



# ENVIRONMENTAL VOICES

[www.environmentalvoices.org](http://www.environmentalvoices.org)  
[www.geoengineeringwatch.org](http://www.geoengineeringwatch.org)

## HEALTH ALERT

### Protect Your Family and Pets



**PERSISTENT JET TRAILS OR SKY LINES ARE PART OF GEO-ENGINEERING WEATHER PROGRAMS (Man-Made Clouds) AND THEY ARE DIFFERENT FROM NORMAL JET CONTRAILS:** Some of the toxic chemicals and heavy metals found to exceed the EPA's contamination levels in ground water and soil are believed to have come from these Geo-Engineering Weather Programs and they include: **ALUMINUM** (Possible side affects: Alzheimer's Disease, short-term memory loss, vomiting, inability to absorb nutrients, digestive disorders, itchy rash, other symptoms of poisoning), **BARIUM** (Possible side affects: High blood pressure, heart rhythm changes, stomach irritation, muscle weakness, changes in nerve reflexes, swelling of brain and liver, kidney and heart damage), and **STRONTIUM** (Possible side affects: Can lead to various bone disorders and diseases including bone cancer). Other toxic chemicals/metals that have been reported include **SULFUR HEXAFLUORIDE** (A GREENHOUSE GAS that displaces oxygen needed for breathing called asphyxiation) and **TITANIUM** (Bio-accumulates in tissues with silica.)

#### RECOMMENDATIONS TO PROTECT YOUR HEALTH:

1. See a Naturopathic Physician your own physician about being tested for heavy metals and toxic chemical exposures. Ask him about using "Zeolite" to take chemicals/metals out of your body. EV has information on hair analysis test kits & Zeolite. Call (916) 595-7197.
2. Journal your symptoms and see if they can be linked to the persistent jet trail exposure by comparing your symptoms with the symptoms listed above. Report your symptoms to your physician and Environmental Voices to assist in our studies.
3. Oxygen or asthma inhalers (without chemical repellent) may help some people. Note: Consult with your physician.
4. Stay indoors with filtered air, preferably using a HEPA air cleaning machine or a machine that removes toxic chemicals from the air. Keep your pets indoors with filtered air as well. Note: Replace filters as recommended or sooner if necessary.
5. Do not go outside for long periods of time or exercise outdoors (walk, jog, ride bike, sports, etc.) if you see persistent jet trails or man-made clouds.
6. When going outside where there are persistent jet trails/man-made clouds, use a respirator mask designed to remove toxic chemicals from the air like the 3M #8247 (R95) gray respirator mask. Note: Be sure to follow the instructions. Keep in a plastic bag when not in use and replace often.
7. Replace your home air filter with a filter designed to take out toxic chemicals like the 3M Filtrete #1250 air cleaning filter.
8. Build up your immune system by eating fresh certified organic unprocessed foods like fruits and vegetables. (Wash them very good with filtered water). Take multi-vitamin supplements if needed.
9. Reduce stress in your life to keep your immune system strong. It's already being stressed by toxic chemicals in our environment. Get plenty of rest.
10. Share this information with others.