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## Earth Day 2006 - Go Easy on the Environment & Enjoy Your Health: Potential Environmental Links to Disease Highlighted in New Book by Anti-Aging Physician Founders

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*In 2006, on 22 April, we celebrate Earth Day for the 38th time, yet today, humankind is perhaps at the most important crossroads between environmental influences and health that it has ever faced. In this Consumer Advisory, Dr. Ronald Klatz and Dr. Robert Goldman, physician co-founders of the anti-aging medical movement, offer simple, easy, helpful tips to reducing our exposure to environmental hazards in order to improve our odds of living long, healthy, happy, rewarding, productive lives.*

Chicago, IL (PRWEB) April 5, 2006 -- Earth Day was first celebrated in 1969 with the purpose of elevating environmental concerns to nationwide discussion. In 2006, on 22 April, we celebrate Earth Day for the 38th time, yet today, humankind is perhaps at the most important crossroads between environmental influences and health that it has ever faced. There are many everyday exposures that can unwittingly put the length and quality of our lives at risk. By minimizing or limiting your exposure to environmental hazards, you can improve the odds of living a long, healthy, happy, rewarding, productive life.

As a public service initiative, Ronald Klatz, MD, DO and Robert Goldman, MD, PhD, DO, FAASP penned the book titled "121 Ways to Live 121 Years ... and More!", to educate consumers on the latest advancements in human longevity. Ronald Klatz, MD, DO, is a long-time scientific pioneer and innovator. Dr. Klatz originated the term "anti-aging" and regarded as the movement's first physician and chief champion. In an Online Extra to the "BusinessWeek" March 2006 issue, the magazine refers to Dr. Klatz as the "Guru of anti-aging" and is hailed as a "leading light in the anti-aging medical movement." Dr. Klatz is considered a futurist in the field of advanced biotechnology, with over 100 scientific patents and more than 3 dozen medical/health book titles in print. Robert Goldman, MD, PhD, DO, FAASP is a black belt in karate, Chinese weapons expert, and world champion athlete with over 20 world strength records and numerous listings in the Guinness Book of World Records. In 2006, Dr. Goldman was inducted into the National Fitness Hall of Fame. Both physicians are co-founders of the American Academy of Anti-Aging Medicine (A4M; [www.worldhealth.net](http://www.worldhealth.net)), of which Dr. Klatz serves as President and Dr. Goldman as Chairman. The A4M is the world's leading non-profit organization dedicated to advancing research and clinical pursuits that enhance the quality, and extend the quantity, of the human lifespan.

"121 Ways to Live to 121 Years ... And More!" offers something for everyone, no matter how old or young, that can dramatically improve how well we age. In this article, we feature book excerpts that pertain to potential environmental links to disease.

TIP 26. Say "No" to Nitrites:

Preserved and cured meats (bacon, sausage, deli meats, etc.) are the largest source of nitrites in our diet. Nitrites cause the body to form nitrosamines, which are environmental oxidants and powerful carcinogens. Scientists have established a significant association between nitrosamines and stomach cancer.

TIP 58. Ring, Ring...Radiation Calling:

Worldwide cellular connections exceed 2 billion. One in three people around the globe are wired up via mobile connections. With such broad

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["121 Ways to Live 121 Years ... and More!" \[144 pages, softcover\]](#)

usage, cellular phone technology is giving rise to important questions about possible long-term health consequences associated with its use. Cellular phones emit low frequency electromagnetic fields (EMFs), which have been linked to health conditions such as:

- ~ General malaise
- ~ Immune system dysfunction
- ~ Male sexual and reproductive issues
- ~ Changes in the central nervous system and cardiovascular system
- ~ Changes in memory, cognition, attention, and other brain functions
- ~ Elevations in blood pressure
- ~ Skin damage
- ~ Changes in red blood cells

Because of the immense numbers of present and projected users, some scientists and public health experts are worried that even if only a small percentage are adversely affected, that could still equate to a public health issue of epidemic proportions. Here are a few of the tips to minimize your cellular phone radiation exposure that appear in "121 Ways to Live to 121 Years ... And More!":

1. Call Length and Frequency: A number of the scientific studies have shown a correlation between the length of calls and/or frequency of use, with biological changes.

\*TIP\* Reserve cellular phone use for short, necessary conversations. Keep incoming mobile phone as brief as possible and return your calls on a corded phone.

2. Distance: The concentration of radiation emissions is directly related to the power of the emitting device. The farther you can put yourself from the cellular phone handset, the less emissions you will receive. Radiation from all sources obeys the inverse square law. That is, the further you are from the source the less intense your exposure to the radiation. In fact, it drops off with the square of your distance from the source.

\*TIP\* Many cellular phones now have a "speakerphone" option, permitting a substantial distancing between the user and the handset during conversations.

3. Phone Antenna: The type of antenna that on your cellular phone may contribute to the amount of radiation it emits. Stubby antennae cannot be extended, and have been shown to be worse because they concentrate energy into the user's brain.

\*TIP\* Select a phone with an extendable antenna.

4. Signal Path: The steel construction of vehicles and buildings creates an electrical shielding effect ("Faraday cage"). As a result, using a cellular phone inside an enclosed vehicle or building causes the phone to increase the power output it needs to establish a connection, receive signals, and transmit signals, all of which causes increased radiation emissions. A presentation by the House of Commons (United Kingdom) Science and Technology System reported that using a cellular phone inside an enclosed vehicle can cause radiation levels to rise by 10 times.

\*TIP\* If using the cellular phone inside a vehicle, open the window or door (if not in motion). This will improve the path for the cellular phone signals and possibly reduce the phone's need to increase its power level.

5. Phone Mode: The highest cellular phone emissions occur when the phone is establishing a connection with a base station. When using the phone in a mobile setting, the phone is constantly re-establishing its base station connection. The emissions in the mobile setting are further compounded by signal path issues (see preceding tip).

\*TIP\* When inside a vehicle, avoid keeping the cellular phone handset turned on unless you are expecting an incoming call, or making a call.

TIP 91. Lower the Lead:

A lifetime of low-level exposure to lead in the environment may contribute to mental decline as we age, reported researchers at Harvard School of Public Health in 2005. Tracking 466 men averaging 67 years of age, the team found that the higher the men's level of lead present in the kneecap, a bone marker of cumulative lead exposure, the worse they scored in tests of memory, attention, language, and other mental functions. A separate study by researchers at Brigham and Women's Hospital found that accumulated lead exposure increases the risk of cataracts, a leading cause of age-related blindness. The team tracked 642 men aged 60 and older for five years, finding that those who developed cataracts had increased levels of lead in their bones.

Older people, who are prone to osteoporosis, are particularly vulnerable to the damaging effects of lead because the toxin lodges in bone poses and can be released over a long period of time into the bloodstream, allowing it to damage body tissue. A new study by University of Rochester (New York) Medical Center commencing later this year seeks to understand the role that lead, which is commonly stored in the human skeleton in youth, triggers the early onset of osteoporosis in those exposed to high levels of lead as a child.

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"121 Ways to Live 121 Years ... and More," by Ronald Klatz, MD, DO, and Robert Goldman, MD, PhD, DO, FAASP, offers hundreds of tips to help readers live long, healthy, happy, rewarding, productive lives.

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Lead is no longer present in gasoline and paints available in the US, but leaded products may be available in other nations, putting those residents at-risk. Drinking water may also be a possible source of lead, as the toxin can be introduced via older plumbing.

#### TIP 94. Breathe Easy:

People spend about 90% of their time indoors. The US Environmental Protection Agency reports that the air within homes and other buildings can be seriously polluted than the outdoor air in even the largest and most industrialized cities. Cut down on indoor triggers of allergies and asthma by following these simple tips:

- ~ Remove pets from the home and thoroughly clean to eliminate their dander.
- ~ Opt for leather furniture rather than upholstered pieces, since leather is an impervious material that is resistant to breeding dust mites.
- ~ Eliminate carpet and drapes.
- ~ Dust both vertical and horizontal surfaces weekly.
- ~ Keep indoor humidity below 50% year round.
- ~ Open windows for an hour each day during dry seasons to improve ventilation.
- ~ Use a HEPA air filter in the bedroom
- ~ Clean mold off shower curtains, bathroom and basement walls and other surfaces with a solution of bleach, detergent and water.
- ~ Use a dehumidifier if your basement is damp or musty.
- ~ Never allow smoking in the house.

#### TIP 105. Not So Fine:

Fine particles, that is particulate matter in the air measuring less than 2.5 microns in diameter, can cause serious health problems. According to the American Lung Association, "tens of thousands of premature deaths each year are attributed to fine particle air pollution," microscopic substances such as acid aerosols, organic chemicals, metals, and carbon soot.

Long-term studies have repeatedly shown that people living in areas with high fine particle concentration may have their lives shortened by 1 to 2 years on average (as compared to those living in cleaner locations).

To limit your exposure to fine particle air pollution:

- ~ Stay in an indoor environment where the air is filtered or air-conditioned. You can build an inexpensive air purifier by taping a micropore HEPA air conditioner filter over a large box fan.
- ~ Do not exercise outdoors when particulate levels are high. Never exercise near high-traffic areas.
- ~ Drink plenty of fluid: One 8-ounce (236-milliliter) glass of distilled water, with a pinch of sea salt (for electrolytes), every 1 to 2 hours that you are awake. You may need to drink more when you are physically active.
- ~ Take a cool shower or bath: Removes superficial particulate matter from your skin.

In the United States, the Air Quality Index (AQI) is the standard system that state and local air pollution control programs use to notify the public about levels of air pollution. The US Environmental Protection Agency (EPA) posts the daily AQI at [www.epa.gov/airnow](http://www.epa.gov/airnow).

#### TIP 114. Green Groceries

The United Nations estimates that at least four million people worldwide have Parkinson's Disease (PD), a type of motor system disorder that is marked by tremor, rigidity, slowness of movement, and postural instability.

Environmental exposures increase a person's risk of developing PD. Even when genes are a factor in the disease, as with many familial cases, exposure to toxins or other environmental factors may influence when symptoms of the disease appear and/or how the disease progresses. Pesticides and fungicides produce free radicals that cause cellular oxidative stress, one of the main causes of degeneration of brain cells. In a 2005 study by University of Rochester (USA) researchers, pesticides and fungicides were found to remain on produce for more than three weeks, and persisted even after washing.

Whenever possible, purchase locally grown fruits and vegetables and encourage your grocer to provide produce that is free of pesticides and fungicides.

In "121 Ways to Live 121 Years ... and More!" authors Ronald Klatz, MD, DO, and Robert Goldman, MD, PhD, DO, FAASP, share an

exclusive collection of life improving tips that inspires readers to live the healthy, productive, robust anti-aging lifestyle. These physicians and anti-aging medical leaders position them as eminently qualified to educate consumers on improving how well we age. Members of the working press may submit a request to receive a FREE COPY of 121 Ways to Live 121 Years ... and More! by completing the online Contact Form at [www.a4minfo.net/121ways](http://www.a4minfo.net/121ways).

As Dr. Klatz observes: "It is estimated that medical and scientific knowledge doubles every 3.5 years or less." Adds Dr. Goldman: "Become educated, and stay atop of the newest breakthroughs, and you too can live a long and healthy life." As the Greek philosopher Diogenes (c 412 BC- c 323 BC) remarked, "The only good is knowledge, and the only evil ignorance." Empower yourself with knowledge to lower your environmental risks for disease, because EVERY DAY should be an Earth Day.

The American Academy of Anti-Aging Medicine, Inc. ("A4M") is a non-profit medical society dedicated to the advancement of technology to detect, prevent, and treat aging related disease and to promote research into methods to retard and optimize the human aging process. A4M is also dedicated to educating physicians, scientists, and members of the public on biomedical sciences, breaking technologies, and anti-aging issues. A4M believes that the disabilities associated with normal aging are caused by physiological dysfunction which in many cases are ameliorable to medical treatment, such that the human lifespan can be increased, and the quality of one's life enhanced as one grows chronologically older. A4M seeks to disseminate information concerning innovative science and research as well as treatment modalities designed to prolong the human lifespan. Anti-Aging Medicine is based on the scientific principles of responsible medical care consistent with those of other healthcare specialties. Although A4M seeks to disseminate information on many types of medical treatments, it does not promote or endorse any specific treatment nor does it sell or endorse any commercial product.

SOURCE: The American Academy of Anti-Aging Medicine (A4M), Chicago, IL

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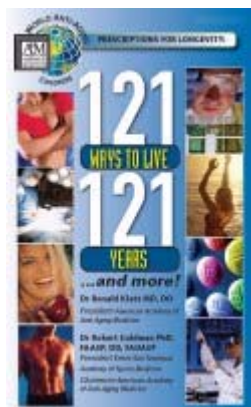
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## 121 Ways to Live 121 Years ... and More!



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### **121 Ways to Live 121 Years ... and More!**

by Ronald Klatz, MD, DO and Robert Goldman, MD, PhD, DC  
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A4M American Academy of Anti-Aging Medicine, US \$12.95

Today, scientists know much more about the deterioration and aging -- the decline in performance of our bodily systems, from strength. In a contemporary approach to aging, known as *anti-aging*, associated with what we consider as "normal aging" are causes, are amenable to medical treatment. As a result, the life is maintained or improved. In short, biological aging can be

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