

## Vinyl Chloride Exposure Recommendations

I do NOT profess to be an environment expert. However I am a licensed physician in the state of OH and I have researched what other communities have done in similar situations in CA, and in IL. In a perfect scenario we could all just evacuate the area and work remotely to earn a living and not have to be anywhere near this toxic waste. However the real world that we live in presents a scenario where we have responsibilities to our family and work. We have invested in homes and land in eastern Ohio, western Pennsylvania or northern West Virginia. So what I have put together is some recommendations for the people who live on the fringe of the red and yellow zones. The people who live in these zones need to seek professional HVAC contractors to decontaminate their homes. Save your receipts and seek reimbursement with the class action lawsuit that has been started. I am going to share with you what precautions I am doing to protect myself and my family. We are beyond the mandatory evacuation area and do not fall into the category just mentioned, and most of the people who are living in the tri-state area live outside of that zone as well. This information is for those of us who are outside of that area.

To supplement what the local water authority is doing: We have a home filtration unit that uses carbon filters to remove the chlorine or chlorine attached toxins such as vinyl. There are other cost effective options that are available. Portable shower attachments and sink attachments are available. These units can be purchased at local hardware or big box distributors locally for less than \$50 per unit. We use a separate unit for our drinking water. The one we use for drinking water is a reverse osmosis unit. If you are not in a position to install reverse osmosis unit of your own; read the label on bottled water and purchase one that uses reverse osmosis filtration. I know Gordon Brothers in Salem, OH installs the units. They also have a store front where individuals can purchase the water from industrialize sized spickets. This water can be purchased for pennies/gallon. I do this for the drinking water at my office.

As far as clean air. We can only control the controllables within our reach. With that in mind, I am replacing the air filters on my furnace weekly for the next four weeks. I am using the cheapest filters available, especially during this time when they will be replaced so frequently. To supplement this process, I also run portable air filtration units on each floor of my home. Air filtration units can be purchased at local hardware stores as well. The cost range from \$50 to small one room units to larger units that can cost around \$600. Work with your budget. Look for HEPA filters that can be cleaned or replaced.

Let me address going outside. We all have to leave our house for various reasons. First try to limit the amount of time spent outside over the next month. When it is essential to be outside; minimize skin exposure. Wear long sleeves and long pants. When it is available where a hoodie to protect the neck and head. A cotton bandana will serve as a means to protect the skin. IT DOES NOT PROTECT THE LUNGS but minimizes skin exposure.

When you return home: put all clothes that were exposed in the dirty laundry and wash before using again. Wash all exposed skin areas with Dawn dishwashing detergent. Dawn is cost effective and

easily accessible. For options that are less toxic to the skin, please contact my office and we will gladly discuss more organic options.

For the next month: try to avoid exercising outdoors. Local gyms have very affordable monthly memberships that will provide a more controlled environment to exercise. Our office staff has contact information for local gym owners upon request.

For the body: I always recommend drinking plenty of filtered water. Over the next month it is even more critical. The body is 70% water. When we get even slightly dehydrated toxins get stored in our tissue cells. How much water is ideal? For typical healthy individuals the formula is take your body weight (in pounds) divided by 2 = the number of ounces recommended per day. That means if you weigh 200 lbs. drink 100 ounces of water per day. That is straight water. Not fluids but water. Anything with caffeine or sugar (even sugar alternatives) dehydrates the cells.

Lemon is a natural detoxifying agent. Lemon can be added to water to give it flavor and help detoxify the body. My recommendation for lemon is Doterra's essential oils. 1 drop for every 8 ounces of water. Doterra is the only CPTG (Certified Pure Therapeutic Grade) on the market. Contact our office and we can provide information for a local Doterra representative.

Hyperbaric Oxygen Therapy (HBOT) is a safe and natural way to help get toxins out of the body quickly and effectively. My office has a HBOT chamber available for public use.

There is no guarantee that these recommendations will prevent health related issues suffered from the exposure to vinyl chloride. They will dramatically reduce the likelihood of that happening. It is my prayer that you and your family will be spared the devastating effects of being exposed to this known neurotoxin. We individually have to take responsibility for our own health. Just following the government guidelines for health results in 1 out of 3 Americans get diagnosed with cancer and 1 out of 5 will develop cardiovascular disease. My goal is to empower people to avoid becoming one of those statistics. Health is our wealth. Americans have traded their health for wealth. I hope you find this material beneficial and share it with friends and family members. Miladin Chiropractic has weekly classes to empower the public on how to stay healthy – complimentary to the public. Seating is limited so call the office 330.382.7350 to reserve a spot and get more details.

In health,

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## Bullet Points

1. Supplement public water with at home filters for hygiene purposes
2. Use reverse osmosis filtration for water consumption
3. Replace furnace filters weekly for the next month
4. Use portable air cleaners at home and work
5. Limit going outside as much as possible
6. Limit skin exposure when outside
7. Don't re-use exposed cloths until washed
8. Wash exposed skin as soon as back home w mild soap
9. Avoid exercising outside
10. Stay well hydrated with filtered water
11. Knowledge is power – come to a health class at Miladin Chiropractic