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biomass combustion transformed into potential impact on health and climate effects in 2035 for sufferers of multiple chemical sensitivities mcs the lack of information on toxicity coupled with skepticism misdiagnosis and very limited research in the medical community has made treatment difficult in the early 1980s doctors began to experiment with thorough sweating as a way of purging the body of harmful chemicals the use of a sauna was found surprisingly effective for treatment of a variety of illnesses information on sauna detoxification therapy is therefore presented here in full so that mcs sufferers can make informed choices the causes and symptoms of mcs are discussed along with current medical information real life experiences of those who have chosen sauna treatment are provided with a look at such options as health clubs detox centers and home sauna units the special value of this book is its detailed specifications and drawings for a home sauna made entirely of nontoxic building materials appendices include a directory of manufacturers and distributors product information helpful organizations publications and other information popular mechanics inspires instructs and influences readers to help them master the modern world whether it s practical diy home improvement tips gadgets and digital technology information on the newest cars or the latest

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*required to optimise the use of space and energy resources leading to improvements in the environment i e reduction in air water and soil pollution as well as efficient ways to deal with waste generation these challenges contribute to the development of social and economic imbalances and require the development of new solutions large cities are probably the most complex mechanisms to manage however despite such complexity they represent a fertile ground for architects engineers city planners social and political scientists and other professionals able to conceive new ideas and time them according to technological advances and human requirements the challenge of planning sustainable cities lies in considering their dynamics the exchange of energy and matter and the function and maintenance of ordered structures directly or indirectly supplied and maintained by natural systems topics covered include urban strategies planning development and management urban conservation and regeneration the community and the city eco town planning landscape planning and design environmental management sustainable energy and the city transportation quality of life waterfront development case studies architectural issues cultural heritage issues intelligent environment and emerging technologies planning for risk disaster and emergency response safety and security waste management*

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