



The Road Report & More

Health, Science, & Climate Action

Dr. Shahir Mastri

Update from the Road

Our climate outreach has been moving swiftly as we hop from community to community. We've given over 10 climate talks thus far, along with several recorded interviews. In Humboldt we had the chance to interview a coral reef expert as well as a research scientist from the famous "Six

Americas" studies on U.S. climate change sentiment headed by Yale University and George Mason University. These videos will be coming to the website this summer. Earlier this week in Humboldt we had the opportunity to speak at two church services, a nature center, as well as a Green New Deal town hall. What an active area it is in Nor Cal. We then passed through Redding, CA, where we had a terrific event, but were saddened by the scars of the horrific wildfires that ripped through last year. A couple people in the audience had even lost their homes. Currently we find ourselves heading to Eugene, OR, where we're partnering with "[Our Children's Trust](#)" for what I expect to be an amazing climate talk with folks from the area on Tuesday. [Click here](#) to RSVP!



Remember when we Rose for the Climate?

Late last summer, hundreds of thousands of people gathered around the world to demonstrate

unity for climate action and a future free of fossil fuel pollution. The worldwide day of action was called "Rise for Climate." Since fighting for climate action can come with a heavy emotional burden, and seem overwhelming at times, I think it's useful to reflect on some of the powerful moments of the recent past. It is these moments that can help to fuel us tomorrow. Here is a taste of what took place on the shores of Cape Cod, Massachusetts, in September. The video clip features myself at the megaphone, with Athina behind the camera. [Click here](#) to watch!



Go Solar (BBQ) this Summer!!

This spring, we brought a new companion on the road. That's right, a solar cooker! And what an exciting addition it's been. Did you know that in many areas backyard barbecues and fires constitute a major source of outdoor air pollution? Well, we as individuals can change that. If you like to grill outside, consider picking up one of these slick looking solar cookers! So far, we've cooked veggie dogs, eggplant, Brussels sprouts, and even potatoes (tray fits 6 dogs).

The food has been great each time, taking about 30 mins to cook. No smoke. No fire. No fuel. What an amazing and sensible device, especially if you live in sunny California. A funny story is that we cooked a batch of veggies while camping, and then moved the cooker out of the sun and into the tent to save for dinner after a hike. Well, when we returned the sun had shifted over the tent. Although the sun was filtered by two layers of tent fabric and was not beaming directly onto the solar cooker, it picked up enough radiation to continue cooking. When we returned to the tent and pulled out the tray 2 hours later, a puff of steam rushed out. Our veggies had essentially turned to mush. In other words, this solar cooker

doesn't mess around! While these are sold at REI, I picked up a much less expensive version on Amazon. [Click here](#) to get your solar cooker in time for summer fun! Cooking via the sun is a simple way to reduce toxic air pollution and local greenhouse gas emissions. It's also tons of fun!

Vote for the Climate! (HR 763)

While climate change poses a major concern, exciting prospects are on the horizon. That is, we finally have meaningful legislation on the floor of the U.S. Congress that proposes to put a price on



greenhouse gas (GHG) emissions. While it sounds obvious that we should slap a fee on the pollution of our sky, much like companies must pay to dispose of toxic waste, for generations this has not been the case for carbon dioxide and many other GHGs at the federal level. Instead, companies have been allowed to treat the air like a free dump site. Consequently, GHG levels have skyrocketed, thus paving the way for today's climate crisis. Finally, that could all change. With the passage of new bill called the Energy Innovation and Carbon Dividend Act, or HR 763, the federal government would charge a fee on the extraction and import of fossil fuels. Sound like a plain carbon tax? Not so fast! The "dividend" piece means the revenue generated from the imposed fee would get returned to the population as a monthly check. That's right, everyone would get a cut of the revenue! I of course cannot explain the entire bill in a brief newsletter. So, [click here](#) to learn more. The [Citizens' Climate Lobby](#) also has useful info, stating that it would reduce America's emissions by at least 40% in the first 12 years and create 2.1 million new American jobs. If you'd like to understand how a bill of this kind would enable a greener economy and reduced GHG emissions, [click here](#) and pick up a copy of my new book "Beyond Debate" where I've dedicated an entire chapter to this topic! I'd like to close by acknowledging that HR 763 is not perfect. However, we must understand that policy is almost never perfect. And when it is, it's usually only after improving on prior imperfect policy. Even the famous Clean Air Act of 1970 was an evolutionary product of the earlier Clean Air Act of 1963 and even the Air Pollution Control Act before that. Thus, I encourage you to call your local congress person and ask them to support HR 763. We finally have a shot at achieving bipartisan support of meaningful climate policy in the U.S. and serving as a model to other nations. It's a critical step we cannot afford to let pass!

A Health Tip for You!

It's no surprise that the food we eat plays a key role in determining our fitness and health. Interestingly, broccoli, while perhaps not everyone's favorite food, has demonstrated remarkable disease-preventing qualities. This vegetable contains a chemical called sulforaphane (SP) which, through experimentation, has been shown to protect against harmful bacteria. Most notably, SP destroys *H. pylori*, a bacteria associated with inflammation, stomach cancer, and ulcers. While antibiotics are often effective in combating *H. pylori*, this bacteria can evade such treatment by entering cells on the stomach walls only to reemerge post-treatment. Studies at Johns Hopkins University, however, show that SP kills these bacteria even when "hiding" in stomach-wall cells. What's more, the concentrations of SP needed to achieve such a benefit can be obtained by eating broccoli (as opposed to an SP supplement). Scientists have also found SP to inhibit stomach cancer in mice. Unfortunately, boiling tends to reduce the presence of SP in broccoli. Other methods of cooking such as steaming and stir frying, however, don't appear to reduce SP levels in the same way. Here's to broccoli and healthy eating!



**Cheers,
Dr. Shahir Masri**

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