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## The Dangers Of Wood Smoke To Your Family

By BRENDA



(Source)

*You have a romantic evening planned. The wine is chilling. The food is cooking. The table is set before a lovely fire in the fireplace, where the light will be dim and you will toast one another over a wonderful meal.*

What is wrong with this picture? Up until recently, I would have said nothing. But then a reader of mine started educating me on the dangers of wood smoke.

### **In her words:**

“Wood smoke pollution contains many of the same toxic chemical compounds as those found in tobacco-smoke.

Wood smoke is associated with Cardiac disease, Cardio pulmonary, SIDS, STROKE, Asthma, Cancer, COPD, Autism, Learning Disabilities, and many other wood smoke associated illnesses.

Those most vulnerable are the very young, the fragile elderly, those with pre-existing health conditions, those with compromised immune systems, and the unborn child.

When we can't breathe, nothing else matters. We all share the community air and there is an urgent necessity for each community to take positive pro-active action to ban/end/prohibit all urban residential and recreational wood burning.

Devices such as wood burning stoves, wood burning fire places, OWBs (outdoor wood boilers) fire pits, backyard bonfires, beach burns and any device that burns wood as a fuel source either for home heating or for recreational use.

There is no safe level of smoke to breathe. Seventy percent of wood smoke enters into other homes in an area, making it possible for you and your family to be breathing deadly toxic chemicals that seep into every minuscule crevice of your home. You cannot keep wood smoke out of your home.

After a decade of being made ill from a wood burning neighbor, our lives changed dramatically once the wood burner left the area. This happened due to years of hard work, pressure applied, and help from community officials.

We lived what many call a nightmare of days and nights being smothered in endless hours of toxic wood smoke pollution. We did not move in beside a wood burner, but when the home next door was sold, a wood burner moved in and life changed drastically.

Nights and days of being smothered in smoke, being made ill and suffering, and not being able to breathe made me decide to become an activist. Helping to raise the profile about this toxic form of community airborne pollution.

This could happen to you. If your community does not have laws to end/ban/prohibit all recreational and residential wood burning, you could be next.

Stand up for your right to breathe healthy air—air that is wood smoke-free. Contact your city officials if you have a problem, write your state representative, contact every resource possible, and don't stop till someone listens.

Attend meetings that you arrange with your City Mayor/Board Members, Fire Department and others regarding the urgent need for protection from this toxic source of community pollution.

Don't stop till someone hears you! Don't stop till someone takes action on your behalf. Become involved, become concerned and become aware of the deadly, negative impact that wood smoke pollution has on your health, your family, and your environment.

We all share the community air and one wood burning device can harm the health of others for miles in a neighborhood. Remember no one has the right to destroy your health, harm your family or take away your right to breathe.

If you don't speak up, you could end up like many in communities everywhere, suffering day after day from wood smoke pollution in their neighborhoods.

Please, don't burn wood. Protect the health of your loved ones by taking pro-active action. Become informed today about the health and environmental hazards of breathing wood smoke.

**Air Is Precious. Protect It. Don't pollute it with wood smoke.**

*"Thank you, Brenda, for sharing this very important message with so many of your valued readers who do care about their homes, their families and the air they breathe."*

**Linda Baker Beaudin**  
**Founder, Air Is Precious**

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Peter Lehmkuhl, general manager of the Sierra Club's Clair Tappaan Lodge, high in the Sierra Nevada, tends to the fireplace

This information, I must admit, is new to me. I've never used fireplaces, and smoke makes my asthma worse. But I did not know it could have this serious an effect.

Google this topic and learn about this problem. You will find lots of information. Don't take anyone's word for it. Read and find out for yourself. You owe your family this much.

You wouldn't hand a lit cigarette to your child. So think about the smoke that comes from burning wood in your home fireplace, or your fire pit.

Knowledge is power.

Here are 5 articles I found on this subject to get you started:

[http://www.ehhi.org/woodsmoke/health\\_effects.shtml](http://www.ehhi.org/woodsmoke/health_effects.shtml)

[http://www.ehhi.org/woodsmoke/health\\_effects.shtml](http://www.ehhi.org/woodsmoke/health_effects.shtml)

<http://www.familiesforcleanair.org/myths/>

<http://www.samharris.org/blog/item/the-fireplace-delusion>

<http://www.environmentalhealthnews.org/ehs/news/hazards-of-wood-smoke>

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