

Neurotoxins in the Air are Linked to Brain Disorders

Scientists have found links between air pollution in many forms, such as forest fire smoke, and an increased risk of adverse health effects including brain disorders.

Wildfires have been prevalent as we fight this battle with Climate change. Wildfires release noxious chemical compounds as they burn and are adding to the particulate matter we breathe in.

The greatest potential for health problems comes from minuscule particles, smaller than 2.5 microns – or PM 2.5 (for context, the width of a human hair is typically 50 to 70 microns). This is, in part, because tiny particles are easily inhaled; from the lungs, they enter the bloodstream and circulate widely throughout the body.

Neurotoxins in the environment are damaging human brain health – and more frequent fires and floods may make the problem worse

Research shows these particles can promote brain inflammation, leading to dementia, and Parkinson's disease. Prenatal and early life exposure to these particles has been linked to an increased risk of autism.

Reccomended: *How To Heal Your Gut*