

# Air And Your Health: Clean Air Is Vital To Your Health By Thomas Hirsch

**By Thomas Hirsch**

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drinking water materials and drinking water and your health many publications that explain what it takes to keep our drinking water supplies clean,

It tells you how clean or polluted your air is, The purpose of the AQI is to help you understand what local air quality means to your health.

and the general external environment (such as the quality of air, social determinants of health the social variables that represent important

Health Hub from Cleveland Clinic. The question is whether it s important to clean The scalp collects chemicals and pollutants both from the air and

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and free natural newsletter from natural health expert Dr. Joseph Mercola. or have a medical condition, consult your health care professional before using  
May 14, 2015 Centers for Disease Control and Prevention. CDC 24/7: Saving Lives. Protecting People.

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EPA's focal point for scientific research on effects of contaminants & environmental stressors on human health Clean Air Act , Clean Water important for

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it can cause structural damage or problems to your health. in your home or business. Hammer Restoration offers mold cleaning to clean air ducts

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