

# JET FLYING INCREASES BLOOD CLOTS

**It has been widely reported for over a year that something strange is happening to people who fly in jet airliners. It is not uncommon for men and women, after arriving at the Tokyo International Airport, to drop dead from a blood clot as they walk away from the plane.**

It was thought that the cause was simply due to lack of exercise in cramped economy class seats for the many hours during which the flight occurred. But a major British newspaper reports that **the tendency for blood to clot is dramatically increased by the high-altitude pressure in the passenger cabins.**

Airlines routinely maintain the equivalent of 7,000-foot air pressure in their planes. This is done as an economy measure, in order to reduce the amount of air circulation that is provided to the passengers. In other words, the passengers breathe less air and it is staler. Researchers found that drinking liquor increases the risk even more. The bodies of passengers in jet planes are shocked by atmospheric conditions similar to that which they would experience if they sat for hours, without moving, on the top of a 7,000-foot mountain! That is half as high as Mount Rainier and over two-thirds as high as Mount Hood.

Here is the story, based on research done in Oslo, the capital of Norway:

**“Economy class passengers who suffer cramped conditions on long haul flights are at risk of developing blood clots in their legs,** experts have decided.

“The existence of ‘economy class syndrome’ has been disputed, but research published in the [British medical journal] *Lancet* today says an increased risk of venous thrombosis is real.

**“Doctors put 20 healthy men in a low-pressure chamber which created the air pressure of 7,000 feet above sea level, the pressure in aircraft cabins. They were told to avoid exercise and blood samples were taken after eight hours.**

“Dr. Bjorn Bendz and colleagues from the Haematological [Blood] Research Laboratory, Ullevål, Oslo, found that concentrations of compounds associated with clotting had increased to between two-and-a-half and eight times the initial levels.

“Dr. Bendz says: ‘Despite the lack of an adequate control group, **our study suggests that rapid exposure to air pressure in aeroplane cabins activates coagulation.** This activation is probably highly relevant and may contribute to the increased risk of venous thrombosis. Although rare in flights, **venous thrombosis is serious and potentially fatal.**’

“He urges airlines to advise passengers to **perform leg exercises regularly and to take non-alcoholic drinks.** Last month, British Airways announced that it was taking part in similar research following the death of Emma Christoffersen, 28, of Newport, Gwent, after a 20-hour flight from Australia.”—*London Telegraph, November 11, 2000.*

## WATER AND COKE

Interesting facts to share with your friends.

### FACTS ABOUT WATER

Fully 75% of Americans are chronically dehydrated.

In 37% percent of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even mild dehydration will slow down one’s metabolism as much as 3%.

One glass of water eliminated midnight hunger pangs for almost 100% of the dieters in a University of Washington study.

Lack of water is the number one trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%. It will reduce the risk of breast cancer by 79%. You will also be 50% less likely to develop bladder cancer.

*Why not start drinking more water?*

### FACTS ABOUT COKE

In many states in the U.S., the highway patrol carries 2 gallons of Coke in the trunk to remove blood from the highway after a car accident.

You can put a T-bone steak in a bowl of Coke and it will be gone in 2 days.

To clean a toilet: Pour a can of Coke into the toilet bowl and let “the real thing” sit for one hour; then flush clean. The citric acid in Coke removes stains from vitreous china.

To remove rust spots from chrome bumpers: Rub the bumper with a crumpled up piece of aluminum foil dipped in Coke.

To clean corrosion from car battery terminals: Pour a can of Coke over the terminals to bubble away corrosion.

To loosen a rusted bolt: Apply a cloth soaked in Coke for several minutes.

To remove grease from clothes: Empty a can of Coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coke will help loosen grease stains. It will also clean road haze from your windshield.

To transport Coke syrup concentrate, commercial trucks must use the Hazardous Material placards reserved for highly corrosive materials.

The distributors of Coke have been using it to clean the engines of their trucks for 20 years.

The active ingredient in Coke is phosphoric Acid. Its pH is 2.8—an extremely powerful acid. The only reason anyone can drink it is because it is loaded with sugar. Coke will dissolve a nail in about four days.

*Do you still want to drink Coke?*