

The air



We all know that we feel significantly better when we get fresh air. Especially when we get outside the city's buzz, out into nature, preferably close to mountains and sea. Similarly, after a rain and thunderstorm, the air always feels healthier. This is because the air is filled with negative ions that make us feel good.

Like the vast majority of biological active substances, the air contains positive and negatively charged ions. All living things are affected by these ions. If the balance is optimal, it promotes health, reproduction and resistance to disease and much more. This applies to all living things – people, animals and vegetation.

For example, if you are on a beach located far from the city, it is up to

10,000 negative ions per cubic centimeter. If, however, you are in a city, it can be as low as 100 negative ions per cubic centimeter. When there is an excess of negative ions, we experience the air as fresh and strengthening, that comes with increased well-being.

High levels of positive ions in the air are, among other things, the result of all modern technology. Electrical equipment in our environments such as Televisions, computers, mobiles, microwave ovens, etc. The high level of positive ions in the air is what feels heavy and sluggish, which makes you feel tired easily.

Too much positive ions in the body can cause problems, such as allergies, increased stress, anxiety, listlessness and sleep disorders. It is therefore important to neutralize these positive ions in the air. Today, ion therapy is used to some extent in healthcare.

Source: *Negativa joner får oss att må bra*, written by Mikaela Bjerring

Negative ions are tasteless and odorless molecules found in the air. They increase the flow of oxygen to the brain and as a result, facilitate wakefulness, reduce fatigue and stimulate mental energy. Negative ions are also known to protect against bacteria and reduce throat irritation as well as sneezing and coughing.

A high concentration of negative ions is found in a variety of natural environments. These include forests, mountains, waterfalls and beaches. In nature, negative ions are generated by thunder, sunshine, waves on the sea and falling water. According to peakpureair.com Niagara Falls is one of the highest natural producers of negative ions in the world.

Source: *Naturliga sätt att skapa negativa joner*, written by Kerstin Nordberg

Research and clinical studies showed that the direct transfer of negative ions to body tissues improves cell membranes, which in turn allow cells to generate more energy. Negative ions also give many positive effects to the body, such as:

1. Improves respiratory function (reduces allergies and asthmatic symptoms)
2. Anti-inflammatory effect
3. Improves joint mobility
4. Improves muscle strength
5. Shorter recovery time
6. Faster repair processes
7. Detoxification effect
8. Improvement and balancing of the immune system
9. One of the best therapies for alleviating allergies and skin problems
10. Antibacterial and fungicidal effect (helps reduce the presence of fungi)

Source: *Wellnessguide.se – Negativa joner är klart positivt!*



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