

## 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.<sup>1</sup>

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

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

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

### **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.

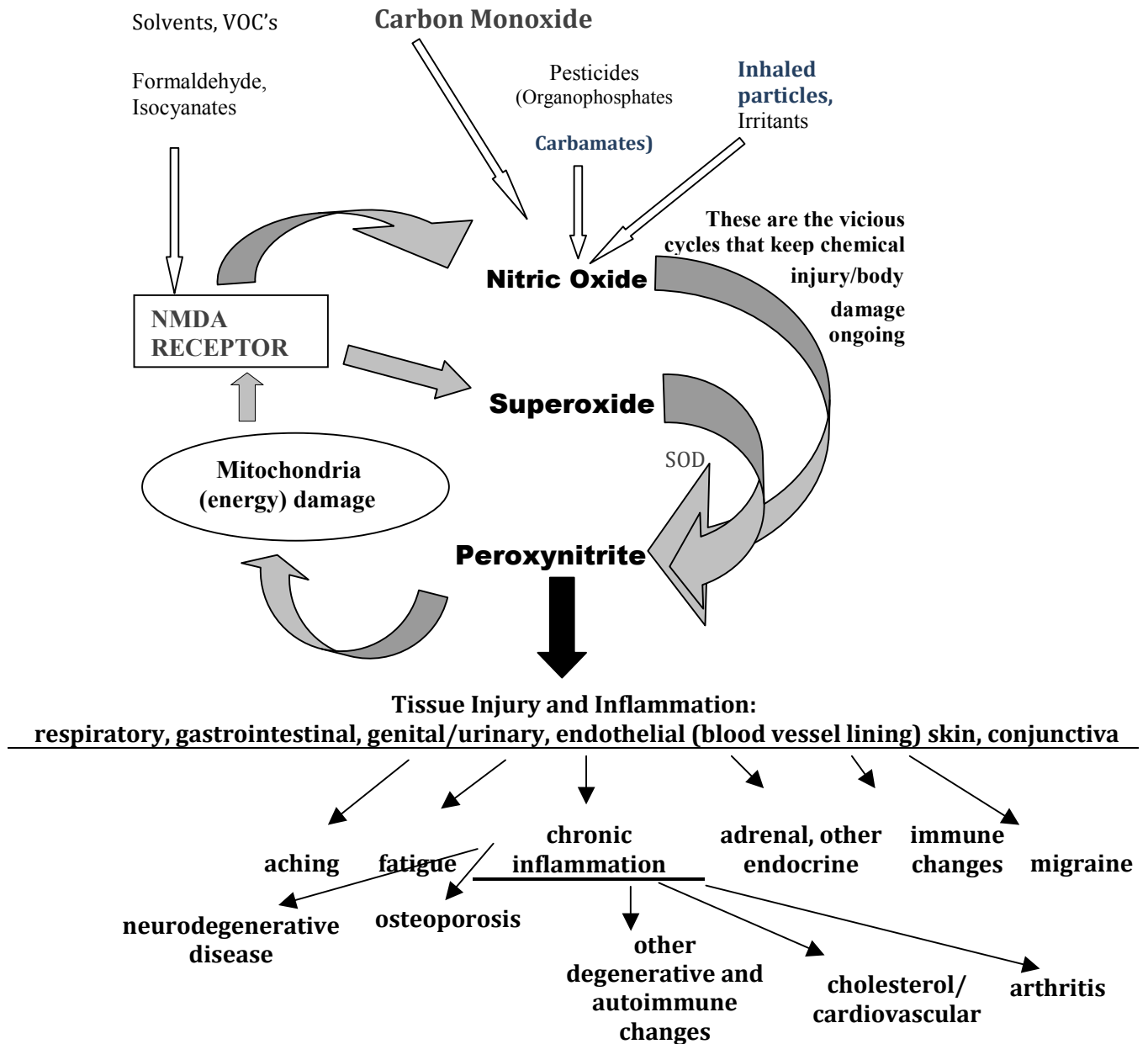
### **CARBON MONOXIDE EXPOSURE CAN DEplete ESSENTIAL ANTIOXIDANTS AND NUTRIENTS**

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

This damage can be helped by treatment with glutathione. Excess nitric oxide from carbon monoxide depletes cobalamin (B12) and needs hydroxocobalamine as a scavenger.<sup>15 16</sup>

The biochemistry of carbon monoxide damage:

NEURAL SENSITIZATION: VICIOUS BIOCHEMICAL CYCLES



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