

**\*\*This story has been all over the internet and we at Smart Air feel there is enough importance in its information that we should attached it to our site and make people aware of its possibilities. Also a link for a review by the American Cancer Society and their position at the end of the story.**

## **Open Your Car Windows BEFORE you turn on your A/C!!! URGENT!!!**

**This one is for all to read and then share...might help save a life.**

**Now this is very interesting! My car's manual says to roll down the windows to let out all the hot air before turning on the A/C. WHY ?**

**No wonder more folks are dying from cancer than ever before. We wonder where this stuff comes from, but here is an example that explains a lot of the cancer-causing incidents.**

**Many people are in their cars the first thing in the morning, and the last thing at night, 7 days a week.**

**As I read this, it makes me feel guilty and ill. Please pass this on to as many people as possible. Guess, it's not too late to make some changes.**

**Please do NOT turn on A/C as soon as you enter the car.**

**Open the windows after you enter your car and then after a couple of minutes, turn ON the AC.**

**Here's why: According to research, the car's dashboard, seats, a/c ducts, in fact ALL of the plastic objects in your vehicle, emit Benzene, a Cancer causing toxin. A BIG CARCINOGEN. Take the time to observe the smell of heated plastic in your car when you open it, and BEFORE you start it up.**

**In addition to causing cancer, Benzene poisons your bones, causes anemia and reduces white blood cells. Prolonged exposure can cause Leukemia and increases the risk of some cancers. It can also cause miscarriages in pregnant women.**

**The "acceptable" Benzene level indoors is: 50mg per sq. ft.**

**A car parked indoors, with windows closed, will contain 400-800 mg of Benzene - 8 times the acceptable level.**

If parked outdoors in the sun, at a temperature above 60 degrees F, the Benzene level goes up to 2000-4000 mg, 40 times the acceptable level. People who get into the car, keeping the windows closed, will eventually inhale excessive amounts of the BENZENE toxin. Benzene is a toxin that affects your kidneys and liver. What's worse, it is extremely difficult for your body to expel this toxic stuff.

So friends, please open the windows and doors of your car - give it some time for the interior to air out -(dispel the deadly stuff) - before you enter the vehicle.

Thought: 'When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others.'

False per <http://www.cancer.org/cancer/news/expertvoices/post/2011/07/19/is-your-car-killing-you-with-benzene.aspx> (Is your car killing you with benzene?). The article addresses the concerns of the email point-by-point. The summary statement from the article:

**The Upshot**

We found no published studies that confirm the claims of this e-mail. Benzene levels that exceed recommendations for chronic workplace exposure have been observed in some moving cars, but these levels seem unlikely in properly maintained cars. Still, if you're concerned about benzene levels in cars (especially in cars with the engine running), there's no harm in opening the windows periodically or using an air-conditioner setting that circulates air from outside the vehicle.