

EAGA Business Builder

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August 15, 2023

Today's speaker was J. W. Biava—AirWell



Mr. Biava's presentation this morning was to provide us with information about how to breath good air in order to stay healthy. The basics of overall health are: clean water; clean food; and clean air. If you keep the bad stuff out of your system as much as you can, your body has a much better chance to operate the way it should. For toxins to get into your body, they are either injected, ingested, absorbed, or inhaled. Research indicates that between 7% and 15% are via the ingestion method. Not very many toxins are received via absorption, and the same goes for injections (other than the country's drug problem). That would indicate that a large amount of the bad stuff that does get into our systems is via inhalation. It isn't easy trying to monitor, or control, what you breathe in because you can't see what is in the air. (If you can actually see the air you're breathing, then you can also be certain it is bad for you). There have been studies that conclude US residents spend about 90% of their time indoors. So, there you go. Problem solved. We'll just stay inside so we won't breathe the pollution...Wait! That plan won't work unless you do something to clean the indoor air. For most households and businesses, the indoor air has a toxin level 2 to 5 times greater than the outside air. In the 1970s the D.O.E. created regulations requiring better sealing of buildings in order to save energy. An unintended consequence of that policy is that tightly sealed buildings do not promote valuable air exchange, and contaminants stay trapped inside the facility. Those energy saving initiatives also brought on the 'light frame construction' process. That means framing a building with a protective outer wall, then an air gap that is filled with insulation, covered by an interior layer of sheetrock. Air is trapped inside that gap, so it collects dust, mold and other toxic things that gradually seep into the living areas through rough-cut electrical outlet boxes or air duct systems where the vents weren't properly fit, or where there are actually small penetrations into the ducts themselves. But not all of the unhealthy air pollutants sneak in via cracks, crevices, or wide open doors. Some are brought in by humans. Mothballs (naphthalene or para-dichlorobenzene); improperly stored gasoline; and creosote (from railroad ties used in construction or decoration) are all toxic. And mold is pretty much everywhere. Roughly 50% to 65% of all homes have mold to some degree. Humidity greater than 60% is a mold haven. A lot of people can live quite comfortable with mold around, but a lot of other people can't. Obviously, either way, the amount of mold should be minimized as much as possible. But the more susceptible folks have to take additional steps to minimize their exposure. Mold related illness can be attributed to genetics, lifestyle, diet or living environment. Excluding genetics, the others are controllable to a large degree. We'll leave the 'lifestyle and diet' things to common sense solutions. The living environment issues are the things that J.W. and AirWell specialize in. First off - they can help determine the degree of any problems that may exist in your facilities. Inspections cost \$100 per hour and would be \$400 to \$500 for a 2500 sq ft home. AirWell has test kits that can be strategically placed around the home to determine if mold is present (or how much and what type), and they AirWell's infrared device can help detect water leaks. If there is a problem, Mr. Biava and his team have a plethora of options and suggestions to solve your specific issue(s). His mantra is "dilution is the solution to contamination". Keep toxin levels low enough so that your systems can adequately process it. Proper air ventilation is critical. The most important part of any solution is to remove the source of the contamination as soon as possible. Other things to do: If its wet, dry it; regularly dust-with micro-fiber cloths and vacuum-with a good machine; periodically clean all the dust and built up junk from behind the refrigerator and other major appliances; seal the wall and duct penetrations using outlet gaskets, duct tape and caulking; clean affected areas using 12% hydrogen peroxide [Be extremely careful. This stuff will burn you if it's not handled properly]; install MERV-11 filtration pads; if possible, AeroSeal the HVAC systems (cost about \$2200); use air monitoring devices (such as 'Air Things 2930' - cost about \$200, or 'Purple Air' Touch or Zen models for \$200 to \$300); when practical, put an ERV 24 hour ventilation system on your HVAC units; drain and clean swam cooler on a regular basis (that means weekly, not bi-annually) and once a month clean it with the peroxide. If you have a major mold issue, AirWell can provide solutions for that too. They have fogging and misting processes to get of mold and other contaminants. A couple of other tips for knowing if you have a problem: If you can smell it, it is getting into your blood; To determine what's going on with that weird spot on the wall—put a little peroxide on it. If it fizzes, the spot is caused by something growing there; If a family member is chronically ill (or just not thinking clearly on a regular basis and constantly fatigued) and the medical industry can't find a cause—have the person's living/working environment tested for mold. To get any other advice or to get testing that you may need, contact J. W. Biava at 505-379-9584 or jwbiava@airwellnow.com. You can also visit his website airwellnow.com to get an idea of the various services and products offered. If interested, you can also ask Mr. (not dentist) Biava to show you the short video of a smoking tooth. It was a graphical way of noting the mercury gases released (and presumably breathed in) as a person chews on an old amalgam (50% mercury) tooth filling.

Leads & Member Announcements

Dr. Nate Roybal has a prospective employee opportunity for our membership. Unfortunately this individual worked at NM Solar and suddenly lost his job when NM Solar closed their doors last week. A resume is attached. If you have any questions, please contact Nate [cnroybal@gmail.com or 505-235-4005]

◆ **Please note that we will not have a meeting on September 6th in recognition of Labor Day.**

◆ **Second announcement of a new member application:**

DcJ Solutions

Representative: Douglas Johnson

Category: Quality and Analytics Consulting

Sponsor: Tom Pascuzzi, MD

If you have an objection to this company becoming a member, or if you have information that you feel should be considered during the review process, please contact our Membership Committee Chairman, Jack Zipper (via telephone number 505-259-5959 or email at jdzipper@comcast.net) as soon as possible.

◆ **This year's Dr. Jim Fanning Memorial Trap Shoot will be October 6th. Participants will shoot 50 rounds each (instead of the usual 100). That will shorten the time needed, and will probably create less sore shoulders. There will be lots of door prizes; and a raffle; and breakfast; and a gathering at Rio Bravo Brewing for bragging time after the event. Signup sheets will be available at upcoming meetings. For those of you that are too new to the organization to know...Dr. Fanning was a long-time member of EAGA. He was a very well respected orthodontist and was regularly involved in helping our community in that capacity. Dr. Fanning was also an avid sportsman and helped found the New Mexico chapter of Ducks Unlimited. For many years he organized fishing expeditions to Vermejo Lake Ranch for EAGA members and guests. Dr. Fanning developed pancreatic cancer and passed away in 2010. The trap shoot was established to honor Jim's contributions to our organization, and to the community in general.**

Badge Board Greeters

Aug 22nd

Aug 29th

Sept 05th

Sept 12th

Sept 19th

Sept 26th

Oct 03rd

Lawrence Herrera—Performance Ranch

There will not be a meeting – Labor Day Holiday

Upcoming Speakers

Aug 22nd

Aug 29th

Sept 05th

Sept 12th

Sept 19th

Sept 26th

Oct 03rd

Tim Stewart– Impact Nations

A round table discussion. Mario will discuss this at breakfast on Aug 22nd

There will not be a meeting – Labor Day Holiday

Kevin Lorenzen—Aflac

John Mead—John Thomas Jewelers

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