

## Figures & References from the Audiobook:

### *We React to Everything*

Figure 2.1 Sources of Natural Toxins

Living	Living Examples	Non-Living	Non-Living Examples
Algae blooms	Cyanobacteria or blue-green algae	Bodies of water	Affect humidity, mold, or algae growth; flow of toxicants into areas
Animal Natural Defenses	Spiders, scorpions, frogs, snakes	Heavy metals	Aluminum, cadmium, arsenic, lead, mercury
Bacteria	E. Coli, salmonella, streptococci, bartonella (Lyme disease), Rocky Mountain spotted fever	Natural Disasters	Wildfires, hurricanes, floods, earthquakes, volcanoes, tornadoes
Mold, fungi	Aspergillus, Stachybotrys	Ozone	Natural phenomena: formed in stratosphere from UV radiation and oxygen
Parasites (animal)	Flukes, tapeworms, roundworms, ticks, lice, fleas, mites, parasitic flies	Radiation from underground, radon	Uranium 238 released with shale / gas fracking
Parasites (plant)	Dodders, broomrape, viscum, mistletoe	Solar Radiation	Ultraviolet A & B rays, gamma, X-rays, radio waves
Plant Natural Defenses	Oxalates, salicylates, phenols	Topography	Altitude sickness due to oxygen deprivation. Beaches and mountains can have very clean air.
Viruses	COVID, Norovirus, Epstein-Barr	Weather	Humidity, temperature, wind speed and direction. Barometric pressure can sicken people.

Figure 2.2 Sources of Man-Made Toxins

<b>Sectors</b>	<b>Examples / Trends of Man-Made Toxins</b>
Agriculture / Lawn Treatment / Spraying	Pesticides, fertilizers, herbicides
Cleaning Products / Disinfectants	Triclosan hand-wash, detergents with toxic chemicals
Construction of Homes / Buildings / RV's	Treated wood, glues, carpeting, vinyl, formaldehyde; toxic indoor air due to lack of ventilation
Electromagnetic Frequencies (EMF's)	Cell phone systems, computers, routers, TV, electrical appliances, and wiring, Smart meters, vehicles, MRI / CT/ X-Ray machines
Food & Beverages, Pet food	Colorings, preservatives, fillers (at least 10,000 chemicals per Environmental Working Group)
Fragrances	Unregulated, many toxins according to studies
Furniture / Appliances / HVAC	Preservatives, plastics, heavy metals
Health & Beauty Products, repellants	Colorings, preservatives
Light and Sound Pollution	Affecting animal migration patterns, human sleep cycles, overall mental health
Man-made disasters	Dissipate toxic substances through leaks, explosions, spills

Manufacturing, agriculture, transportation, mining, fracking	Ozone, particulate matter (PM 2.5 & 10), smoke, methane, benzene, carbon monoxide. Many dangerous chemicals pollute air & water
Medical Procedures	Chemotherapy, dental fillings, and anesthesia that may harm.
Medications / Supplements	Inadequately tested in the market; interactions with other toxins
Mismanagement of wastes in every sector	Non-existent, overburdened, and unregulated dumping of sewage, radioactive, fracking, and other harmful wastes
Petroleum-based products / toys / Food storage	Micro-plastics in our food chain, bodies, fuels, and inks
Plastics	Food service and storage, clothing
Population density / overdevelopment	Heavy traffic, sewer systems overburdened
Technology	Cyber-bullying increases suicides, cyber-attacks on all sectors; Artificial Intelligence (AI) has moral implications.
Textiles / Clothing	Dyes, pesticides, preservatives
Warfare	Nuclear, biological, chemical agents, & cyber-warfare

Figure 2.3 The Toxic Bucket

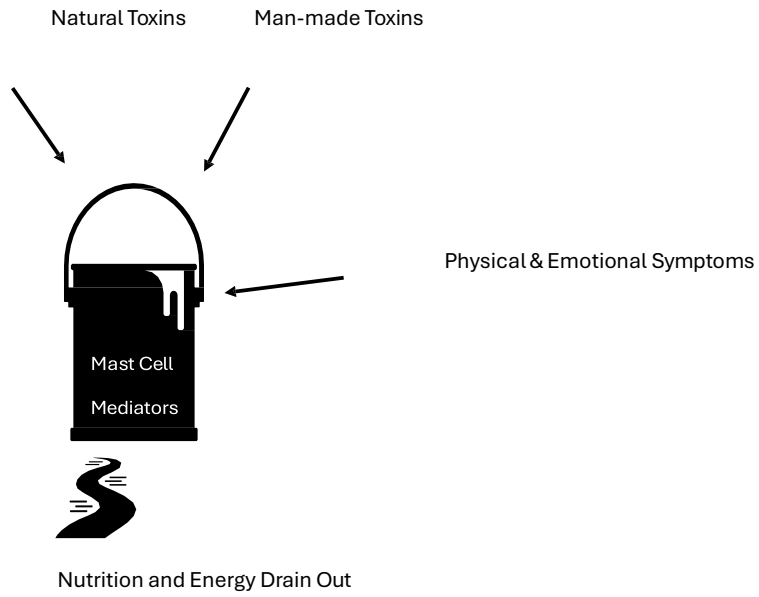


Figure 4.1 Evacuation Worksheet

Type of disaster	Response Time	Take with You	Notes
<b>Home Explosion</b>	Immediate (1 minute to leave)	Elderly, children, pets, and only the clothes on your back	
<b>Close Explosion</b>	5 minutes	What you might have time to grab: Ex: purse, car keys, cash, CPAP, cell chargers, medications, shoes, jacket, computer	
<b>Evacuation order</b>	1 hour	Fill up your car or suitcase in an hour	
<b>Wildfire in your area; no evacuation order yet</b>	1 day	Might have the option of multiple trips or evacuate animals first.	

Figure 7-1 My Respirator



My respirator is a 4WDKING Rechargeable Electrical Air Purifying, Reusable Portable Air Purifier with HEPA filter for Sleeping, Outdoor Sports Housework, purchased on Amazon on November 18, 2024. Note: it does not prevent contaminants from entering through your eyes.

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## **Movies**

*The Perfect Storm.* Released in 2000.

