from diarrhea resulting from contaminated water. Think about what happens to personal hygiene if your water is dirty….. not a positive way to assure one’s health. Now

add to this the use of this same water for the preparation of food and you can easily see the amplification of the problem.

Water

Part of the report referenced the issues of electronic waste. Ever consider the amount of lead and other toxins found in all or our electronics ? The issue is perhaps a bit more expressed in underdeveloped countries, but continues to put our children at risk, in the US, as the waste contaminates our underground aquifers. For those of you who are hearing the continued call for action, in the US, for safe water and the news reports that Flint Michigan was only the beginning, have you checked your water supply to your home ? Certified EPA certified laboratory water testing is fairly inexpensive. Don’t use the run the water for 5 minutes technique. Instead collect the water from your main tap, perhaps in your kitchen. This will allow you to determine the maximal dose of toxins as not everyone will run the water long enough to flush their system each time they use the faucet.

Certified EPA laboratory water testing is fairly inexpensive. Don’t use the run the water for 5 minutes technique to collect your samples. Instead collect the water from your main tap, perhaps in your kitchen first thing in the morning after sitting overnight. This will allow you to determine the maximal dose of toxins, as not everyone will run the water long enough to flush their system each time

they use the faucet.

If you're curious about your own air, especially in your home have you considered a home monitor such as the Foobot , Speck or the host of new testing devices ? It's not enough to assume that your air is clean when you have a simple filter in your heating and air conditioning unit. There are many approaches to both testing and treating your air. Consider your vacuum cleaner. Is it really cleaning the air or just moving the big particles to a bag and releasing the small, damaging particle to your lungs ? Is it really a HEPA filter vacuum or does some of the airflow bypass the filter ?

Having healthy children and families is Pure Living's mission. Our updated website will be live shortly and we look forward to offering you an expanded store of scientific, trustworthy solutions. You can easily create a low toxin environment for your family and reduce their risks. Stay tuned for lots more……