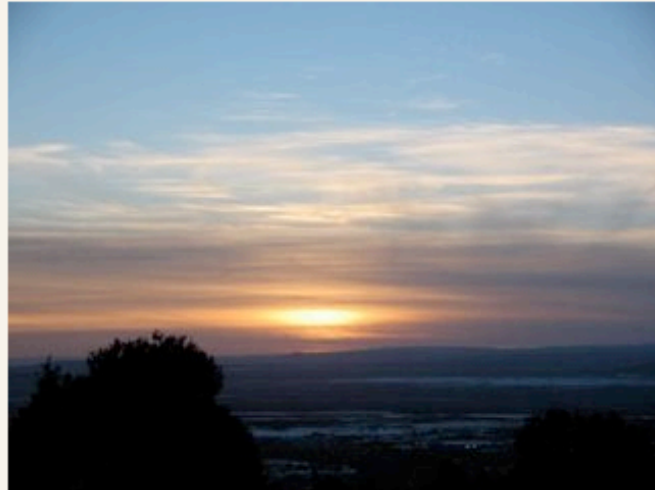


A Writer's World by Melissa Williams

Aren't we all just constantly trying to get here?

■ SATURDAY, FEBRUARY 28, 2009

Balancing out our IONS



I know many of you have heard me talk about Negative Ions and their effect on our body/mood. Well, being in the mountains has re-intrigued my level of curiosity about these brilliant and natural findings. Our body is composed of positive ions, sometimes more than we need ... which leads to allergies, depression, bad moods, ect. I found a little tidbit about the benefit of negative ions, (which are found in nature) to help relieve those stressors. I love this stuff. I know whenever I am in one of my moods, the first thing I think of is I need the ocean and I need it right now. It instantly makes me feel better. Well, there is actually a chemical balance that happens when emerged in a natural environment of running water. Here's a piece to better explain. Enjoy!

Negative ions are created in nature with air molecules broken apart from sunlight, radiation, and moving air or water. In

"The action of the pounding surf creates negative air ions and we also see it immediately after spring thunderstorms when people report lightened moods," says ion researcher Michael Terman, PhD, of Columbia University in New York.

In a study conducted by Columbia University, 25 people with SAD (Seasonal Affective Depression) sat in front of a negative ion air purifier for a half hour every morning for a month. Half the subjects were given a low level of negative ions, and the other half a high level. The higher level of negative ion treatment proved to be as effective against SAD as antidepressants, such as Prozac and Zolof, and without the side effects of these drugs.

Negative ions are odorless tasteless molecules that are breathed into our respiratory system. High concentrations of negative ions can be found in nature in mountain forests, waterfalls, and beaches where people feel energized and invigorated, which helps relieve stress, alleviate depression, boost energy. http://www.peakpureair.com/negative_ions.htm

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