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AdVision

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"Nice! You're 40% under your footprint target today."

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Your daily eco-brain. Smart suggestions: walk or metro? Tofu or takeaway? Turning greener choices into effortless habits.

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Red = High. Orange = Moderate. Green = Low.
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CarbonGauge
A powerful blend of carbon accounting, indirect-emission estimation, and AI magic gives you pinpoint-accurate, real-time footprint scores.

**Eco-living, streamlined.
Sustainability, simplified.**

DISCLAIMER: Real scientific principles. Fictional ideas with a potential future.

Air we go again...

NCR's Annual Inhale, Exhale, and Pray Routine Has Begun

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Every winter Delhi-NCR is a bit like living through a slow zombie apocalypse; not loud, not dramatic, just a quiet, stubborn enemy that refuses to leave. Air becomes thick, skies turn a dull grey, and particulate matter (PM) 2.5 hovers while all of us keep quietly wondering, are we out of the woods yet? Some doctors now even tell their patients to get out of the city for 6 to 8 weeks. But, since most of us can't flee, here's your scientific survival guide:

Step 1: Build internal armour

Long-term PM exposure increases cancer risk, which diet can help modify. Eat sulforaphane containing cruciferous vegetables like broccoli and cabbage, which aid detoxification. Turmeric reduces oxidative stress.

Omega-3s support lung repair; and antioxidants like amla, berries, and citrus neutralise free radicals. Stay hydrated, add probiotics daily, and minimise sugary or fried foods.

Step 2: Fortify your house

Instead of a pricey purifier, tape H13/H14 HEPA sheets over your AC intake and run it on fan mode. This setup removes up to 99.95% of fine particles — exactly what commercial purifiers do, minus the marketing. Avoid candles, incense, and strong fragrances, and keep your car AC on internal circulation when you step out.

Step 3: Mask up

Wear an N95 only during the worst hours: early mornings (5–10am), late evenings (7–11pm), or during heavy traffic. Wearing it all the time isn't advisable since it increases

breathing resistance. Moreover, you must also avoid outdoor workouts.

Step 4: Detoxify and decontaminate

For detoxification, use a nasal saline rinse, take light steam, and add lung-expansion exercises like slow belly breathing, pursed-lip breathing, and 4-7-8 breathing to open the alveoli. Shower after exposure to wash off the stubborn particulate matter.

Step 5: Befriend a plant

When all else fails, nature is the most potent solution to this problem. Of course, blooming green gardens help but what takes it a step forward is mindful plantation. Spider plant, Peace Lily, Snake plant, Areca Palm, and Rubber plant are some of the best plants for air purification. Alongside HEPA filters, they not only clean toxins but also make



your home inviting and comfortable!

With these steps incorporated in your daily life style, you can get through Delhi's annual 'zombie air' without letting it take over your life, even if the AQI insists on breathing down your neck. 🇮🇳