

The Air We Breathe

by Lady Carla Davis, MPH

Specializing in Nutrition

GEP Minister for Environment

Air is the fundamental element essential for life and the normal function of all the cells in our body. Without air, one cannot survive for more than a few minutes. And, to be healthy, humans and every other planetary inhabitant need fresh, clean air.

Unfortunately, most newer hotels, schools, and office buildings no longer have windows that let in fresh air. Worse, the air in most populated areas globally is heavily polluted, forcing people to inhale it while outdoors or live and work in an air-conditioned environment. Powerful industries continue to pollute our air without recourse because of their government influence and implants.

Not only is air vital for all life on the planet, but air/wind runs windmills, sailboats, and other movable machinery. Airplanes fly because of the presence of air. Oxygen in the air aids the combustion and burning of fuels to produce heat, electricity, power machinery, etc. Protecting the quality of the air we breathe should be a priority. What are you and your government representatives doing about this?

AIR CONTENT

The air we breathe is approximately 78% Nitrogen, 21% Oxygen, and 1% other gases, including argon, neon, helium, hydrogen, nitrous oxide, ozone, carbon dioxide, water vapor, and methane. Humans inhale air into the lungs, where the oxygen is separated. Through cell metabolism, the mixture of air returns 16% O₂ and 5% CO₂.

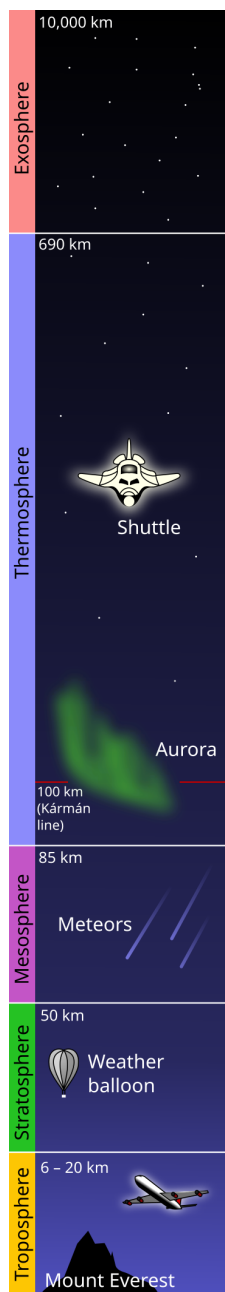
Serotonin release is affected by the amount of oxygen in your blood. Since serotonin promotes happiness and well-being, the more fresh air you have, the better your mood. Fresh air increases your energy and sharpens your focus. Your brain uses 20% of the oxygen you breathe in to function. Fresh air also strengthens your immune system. Each cell in the body needs oxygen to perform the metabolic processes necessary to sustain life. This process helps to eliminate toxins and destroy harmful bacteria, parasites, and viruses by the body's white blood cells.

ATMOSPHERE

Since the beginning of time, our atmosphere, thickest near the earth's surface, has been evolving. It has shielded us from bombarding meteorites, shaded us against destructive ultraviolet radiation, and blanketed us against the cold. Once photosynthesis developed, life on Earth danced together in harmony for millions of years. And then came modern wars and the industrial revolution.

In addition to the air's natural gases, we now find pollutants such as smoke, dust, acid droplets, pollen, graphene oxide, plastics, radiation, aluminum, and other toxic metals in the atmosphere. Earth's air never stands still. Vast currents of air, directed

by the Sun's heat, move across the globe. As air travels, it picks up these particles of dust, smoke, radiation, bacteria, and other microscopic organisms mentioned above. Larger particles like smoke are visible, but smaller mist-like particles called aerosols are not visible. The air we breathe might have come from halfway around the world a few days previously.

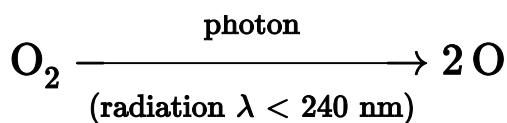


The highest ozone levels in the atmosphere are in the **stratosphere**, also known as the **ozone layer**, between about 10 and 50 km above the surface (or about 6 and 31 miles).

However, even in this layer, the ozone concentrations are only two to eight parts per million, so most of the oxygen there is dioxygen, O₂, at about 210,000 parts per million by volume. Ozone in the stratosphere is produced mostly from short-wave ultraviolet rays between 240 and 160 nm.

The stratospheric ozone layer protects us from the Sun's ultraviolet radiation. The ozone layer contains molecules of gases that absorb the Sun's energy after they get excited and split.

The process of ozone creation and destruction is called the **Chapman cycle**. It starts with the photolysis of molecular oxygen followed by the reaction of the oxygen atom with another molecule of oxygen to form ozone. Oxygen is O₂, and ozone is O₃.



Pollution and environmental degradation are damaging the ozone layer.

Environmental pollution, agriculture chemicals, 5G frequencies, EMFs, sonar, and other frequencies impact the air we breathe and the Earth's vast oceans. Altering air quality transforms life across the globe.

Striving for zero carbon emissions defies all logic because nothing can survive without it. Cleaning the environment and balancing Nature's ecosystems with regenerative agriculture would be a far more effective solution.

FRESH AIR, BREATHING, SINGING, & EXERCISE

Breathing is part of respiration that takes in oxygen and releases carbon dioxide to produce energy in a harmonious balance of Nature. Plants and trees give off oxygen and use the carbon dioxide humans exhale for photosynthesis.

Fresh air, deep breathing, singing, humming, and exercising help lower blood pressure and heart rate. Fresh air promotes faster healing and cleanses the lungs. By increasing oxygen flow, fresh air improves circulation and cell function, helping

digestion. Fresh air promotes deeper breathing for a more restful sleep. The average fresh air requirement per person per second is 8 liters. Shallow inhaling the air into the top of the lungs is apical breathing.

Moving, walking, jogging, and jumping encourage increased diaphragmatic (deeper) breathing and prolong life.

NUTRIENTS

Drowsiness, fatigue, and inability to think are symptoms of fresh air or nutrient deficiencies.

For healthy breathing, the body needs hydration, sufficient omega-3 EFA (essential fatty acid), quality protein, and sunshine vitamin D. Omega-3 EFA is vital for every cell membrane to communicate and function. Too much omega-6 EFA (in most polyunsaturated and monounsaturated oils) competes with and causes an omega-3 deficiency. (See my article *Know Your Fats & Oils Parts 1 & 2*) Damaged fats/oils and an EFA imbalance contribute to fatty liver, type two diabetes, hormonal imbalance, asthma, respiratory illnesses, and lung diseases. [Omega Nutrition Organic Flax Oil](#) is one of the best sources of omega-3 EFA and without the contaminants often found in fish oil. Natural vitamin A is also vital for healthy lung function, mucus membranes, and nasal tissue. Organic chicken livers, carrots, sweet potatoes, pumpkin, and other orange, yellow, dark green, purple, and red foods are rich sources of natural vitamin A.

CLIMATE/WEATHER GEOENGINEERING

Terraforming

Terraforming (literally, "Earth-shaping") of a planet, moon, or other body is the hypothetical process of deliberately modifying its atmosphere, volatile components, temperature, surface topography, or ecology to be similar to the environment of the Earth and to make it habitable for Earth life.

Three levels or types of Terraforming are:

1. Para-terraforming – large-scale pressurized habitats and agricultural zones exist on the surface without requiring substantial external atmospheric modifications. This system assumes that the cosmic radiation flux on a surface without a dense atmosphere can work.
2. Partial-terraforming adequately blocks cosmic radiation, allows some plants to grow on the surface, humans to walk without pressure suits and radiation protection but with air-breathing equipment, and at an ambient pressure of about one-half Earth sea level or more.
3. Full-terraforming – extensive modification of a World surface to provide an Earth-type atmosphere and aqua sphere, allowing the survival of humans, animals, and plants without special protective equipment.

There is perhaps no worse threat to the biosphere than the reverse terraforming techniques employed around the globe 24/7!

Often referred to as weather or climate geoengineering, those controlling this weather warfare are methodically altering the troposphere (and the surface of the Earth) in perilous ways.

The biggest problem with the weather modification programs is that the geoengineers do not know what they are doing. They are playing with powerful forces of the Universe in a way that puts the whole world at high risk as follows:

<https://cosmicconvergence.org/?p=37379> Posted on May 19, 2024, by Cosmic Convergence

Hard Scientific Proof Confirming Our Solar System Is Undergoing A Major Transformation

<https://stateofthenation.co/?p=248370> 1:20

Former Pilot Jeff Nelson Testifying on Chemtrails

Posted on August 30, 2024, by State of the Nation

<http://stateofthenation.co/?p=107525>

The NWO Geoengineers Are Blocking Sunlight MAJORLY Across The USA | SOTN:

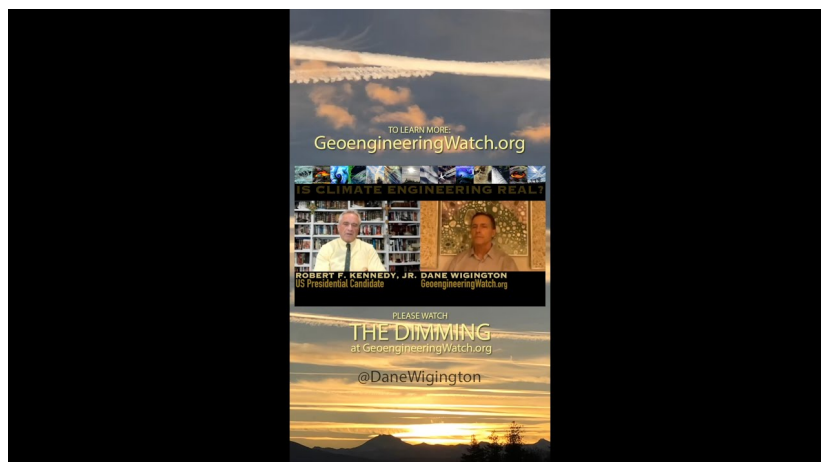
Alternative News, Analysis & Commentary

THE DIMMING, Full-Length Climate Engineering Documentary

Dane Wigington GeoengineeringWatch.org

"GeoengineeringWatch.org is pleased to announce the release of our groundbreaking documentary that conclusively exposes the existence of global weather intervention operations. More than anything, this destroys the air we breathe and Earth's weather patterns.

Global weather engineering operations are a reality. Atmospheric particle testing conducted by GeoengineeringWatch.org has proven that the lingering, spreading jet aircraft trails commonly visible in our skies are not condensation, as is often claimed. Who is responsible for carrying out these programs? What are the consequences if geoengineering/solar radiation management operations are allowed? *THE DIMMING* documentary will provide answers to these questions and many more. It is the most complete GeoengineeringWatch.org documentary regarding climate engineering operations. Thank you for viewing and notifying others of *THE DIMMING* film release."



Where this highly hazardous tinkering will lead is anyone's guess. But one thing is sure: things will worsen before they improve unless **We, The People, shut down the totalitarian technocracy once and for all**. What must happen sooner than later is that irresponsible scientific experimentation and dangerous technological innovation must stop!

The present condition of planet Earth stands as a testament to the astounding amount of needless death and destruction because scientists and technocrats want to play with the forces of creation in an exceedingly irresponsible and precarious manner. The unrelenting chemical geoengineering and perilous use of Directed Energy Weapons across America are just two glaring examples of this extremely dangerous behavior.

People Everywhere Are Now Under Constant Attack

<https://stateofthenation2012.com/?p=83005>

WEATHER WARFARE: Globalists Order Geoengineers to “Shock & Awe” America with Superstorms Posted on September 4, 2017 by State of the Nation

“The United States of America has become ground zero for the forces of darkness. Nowhere else are so many agents of anarchy and chaos working overtime to sow seeds of chaos, destruction, anarchy, and discontent. The demonic entities are so out of control right now that nearly everyone is susceptible to their highly destructive and often deadly mischief.

No other country has been targeted with so many false flag operations as the USA. Gladio-style bombings are also used from time to time in Europe and other unstable regions of the world. The U.S. military, working closely with NATO (North Atlantic Terrorist Organization), is responsible for virtually all of these attacks on innocent civilians. Because the citizenry is so brainwashed by the mainstream media, the official narrative surrounding these CIA-coordinated black operations is rarely questioned.”

Then, there are the **state-sponsored acts of environmental terrorism**. These episodes of **weather warfare** are extraordinarily devastating and genocidal.

See [HURRICANE MICHAEL: A Geoengineered Superstorm Targeting Tallahassee and Florida Panhandle—Why!](#)

Who has not seen or heard what took place in California?! Again, weaponized weather has been utilized there for years to create drought conditions, which trigger enormous and raging wildfires. These terrifying conflagrations have become more ferocious and fatal, with each successive year - 2018 and 2017 being the worst [MANUFACTURED] wildfire seasons ever.

Many people burned to a crisp right where they sat or drove. They did not know about the ongoing operation Torch California. Nor were they aware that they could

be a victim of genocide at any moment. See [OPERATION TORCH CALIFORNIA: It's GENOCIDE!](#) And, who can forget about the horrific fires in [Lahaina, Maui, HI](#), in August 2023? My heart grieves for Lahaina, where I lived and worked for 14 years.

<https://stateofthenation2012.com/?p=133065>

TEXAGEDDON: A False Flag Geoterrorist Operation With Multiple Nefarious NWO Goals

It is best to stay vigilant during these rapidly evolving and extremely unpredictable times. All of these attacks are designed to put the American people on edge according to a well-planned "strategy of tension" devised by [Operation Gladio](#).

[How is the SUN triggering many earth changes, especially global climate change?](#)



9:54 2020



16:03 2021

WEATHER/CLIMATE GEOENGINEERING

Every week, Dane Wigington's online podcast is at geoengineering.org. Be sure to see the FREE documentary about what is happening globally on this issue. Many believe this is the most dire issue facing our planet and future generations. Our politicians can no longer ignore this. The air that we breathe is vital for our survival.

[Geoengineering Is The Primary Cause Of Global Climate Change, Not CO2](#)

<https://stateofthenation2012.com/?p=27876> December 27, 2015

Geoengineering - Primary Cause of Weather Chaos (climate change)

<https://stopworldcontrol.com/climate/>

What Nobody Told You About Climate Change (& The Air We Breathe), Stop World Control Videos and ALL! (See [The Dimming & What are Chemtrails](#) 26:51 video)

<https://rumble.com/v5crg78-trump-insider-arrest-warrants-ready-for-elites-spraying-genocidal-chemtrail.html> 16:42 September 28, 2024

Trump Insider: Arrest Warrants Ready for Elites Spraying 'Genocidal' Chemtrails
"We Are Going To Stop This Crime" RFK Jr.