

CARBON MONOXIDE

Recent scientific research shows body damage at very low levels of carbon monoxide, suggesting there is no known safe level of carbon monoxide exposure.¹

Combustion products also contain carbon monoxide. Carbon monoxide can cause sensitization.² Some people call this reactive airway disease, chemical asthma or chemical sensitivity.

It can also affect memory and learning.² Carbon monoxide is toxic to brain/nerve cells, the heart, and other body muscle.¹ Carbon monoxide exposure can cause long term neurologic damage.¹

Emerging evidence from epidemiologic studies suggests that source-specific air pollution may have a focused impact on cardiovascular health.³

EXPOSURE SOURCES

All combustion releases carbon monoxide. Another source is the use of high doses during lung testing for “diffusing capacity”, intended to evaluate lung scarring.

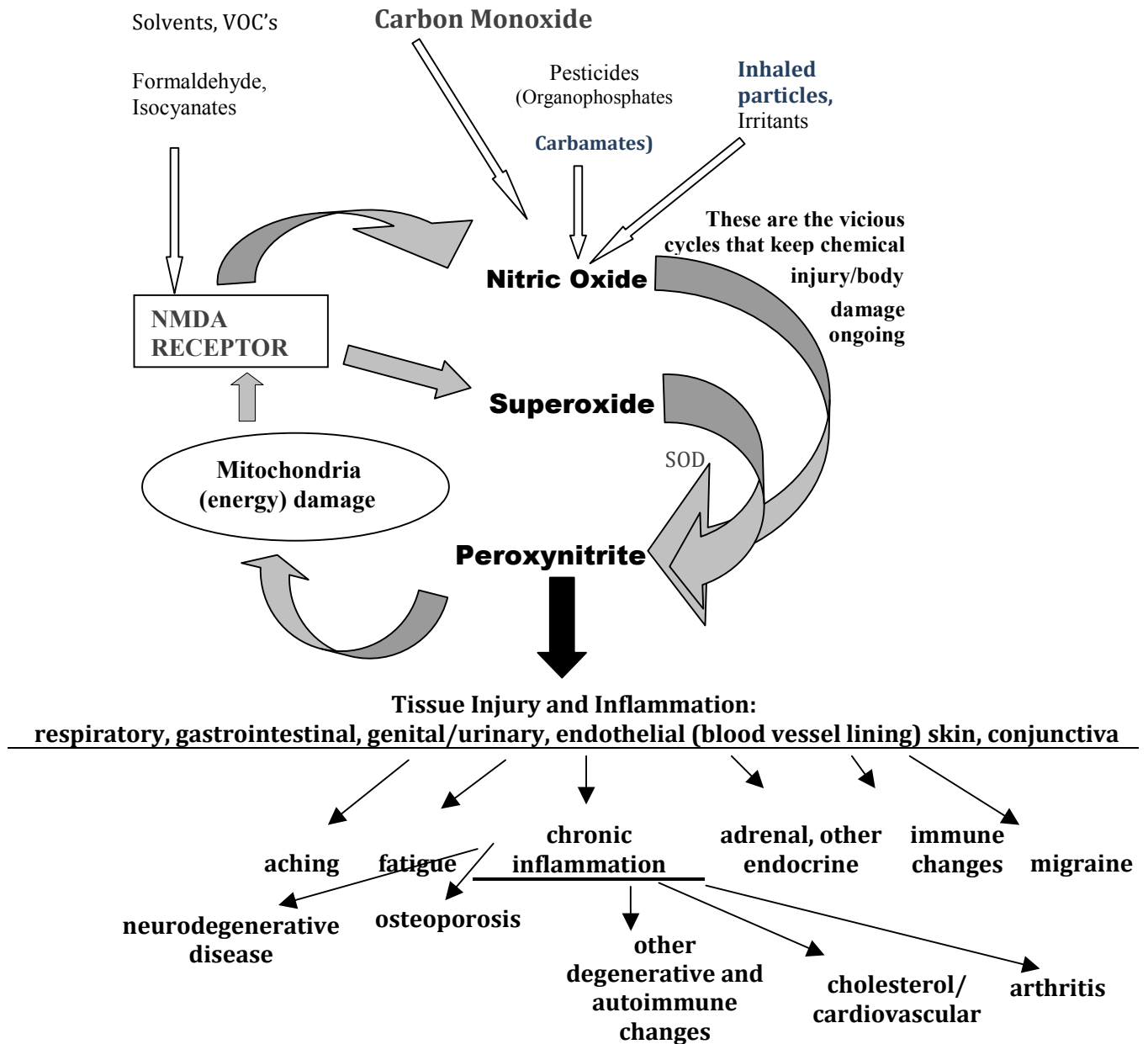
CARBON MONOXIDE EXPOSURE CAN DEplete ESSENTIAL ANTIOXIDANTS AND NUTRIENTS

Carbon monoxide exposure^{4 5 6} can produce excess (inducible) nitric oxide in the^{4 5} and activate a sensitization area known as the NMDA receptor.^{5 7} Both of these lead to inflammation.^{6 8 9 10 11} These changes all deplete nutrients and require nutrients for repair.^{8 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33}

This damage can be helped by treatment with glutathione. Excess nitric oxide from carbon monoxide depletes cobalamin (B12) and needs hydroxocobalamin as a scavenger.^{15 16}

The biochemistry of carbon monoxide damage:

NEURAL SENSITIZATION: VICIOUS BIOCHEMICAL CYCLES



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