

How feel less tired



Walt Whitman was an American poet who live from 1819 to 1892.

I like the fact that Whitman's work *Leaves of Grass* was self-published with his own money, and he continued to expand upon it until his death.

"Few know what virtue there is in the open air: Beyond all charms or medications, it is what renews vitality, and, as much as the nightly sleep, keeps the system from wearing out and stagnating upon itself"

This is a quote from the American poet Walt Whitman, written sometime in 1858.

It's as true now as it was over century and a half ago.

The air you breathe matters - There's no other way to put it. Just because you can't see it, doesn't mean it's not impacting your health.

And with the rampant increase in pollution and CO₂ levels, the air outside is most likely better than the air in your home, and much better than the air in your office or workplace.

The Environmental Audit Committee of UK's Parliament recently argued that air pollution brings almost the same death toll as smoking. Bad air may also affect your body composition.

Mice exposed to high CO₂ had decreased levels of muscle mass and increased levels of obesity. People exposed to even slightly elevated levels of CO₂ develop lethargy, exhaustion and headaches.

And Pollution is now being linked to both cardiovascular disease and the development of Type 2 Diabetes.

You can't control the CO₂ levels outside your home, but you can control the levels inside your home.

And considering we spend over 90% of our lives indoors, it's important you to know about the impact of CO₂ levels, can have on your health.

If your interested here's a [link to a summary of the research so far](#)

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How to Get a Hot Body

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