

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Indoor Environment and Sports Performance**

**By Dr George W Graham**

**Indoor Environment and Sports Performance by Dr George W Graham**

I saw a horse race once where the winner was not declared until the race people had a chance to look at the "photo finish."

Boy was it close. There was a bout 3 inches difference between first and second place.

What could that second place horse have done in that mile or so of endeavor? What little bit extra could have won that race? How much extra energy or endurance did that horse need? 5%, 10%??

For three inches in a mile race, the horse needed less than 5% more performance to win.

What about a high school track star? How much extra do they need to go to the Olympics?

Probably about 5% more energy; 5% more mental clarity.

Let's back up in time.

When the high school student [or professional athlete] sat in the dressing room, what were they breathing? When they were at home in their bedroom, what were they touching?

Most people exposed to mold or some pollutants will show somewhere between 5-10% performance loss.

<http://www.canarycoalition.org/abby.html>

This is due to:

1. Slightly impaired oxygen uptake
2. Scrambled neurotransmitters that confuse muscle tissue
3. Interference with chemical cycles in the production of energy
4. Mental acuity interference

Mold

Molds give off chemicals that mimic natural signal chemicals in the body. These chemicals can cause confusion inside the body. An athlete needs focus not confusion.

<http://www.themoldlab.com/mycotoxins.htm>

Mold loves moist buildings. Can you think of anything wetter than a high school dressing room? And many homes have wet basements or attics.

So if you get rid of the mold in the athletes dressing room and home you can gain 5–10% extra performance, right? Well almost.

Store cleansers

We also have to think about regular chemicals in the home that can also interfere with nerve/muscle junctions.

Most high schools try to get rid of mold and bacteria with bleach. Well, bleach won't kill mold. But that's the subject of another article. Bleach will burn the lungs and mess up vision and cause disorientation.

<http://www.nlm.nih.gov/medlineplus/ency/article/002761.htm>

Some of the things you buy at the store contain phenols and formaldehyde. Like bleach these cleaners scar the lungs and decrease the person's ability to breathe efficiently.

[http://www.parish-supply.com/chemicals\\_in\\_your\\_closet.htm](http://www.parish-supply.com/chemicals_in_your_closet.htm)

Does this contribute to an Olympic destiny? Hardly.

Ozone machines

Some people use ozone machines to disinfect the air in locker rooms. The logic is that ozone is all natural. Well, so is arsenic.

<http://www.2bangkok.com/2bangkok/Scams/Ozone.shtml>  
<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=44567>

Ozone has been traced to lowered lung efficiency. The lungs become less elastic and so the amount of air sucked in is less. Now there is something that will

decrease athletic ability. Probably more than the 5–10% we have been talking about.

Conclusion

Okay what will clean the environment and not harm the potential sports hero?

Go to your health food store and look for cleaners with tea tree oil [Melaleuca oil] or grapefruit Seed Extract. They kill mold and bacteria but don't cause changes in the body's ability to function at peak efficiency. Our company motto is, "If You Can't Drink It, Don't Spray It."

Just changing your cleaning products and cleaning up mold can add that 5–10% performance to an athlete. And that, my friend, is the topic of this article.

For 30 years, Dr Graham has been helping people treat and prevent disease by showing them how to live in a clean environment. [DrGraham@themoldlab.com](mailto:DrGraham@themoldlab.com)

## **Indoor LED Signs**

**By Paula Jones**

Indoor LED signs are most suited in internal controlling of financial trading company as well as the

manufacturing firm. Many other areas like banks, sports control room, transport divisions also employ these equipments according to their need.

Large numbers of employees in production department of factories work among noisy working environment. To quickly and effectively give them important updates, circulars, notice, breaking information, and news, many companies install indoor LED signs. Basic layouts with essential information represent an affordable solution.

Indoor LED signs convey important information to the world very safely and efficiently. They are helpful in transmitting health and safety information, in the case where company requires safety laws or want to create safe working conditions. In case of busy schedule such sign boards are helpful to convey important information quickly with no halt of production and more disturbances.

Indoor LED signs are easily programmable and can be controlled with no expertise that uses relatively simple electronics. In the business services world, a number of users exist. One leading manufacturer of LED signs, Jayex Technology offers a wide range of indoor LED signs which are manufactured considering the daily need of users in the industrial zone. These sign boards are also used in motivating employees, displaying financial figures. The products are available in different ranges and sizes with a variety of color options.

Indoor LED signs can also be customized according to the need of the user. These equipments are connected to local power supply and can be controlled through local or remote locater, available with standard key pad and mounted accessories in addition too. Mounting is possible anywhere according to the use of the equipment and its size. In most of the cases, it is hanging on the wall, even though there are many choices. The main advantage is that you are able to display information from virtually any source.

Incremental improvement over many decades of development has insured a lasting display medium for use in affordable indoor LED sign board solutions.

Paula Jones

Jayex Technology Limited, based in London specialise in advanced information display systems. Established in 1978 we have pioneered the development of the LED display market and now have over 18,000 customers worldwide. We offer, probably the largest range of models from small single line signs to big screen Megavision screens that can display live video and action replay in stadia.

Indoor LED Signs  
Sports Supplement  
How to Attack Elite Performance  
Las Vegas Skydiving And Other Extreme Sports  
Indoor LED Displays

Use and Abuse of Steroids

101 tips to stay fit and live longer.

IP Ad Websender – The Ultimate Promotion Tool

Disaster Preparedness and Crime Protection Manual

The Alphabet of Birds



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**