

PLANETARY HEALTH WEEKLY



CURRENT NEWS ON ECOLOGICAL WELLNESS AND GLOBAL HEALTH

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June 4, 2020

Hi,

It seems that the world as we now know it (see Endshots), and the one we knew, are unraveling. Poverty is expanding at a pace unimaginable as the already billions of poor in poor and rich countries, alike, become poorer. So many more are now, too, without sources of income, and increasingly without food. While the poor in our richer societies likely live in cities, where they already experience food ghettos, those in the poorer countries may (just may) have access to the food they grow themselves, a distinct advantage these days of living in a poor country, where Covid-19 cases and deaths are much fewer than in rich countries. Other diseases, though, are also on the rise, immunization rates are plummeting, people can't access health services and there is even a new outbreak of Ebola in DRC, more than a thousand kilometres away from the already on-going Ebola epidemic, adding to that country's already insufferable problems. Viruses!!! At least we now know lots about them as opposed to during the Spanish flu 100 years ago, when germ theory was just new, the electron microscope for 'seeing' them was still 20 years away and there were no antibiotics, let alone anti-virals. The irony, though, is that for all we know, all our science, we still can't manage the pandemic well. We have so much more to learn. How humbling this all is. And, for me, we are now entering into an even scarier time.

Though not new, but now front and competing for centre stage, we have to add blatant and systemic racism to our poverty and virus and incompetence. We have been steadily marching to a world of greater inequality, even when it already it was unimaginably gross. The racism isn't new, just newly and also grossly exposed. Galloping injustice, in plain view affecting us all, everywhere - a racist murder in flying colour on our TVs. To what depths is that and our society sinking for

racism is also pandemic? And it's not alone with racism. Remember colonialism? It's still alive. But I feel so sorry for all my U.S. friends and colleagues; hoping and praying with you for change. As an American pastor on CBC radio's *As It Happens* two days ago clearly demanded: "it's not enough to not be racist, we must become anti-racist."

Will there be any attempt to create a just society, or just punish the guilty, if found so by the court? So horrendous, and today confirmed global Covid-19 cases number over 6.5 million (among them 450,000 healthcare workers), with Brazil scoring more than 25,000 new cases per day, and almost 400,000 deaths globally (~7500 in Canada). There is no global slow down, but rather a steady daily march to new heights, with truly no end in sight.

In today's **Planetary Health Weekly** (#23 of the year) you'll read more about this and viruses, and the forest destruction that brings us into contact with new ones, the effects of racism and much more, including:

- Coronavirus Updates:
 - A great read on how public health restrictions shouldn't mean dying alone,
 - How would Florence Nightingale have tackled Covid-19?
 - Six determining factors,
 - How the pandemic is exposing inequities,
 - Russia rolling out a 'game changer' Japanese drug,
 - U.S. deaths surpass 100,00 (today about 108,000),
 - How Trump killed a planned regulation to protect healthcare workers,
 - What Seattle's leaders did right,
 - More on Sweden's deadly high risk approach, and
 - Norway's prime minister telling travellers to keep out; then
- Massive proportion of world's population is living with herpes virus infection,
- The Great Barrier Reef heading to further destruction from climate change,
- Our promiscuous treatment and destruction of nature,
- One million species about to go extinct,
- Electric vehicle update,
- How Australia's coastline may become a source of renewable energy,
- A new sulfa-containing antimicrobial spray,
- Has Covid-19 subverted global health?
- WHO issues a six-point manifesto to fight Covid-19,

- How Covid-19 impacts Indigenous communities in Canada,
- The Climate Music Project,
- How to have conversations about climate change,
- The new Food Sustainability Index and global nutrition study,
- The Black American amputation epidemic,
- “The End of October” a new pandemic novel by Lawrence Wright, and
- Safety abroad for students in a recovering world.

I hope you'll take a look.

Best, david

David Zakus, Editor and Publisher



Intoxicating Lilac

SARS-CoV-2 & COVID-19 UPDATES



Coronavirus Public Health Restrictions Shouldn't Mean Dying Alone



Credits: Pinterest

One of the most heartbreak aspects of the COVID-19 physical distancing has been accounts of people dying alone in hospital or in long-term care facilities. These incidents have not only devastated family members but also disturbed many people with the sense that something has gone wrong with how our society cares for aging or vulnerable people and responds to illness and dying.

On May 19, the Canadian Hospice Palliative Care Association (CHPCA) launched a campaign called “Saying Goodbye” that calls on health authorities to “implement a more compassionate approach to end-of-life visitations across Canada during the COVID-19 pandemic.” The CHPCA says that “while certain provinces have taken steps

to relax visitation protocols for end-of-life situations, many hospitals and long-term care homes still do not allow family access, even with personal protective equipment (PPE)." [Read More The Conversation](#)

SEE ALSO:

At The Guardian: [How Would Florence Nightingale Have Tackled Covid-19?](#)

At Washington Post: [The 6 Factors That Determine Coronavirus Containment Or Devastation](#)

At Ryerson: [The Dual Identity of COVID-19: Pandemic Exposes Inequities Of How People Are Experiencing The Global Health Crisis](#)

At Japan Times: [After fast-tracking Japanese COVID-19 drug, Russia to roll out 'game changer' next week](#)

At The Star: [U.S. Deaths From Coronavirus Surpass 100,000 Milestone](#)

At Daily Kos: [Trump Administration Killed Planned Regulation To Protect Healthcare Workers From Airborne Diseases](#)

At New Yorker: [Seattle's Leaders Let Scientists Take the Lead. New York's Did Not](#)

At Washington Post: [Scientist behind Sweden's covid-19 strategy suggests it allowed too many deaths](#)

At Daily Kos: [Mass Death And Economic Devastation In Sweden, And Conservatives Want To Be Like Them](#)

At CNN: [Norway prime minister's message to travelers: If you don't have a work reason to come, we'll send you back](#)

Massive Proportion Of World's Population Are Living With Herpes Infection



Credits: Britannica

About half a billion people worldwide are living with genital herpes, and several billion have an oral herpes infection, new estimates show. An estimated 491.5 million people were living with HSV-2 infection in 2016, equivalent to 13.2% of the world's population aged 15 to 49 years. HSV-2 is almost exclusively sexually transmitted, causing infection in the genital or anal area (genital herpes). Authored by staff at the University of Bristol, World Health Organization (WHO) and Weill Cornell Medical College-Qatar, and published in the [*Bulletin of the World Health Organization*](#), the new study estimates the global infection prevalence and incidence of herpes simplex virus types 1 and 2 (HSV-1 and HSV-2) in 2016.

"Herpes infection affects millions of people across the globe and can have far-reaching health effects. We need more investment and commitment to develop better treatment and prevention tools for this infection." says Dr Sami Gottlieb, Medical Officer at WHO and an author of the study. [Read More at the WHO](#)

'We're Just On The Knife's Edge': Scientists Say Great Barrier Reef Mass Bleaching Could Be Imminent



Credit: Climate Council

With patches of stark-white bleached coral popping up around Magnetic Island - off the coast of Townsville - the Australian Institute of Marine Science warns that if conditions don't improve soon, the Great Barrier Reef could experience its third mass coral bleaching event in five years.

AIMS Senior Principal Research Scientist, Dr Katharina Fabricius lives on Magnetic Island and said the situation on the island has quickly deteriorated, from moderate coral bleaching to the first coral mortalities. “[We had] massive bleaching in 2016 and 2017 and now we’re just on the knife’s edge and it depends on the weather now whether or not we’re going to see another bleaching event,” Dr Fabricius said. [Read More SBS](#).

Read More:

At CNN: [Great Barrier Reef suffers third mass bleaching event in five years](#)

'Promiscuous Treatment Of Nature' Will Lead To More Pandemics



Credit: Léo Corrêa/AP

South America is a key area of concern due to the rapid clearance of the Amazon. Humanity's "promiscuous treatment of nature" needs to change or there will be more deadly pandemics such as Covid-19, warn scientists who have analysed the link between viruses, wildlife and habitat destruction. [Deforestation](#) and other forms of land conversion are driving exotic species out of their evolutionary niches and into manmade environments, where they interact and breed new strains of disease.

A growing body of research confirms that bats – the origin of Covid 19 – naturally host many viruses which they are more likely transfer to humans or animals if they live in or near human-disturbed ecosystems, such as recently cleared forests or swamps drained for farmland, mining projects or residential projects. In the wild, bats are less likely to transfer the viruses they host to other animals or come into contact with new pathogens because species tend to specialize within distinct and well-established habitats. But once land is converted to human use, the probability increases of contact and viruses jumping zoonotically from one species to another. [Read More at The Guardian.](#)

See also at :the Telegraph: [Human encroachment on animal habitats risks more global pandemics, study says](#)

One Million Species May Go Extinct, And One Nation May Be The Cause



Credit: AFP/Getty Images

The millions of other species on this planet would surely appreciate a decrease in the smoke in their air, toxins in their soil and microplastics filling their seas. But even if we clean up our act on pollutants, a million species are at risk simply because the act of being human seems to involve consuming all available space. Those who want to diminish the threat of overpopulation may point out that all 8 billion of us could neatly live in Texas were we all packed into Manhattan-sized apartments. Only we're not. People are spread out everywhere, on every continent, and their homes, businesses, factories and roads take up an astounding amount of space.

A [draft U.N. agreement](#) identifies a target of setting aside 30% of the world's land and ocean for wildlife by 2030. But that target may not only be too late for many threatened species—it might not be nearly enough. [Read More Daily Kos.](#)

Summary Of Recent Electric Vehicle News



Credit: Chargepoint

Which automaker revealed a completely new electric vehicle that's already been canceled? Will Tesla's cars get bidirectional charging ability in the near future? This is our look back at the Week In Reverse—right here at Green Car Reports—for the week ending May 22, 2020. The biggest actual product announcement came at the beginning of the week, and it concerned hybrids. Toyota introduced two new all-hybrid vehicles. [Read More Green Car Reports](#).

GOOD NEWS

Why Australia's Vast Coastline Could Become The Next big Renewable Energy Resource



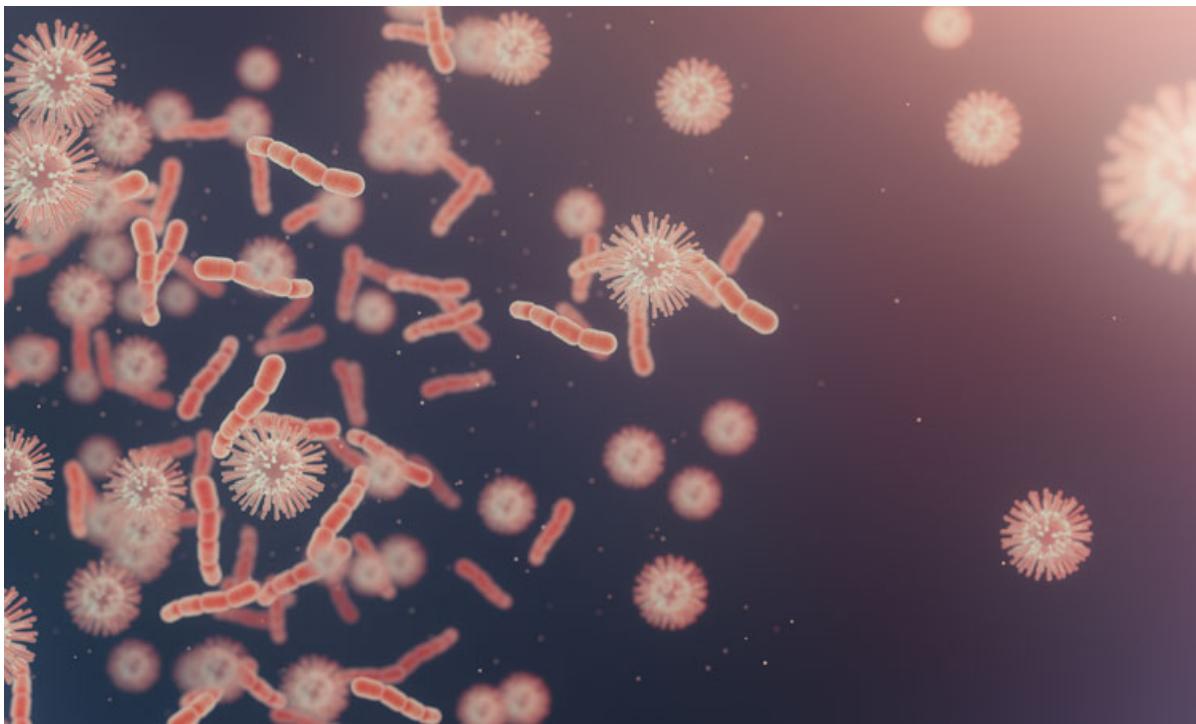
Credit: Getty Images

A new Australian-developed system is to begin generating electricity from ocean waves later this year, with a report showing three-quarters of Australia's energy needs could be met by renewables by 2025. Dr. Tom Denniss is a man on a mission, designing Australian technology to test the potential for a commercially viable ocean wave system. The Australian Energy Market Operator (AEMO) said in May that the Australian grid could derive 75% of electricity from renewables by 2025. His pilot project is taking place on King Island between the Australian mainland and Tasmania.

"Australia probably has the best, or one of the best, wave climates in the world," he told SBS News while walking at Sydney's Cronulla Beach. "The whole southern part of Australia from lower Western Australia right up to New South Wales and including Tasmania is very, very, conducive to this technology." Dr. Denniss is a former high school maths teacher with a PhD in mathematics and oceanography. In 2016, the now 58-year-old co-founded Wave Swell Energy, hoping to demonstrate for the first time that ocean power can be commercially viable. [Read More SBS.](#)

MORE GOOD NEWS

NEW SULFA-CONTAINING ANTIMICROBIAL SPRAY COATING KILLS MICROBES ON SURFACES AND TEXTILES



Credits: Credit: Drug Target Review

Imagine going into hospital care, only to find yourself infected with an illness you didn't originally have. They're called healthcare-associated infections (HAI), and every year, 200 000 patients pick them up inside Canadian hospitals. Around 3% die as a result, making HAs the country's fourth leading cause of death — behind cancer, heart disease and stroke.

Considering that HAs are preventable, the waste in healthcare dollars is mind-boggling. According to an [official report](#), *Clostridium difficile*, or C. diff, infection alone stripped government coffers of \$281 million in a single year — and that's only one strain. Among the more dangerous are superbugs with the antimicrobial-resistance (AMR) to evade drugs designed to kill them. Not surprisingly, infection control specialists are racing to find better ways to quash the spread of microbes. The last half-decade has seen some progress in antimicrobial management. But chemist [Dr. Dan Foucher](#) of Ryerson University in Toronto says the field still has a long road to travel. "Many current protocols, such as hand washing and proper use of antibiotics, depend heavily on human compliance."

Recognizing the limitations of such dependencies, Foucher has worked instead to develop a spray coating that actively protects hard surfaces and textiles from microbes — at the outset and on contact. "Everything that others have tried is about poisoning bacteria, but they have adaptive responses. They can sense it, adapt and survive," Foucher explains. "Our technology works differently. It's a mechanical kill. We're not the first to use it, but we are among the more successful at it." [Read More at Ryerson.](#)

OPINION

Has COVID-19 Subverted Global Health?



Credit: Woodruff Health Sciences Center

For the first time in the post-war history of epidemics, there is a reversal of which countries are most heavily affected by a disease pandemic. By early May, 2020, more than 90% of all reported deaths from coronavirus disease 2019 (COVID-19) have been in the world's richest countries; if China, Brazil and Iran are included in this group, then that number rises to 96%. The rest of the world—historically far more used to being depicted as the reservoir of pestilence and disease that wealthy countries sought to protect themselves from, and the recipient of generous amounts of advice and modest amounts of aid from rich governments and foundations—looks on warily as COVID-19 moves into these regions. Despite this reversal, however, the usual formula of dispensing guidance continues to be played out, with policies deemed necessary for the hardest-hit wealthy countries becoming a one-size-fits-all message for all countries. Two centrepieces of this approach are the use of widespread lockdowns to enforce physical distancing—although, it is notable that a few wealthy countries like Sweden and South Korea have not adopted this strategy—and a focus on sophisticated tertiary hospital care and technological solutions. We question the appropriateness of these particular strategies for less-resourced countries with distinct population structures, vastly different public health needs, immensely fewer health-care resources, less participatory governance, massive within-country inequities, and fragile economies. We argue that these strategies might subvert two core principles of global health: that context matters and that social justice and equity

are paramount. [Read More at The Lancet.](#)

SPOTLIGHT ON POLICY

WHO Issues A 6-Point Manifesto To Fight Covid-19



Source: Economic Times India

The World Health Organisation (WHO) has just released a 6-point manifesto to fight coronavirus pandemic. Read what are they.

1. Protect and preserve the source of human health: Nature.

Economies are a product of [healthy human societies](#), which in turn rely on the natural environment - the original source of all clean air, water and food. Human pressures, from deforestation, to intensive and polluting agricultural practices, to unsafe management and consumption of wildlife, undermine these services. They also increase the risk of emerging [infectious diseases](#) in humans – over 60% of which originate from animals, mainly from wildlife. Invest in essential services, from water and sanitation to clean energy in healthcare facilities.

2. Invest in essential services, from water and sanitation to clean energy in healthcare facilities.
3. Ensure a quick healthy energy transition.
4. Promote healthy, sustainable food systems.
5. Build healthy, liveable cities.
6. Stop using taxpayers money to fund pollution.

The economic damage from COVID-19 and the necessary control measures, is very real, and will place huge pressure on Government finances. Financial reform will be unavoidable in recovering from COVID-19, and a good place to start is with fossil fuel subsidies. Globally, about US\$400 billion every year of taxpayers money is spent directly subsidizing the fossil fuels that are driving climate change and causing air pollution. [Read More at Health Wire](#).

See also at JustRecovery: [We're Building A Movement For A Just Recovery](#)

SPOTLIGHT ON INDIGENOUS WELLNESS

How COVID-19 Impacts Indigenous Communities; Ryerson Professors, Researchers Outline Unique Vulnerabilities Facing First Nations In Canada



Credit: Shane Powless

Border closings are one of the ways First Nations communities are taking preventative measures against COVID-19.

Even before COVID-19 was declared a pandemic, people were receiving the directive to repeatedly and thoroughly wash their hands. As the days go on, the need for self-isolation, whether you're showing symptoms or not, is increasing in an attempt to flatten the curve. But what does that mean for the countless Indigenous Peoples across Canada who don't have access to clean water or proper housing? Currently there are more than 100 drinking water advisories in First Nations across Canada. Further to that, substandard housing and infrastructure for First Nations communities continues to be an ongoing struggle for those living on and away from their community. Given the history of high rates of infectious disease in First Nations, Inuit and Métis communities, it is possible that COVID-19 could be devastating, says a report from Yellowhead Institute.

Pamela Palmater is a Mi'kmaw citizen and member of the Eel River Bar First Nation in northern New Brunswick, and a politics and public administration professor and chair in Indigenous Governance at Ryerson. In her article for [Canadian Dimension](#), Palmater outlined the many ways COVID-19 affects Indigenous communities, most notably women. [Read More at Ryerson](#).



Credit: Kelsey Nizolek

Quote Of The Week

Near the end of her career, Helen Keller was asked by a student if there was anything worse than losing her sight.

She replied, "Yes, I could have lost my vision."

Read More at [Below2c](#)

Upcoming Events

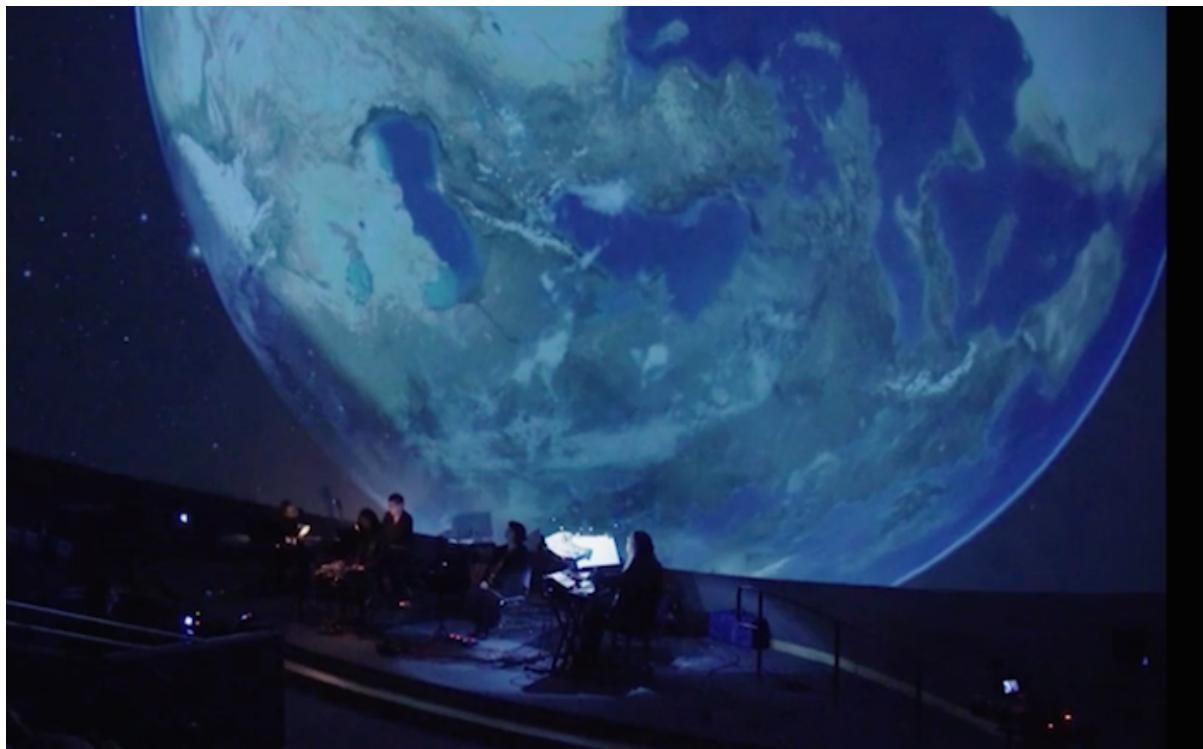
- June 16th - 18th: [Cities In A Changing World: Questions Of Culture, Climate And Design](#) (Virtual/ New York, USA)
- September 22nd - 23rd: U.N. [Summit on Biodiversity](#) (New York City, USA)
- November 9th-19th: [2020 UN Climate Change Conference](#) (UNFCCC COP26) (Glasgow, Scotland) - Postponed until later 2021

AND

**REFLECTIONS on the 2020 Unite For Sight Virtual
Global Health & Innovation Conference (April 11-13,
2020)**

FYI#1 SPOTLIGHT ON MEDIA:

The Climate Music Project



Credit: Climate Music

Climate is an original composition by [Erik Ian Walker](#), in collaboration with The ClimateMusic Project. It tracks historical and projected variations in the climate system over 450 years, from 1800-2250.

Climate follows two possible scenarios for the future. It predominantly tracks “business as usual,” in which we do little or nothing to rein in carbon emissions. This is

projected to result in an approximately 9 degree Celsius rise in global temperature and catastrophic impacts by the year 2250. The second scenario (which is modeled briefly beginning in the year 2150) represents a more hopeful “2 degree” scenario under which society succeeds in reining in emissions during the first half of this century.

Read More and Listen at Climate Music

FYI #2

#TalkingClimate Handbook: How To Have Conversations About Climate Change



Credit: [Priscilla Du Preez](#) on [Unsplash](#)

Having conversations about climate change in our daily lives plays a key role in creating social change. We take our cues about what's important from what we hear our family, friends, colleagues and neighbours talking about. Politicians also need strong social consent to implement successful climate policies.

But talking about climate change, especially beyond the green bubble, is hard. That's why we've produced an evidence-based, practical guide to help make those conversations easier and more meaningful - and to come out of them feeling inspired and connected. Our new #TalkingClimate Handbook is the result of a collaboration with Climate-KIC. It is based in part on a citizen science project with over 550 individuals from over 50 countries that took place last summer. Participants joined several training webinars (see below) and fed back the results of their conversations to the project team.

[Read More at Climate Outreach](#)

FYI #3

A Global Study On Nutrition, Agriculture and Food Waste - The Food Sustainability Index



The coexistence of hunger and obesity, the overexploitation of natural resources and the large amounts of food lost and wasted are the three food paradoxes identified by the Barilla Center for Food & Nutrition Foundation (BCFN in Parma Italy).

The BCFN follows a multidisciplinary approach to contribute to tackle today's major food-related issues from an environmental, economic and social perspective, to secure the well-being and health of both people and the Planet. With its action-oriented approach, the BCFN seeks to act as a catalyst to develop frontier ideas, promote solutions and identify new, innovative ways to generate a positive impact towards the achievements of the [SDGs](#) and the [Paris Climate Change Agreement](#).

Through research, dissemination and public engagement, our contribution to shift towards more sustainable food systems includes the [Nutritional and Environmental Double Pyramid](#), the [Milan Protocol](#) as well as [Eating Planet](#), the [Food Sustainability Media Award](#), BCFNYES! and the educational programme [Food, Us and our Planet](#) and the [MOOC](#) on Sustainable Food Systems: A Mediterranean Perspective, in partnership with SDSN and SDG Academy.

Food sustainability is about culture, education, health, equity and respect for the planet we live in. The *Food Sustainability Index* (FSI) ranks 67 countries on food system sustainability. It is a quantitative and qualitative benchmarking model constructed from 38 indicators and 90 individual metrics that measure the sustainability of food systems across three categories: Food Loss and Waste, Sustainable Agriculture and Nutritional Challenges. The index has three key types of performance indicators—environmental, societal and economic.

Read more at Food Sustainability

FYI #4

The Black American Amputation Epidemic



Credit: Daily (Ruddy Roye for ProPublica)

It was Friday evening in the hospital after a particularly grueling week when Dr. Foluso Fakorede, the only cardiologist in Bolivar County, Mississippi, walked into Room 336. Henry Dotstry lay on a cot, his gray curls puffed on a pillow. Fakorede smelled the circumstances — a rancid whiff, like dead mice. He asked a nurse to undress the wound on Dotstry's left foot, then slipped on nitrile gloves to examine the damage.

Dotstry's calf had swelled to nearly the size of his thigh. The tops of his toes were dark; his sole was yellow, oozing. Fakorede's gut clenched. It's rotten.

Fakorede, who'd been asked to consult on the case, peeled off his gloves and read over Dotstry's chart: He was 67, never smoked. His ultrasound results showed that the circulation in his legs was poor. Uncontrolled diabetes, it seemed, had constricted the blood flow to his foot, and without it, the infection would not heal. A surgeon had typed up his recommendation. It began: "Mr. Dotstry has limited options."

This is what uncontrolled diabetes does to your body: Without enough insulin, or when your cells can't use it properly, sugar courses through your bloodstream. Plaque builds up faster in your vessels' walls, slowing the blood moving to your eyes and ankles and toes. Blindness can follow, or dead tissue. Many can't feel the pain of blood-starved limbs; the condition destroys nerves. If arteries close in the neck, it can cause a stroke. If they close in the heart, a heart attack. And if they close in the legs, gangrene.

Despite the great scientific strides in diabetes care, the rate of amputations across the USA [grew](#) by 50% between 2009 and 2015. Diabetics undergo 130,000 amputations each year, often in low-income and underinsured neighborhoods. Black patients lose limbs at a rate [triple](#) that of others.

Read more at The ProPublica

FYI #5: LATE SPRING READING: New Book By Lawrence Wright

"The End of October"



Credit: Matt Dorfman

My new novel, "The End of October," published in April, is a work of imagination. The book is not prophecy, but its appearance in the middle of the worst pandemic in living memory is not entirely coincidental either. It began with a simple question from the filmmaker Ridley Scott, who had read Cormac McCarthy's postapocalyptic 2006 novel "The Road" and asked me, "What happened?" How could human civilization become so broken? How could we fail to preserve the institutions and social order that define us when we are confronted with something unexpected — a catastrophe that in retrospect seems all but inevitable?

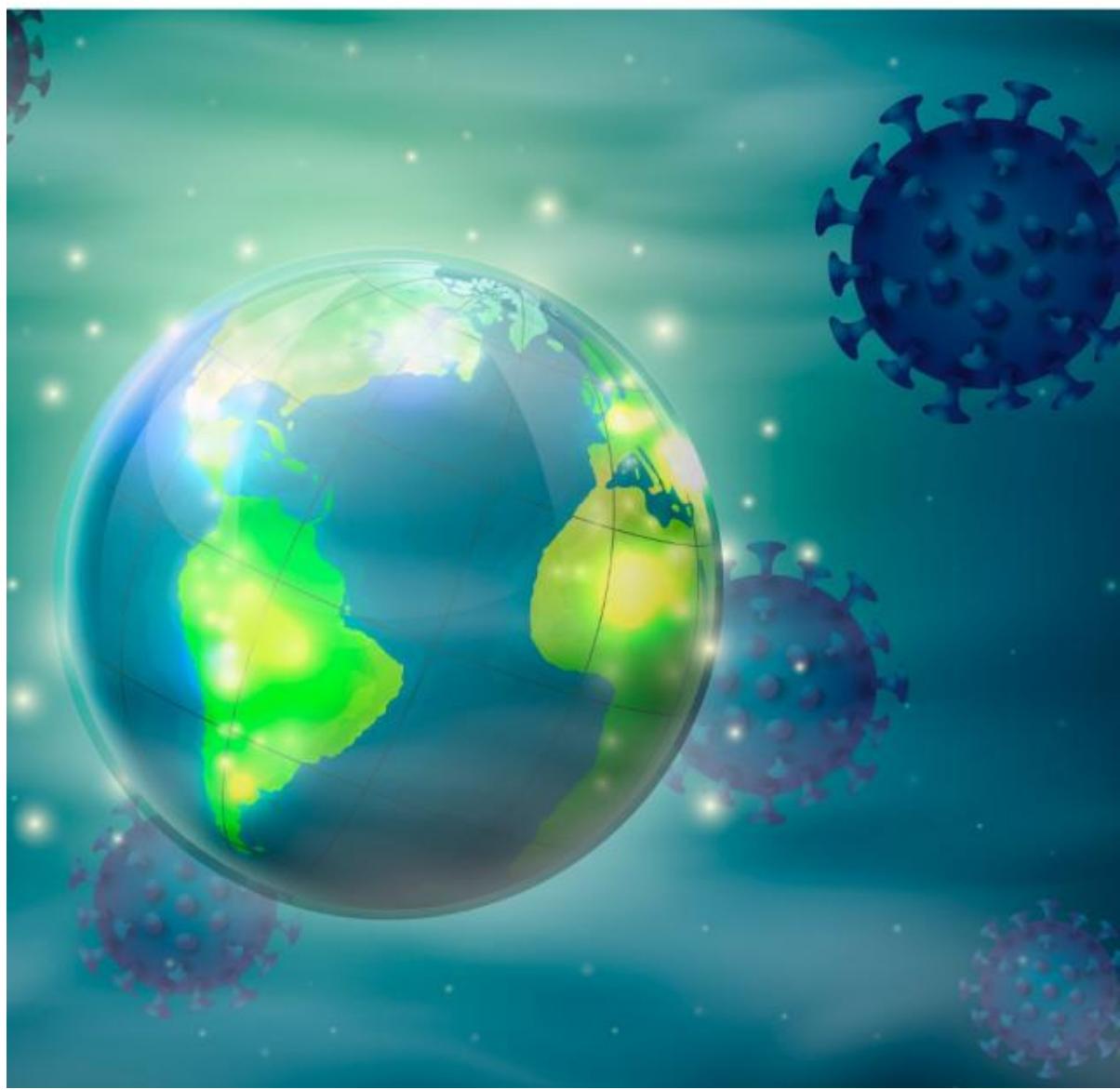
This is not the outcome I anticipate for the current coronavirus (Covid-19) pandemic. In writing my book, however, I've come to appreciate that we would be naïve and prideful to believe we have escaped the snares of disease that nature is constantly devising.

I've been accused of being uncannily prescient before. In 1998, "The Siege," a movie I co-wrote (with the director Ed Zwick and his writing partner Menno Meyjes), addressed a similar question: What would happen if terrorism came to America, as it already had to London and Paris, not to mention Tel Aviv. What if it happened in New York? The movie, which starred Denzel Washington and Annette Bening, supposed that radical Islamists were behind the attacks. It was a box office bust, but after 9/11 it became one of the most rented movies in America.

[Read More at NY Times](#)

FYI#6: SPOTLIGHT ON EDUCATION

Beyond Summer 2020: Safety Abroad For International Education Programs In A Recovering World



Credit: ISTOCKPHOTO.COM/EGOR SHAVANOV

The impact of COVID-19 will remain a source of significant risk to international travel for an undetermined amount of time. Even the most optimistic forecasts suggest that attenuation of disease impact may not occur until into the early summer months, and significant virus circulation and disease occurrence may continue worldwide for at least 12 to 18 months. Additionally, periodic hot spots in varying locations will likely erupt until either treatment or vaccination become widely available.

For international education programs, the risks associated with the COVID-19 pandemic can be considered on two related but distinct levels: the direct and the indirect. Each will have a real impact on educational activities abroad over the coming years.

The direct risks are those associated with contracting the infection and potentially transmitting it upon return -- the more obvious impact of remaining abroad or traveling while COVID-19 stays present in the global population. Indirect risks are those related to impacts on social, economic and even governance and political structures. The indirect risks are somewhat less obvious but will last for an unknown period, long after disease recession itself. These risks will affect various countries and regions differently -- and potentially in manners that are disproportionate to the direct impact of COVID-19 in terms of a given location's number of cases and/or deaths.

Read more at Inside HigherEd

ENDSHOTS

CREATIVE OPENINGS; SAD CLOSINGS

BLOOR WEST VILLAGE, TORONTO

JUNE 4, 2020







Racer Pro
CYCLING SINCE 78



FREEDOM
SOLD
HERE

ISS

esseo
CYCLING BODY & SOUL



AMC

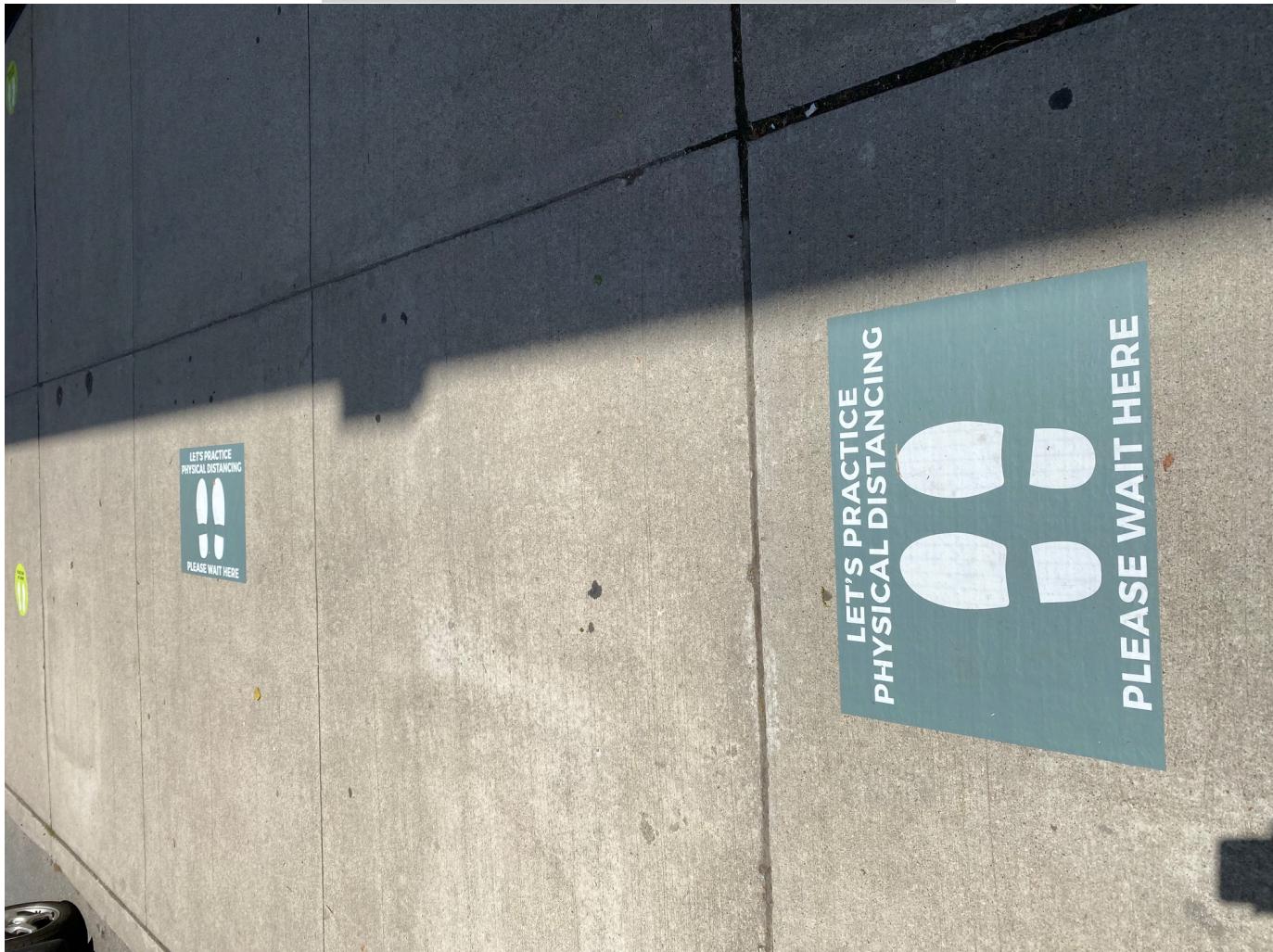
ROCKSHOX

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Credits: David Zakus



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D&D Education Services, Inc.

49 Beresford Avenue, Toronto,
Ontario, Canada M6S 3A9

Publisher and Editor: Dr. David Zakus
david.zakus@utoronto.ca

Production: Aisha Saleem & Eunice Anteh
Social Media: Evans Oppong

Website and Advisory: Gaël Chetaille, Dr. Aimée-
Angélique Bouka & Elisabeth Huang

CONTACT US TO COMMENT OR SUBSCRIBE AT:
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