



## OXYGEN LEVELS ARE DROPPING HYPERBARIC CHAMBERS PART OF THE SOLUTION

Recently,, I came across something very important. The ramifications of this are incredibly serious and emphasizes the importance of Hyperbaric Chambers.

In this article, North American Forests: When the Colors of the Trees Change, massive amounts of North American forests are being wiped out by the bark beetle. Due to warm winter temperatures, winter survival rates of larvae shot from just 20% to over 80%, causing a massive population explosion. More beetles means more trees attacked and killed. By 2010, over 30 billion trees have been killed. Logging operations to combat the infestation has resulted in even more tree loss, including many healthy ones. In British Columbia alone, over 18.1 million hectares are considered contaminated by 2012. In the lower 48, hundreds of millions of tree are already dead and dying. Western forests are at risk of being virtually wiped out. With the loss of trees to produce oxygen and absorb carbon dioxide this balance is now threatened.

Ahead of us we have the possible destruction of forests, vital in maintaining oxygen levels necessary for life, in the control of carbon dioxide, and in water cycle balances. Notably, the concentration of oxygen in the atmosphere has dropped from **35 to 21** percent from prehistoric times to now, and the carbon dioxide has increased in part by the human growth pollution with dangerously low levels of oxygen in cities, which often comprises only **15 percent of total air displacing oxygen in the atmosphere**. So at this rate it is obvious that in these cities we will render the "air" unbreathable. If the oxygen level in such an environment falls below **19.5%** it is **oxygen deficient**, putting occupants of the confined space at risk of losing consciousness and death. (Professor Ralph Keeling of Scripps Institute whose job is to monitor oxygen levels.) Diana Beresford-Kroeger, a botanist, says, "the abuse of forests and pollution of the oceans has caused them to produce only half the oxygen (they produced) 10,000 years ago."\*\* We must also consider that in the last 30 years this process has accelerated the deterioration or the collapse of almost all living systems. While some carbon dioxide is / was being absorbed by the oceans, carbon dioxide saturation is now occurring. Effectively the oceans are reaching their limits and becoming acidic on how much more carbon dioxide they can absorb and leaving the rest in the atmosphere "dead zones". There is a lot of evidence readily available on this topic. Gary Shaffer's worst case scenario predicts that the oxygen levels in the oceans may drop by more than 20 per cent in the years ahead.

**The sum total is this:** Millions of hectares of trees (billions and billions of trees) which produce oxygen and absorb carbon dioxide are being lost (and then burning up, releasing their stored carbon into the atmosphere). Lest we forget, deforestation is accelerating all over the world, especially in heavily treed places like the Amazon, Papua New Guinea, Madagascar and tropical forests around the world.

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It is important each of us does our part to walk when we can, recycle whenever possible, exercise regularly, eat healthy nutritious food, drink clean water, breathe efficiently, and purchase a Hyperbaric Chamber (or pool your money together and go in as a group to purchase one to share) for our life and health is dependent on having enough oxygen from every breathe we take. I can be contacted for more information, questions and developing virtual training programs to meet your health and fitness goals.

Thank you.

Move well, move often & breathe efficiently,

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