

PURE AIR



FRESH AIR

- Essential to life
- Vitalizes the blood
- Restores the mind
- Kills germs
- Helps clean the lungs

HOW TO GET FRESH AIR

- Keep windows open in the home to have pure air circulated throughout
- Sleep with your windows slightly opened at night
- Avoid wearing tightly fitting clothing, including belts and elastics to keep the lungs free to expand
- Keep plants in the home to purify the air
- Breathe deeply through your nose
- Exercise in fresh air
- Avoid polluted environment
- Avoid having shady trees and fallen leaves too close to the house
- Avoid storing spoiled fruits, vegetables or food in and around the home

BENEFITS OF DEEP BREATHING

- Soothes the nerves
- Stimulates the appetite
- Renders more perfect digestion
- Induces sound refreshing sleep
- Promotes good blood
- Keeps you more alert

**FRESH PURE AIR IS MOST
ESSENTIAL TO SUSTAIN LIFE**

