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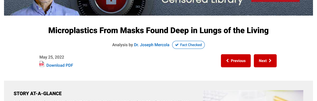

Microplastics From Masks Found Deep in Lungs of the Living

Analysis by Dr. Joseph Mercola ✓ Fact Checked

May 25, 2022

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STORY AT-A-GLANCE

- Researchers found 39 microplastics in surgical lung samples from 11 of 13 people. There were 12 types that would commonly be found in plastic bottles, twine, clothing and surgical masks
- A respirator specialist says surgical masks don't meet the legal definition of a mask but rather are "breathing barriers." He was emphatic they are shedding microplastics small enough to be inhaled
- A data analysis of cases, hospitalizations and deaths in Kansas revealed counties with mask mandates had higher mortality rates than those without mask mandates
- Once inhaled or consumed, microplastics can found in your bloodstream in particles small enough to cross membrane barriers. It's also found in an infant's first stool, suggesting maternal exposure; an animal study found nanopolystyrene particles in fetal brain, liver, kidney and lung tissue 24 hours after maternal exposure

Tiny bits of plastic about the size of a sesame seed or smaller are everywhere. News headlines often show intact plastic bags, rings and bottles as the primary threats to the environment — and these are indeed harmful to marine life and more — but the smaller, more insidious microplastic bits may even be more harmful. A study[1] from Great Britain[2] found microplastics in 11 out of 13 patients' lungs.

Across the world, 299 million tons of plastic were produced in 2013, much of which ended up in the oceans, threatening wildlife and the environment.[3] That number jumped to 418 million tons in 2021.[4] In 2018, the U.S. alone generated 35.7 million tons of plastic and sent 27 million tons to landfills, which accounted for 18.5% of all municipal solid waste.[5]

Chemicals found in plastic products are known to act as endocrine disruptors.[6] These chemicals are similar in structure to natural sex hormones, and they interfere with the normal functioning of those hormones in your body.[7] This poses a particular problem for children who are still growing and developing.

The price that society will pay for the ubiquitous use and distribution of plastic particles has yet to be quantified. Evidence suggests that the long-term exposure to endocrine-disrupting chemicals like phthalates poses a significant danger to health and fertility.

The amount of plastic that enters the environment grows each year as manufacturers continue to produce products in disposable containers and consumers continue to embrace a disposable lifestyle. At a time when advocacy groups warn that plastics are falling from the sky[8] and have become a global tragedy,[9] the COVID-19 pandemic has driven the plastic problem to even greater heights.

Study Finds Microplastics in 11 Out of 13 Patient's Lungs

Decades of research have shown that people breathe in microparticles of air pollution as well as consume them in food and water. A 2021 autopsy study[10] showed microplastics in 13 of the 20 people analyzed and over 20 years ago a 1998 U.S. lung cancer study[11] found plastic and fibers in 99 of the 114 lung samples that were examined.

According to the Natural History Museum,[12] microplastics measure less than 5 millimeters. They call microplastics "one of the greatest man-made disasters of our time." While there are industrial uses for microplastics, most form when they break away from larger plastic products in the environment.

Primary microplastics are those produced in small sizes for industrial use, such as in sandblasters, cosmetics or microfiber clothing. Secondary microplastics result from the breakdown of larger plastic products caused by exposure to environmental stresses.[13]

One team of scientists from Hull York Medical School sought to analyze the impact that inhaling microplastics has on human tissue. Past research has found synthetic fibers in lung tissue, but researchers wrote there were no robust studies confirming microplastics in lung tissue. The current study analyzed human lung tissue to 13 patients who had undergone lung surgery.

They found microplastic contamination in 11 of the 13 patients.[14] The team found 39 pieces in 11 lung tissue samples. Laura Sadofsky, senior lecturer and lead researcher in the study, commented on the importance of the results:[15]

> *"Microplastics have previously been found in human cadaver autopsy samples — this is the first robust study to show microplastics in lungs from live people. It also shows that they are in the lower parts of the lung. Lung airways are very narrow so no one thought they could possibly get there, but they clearly have.*
>
> *This data provides an important advance in the field of air pollution, microplastics and human health. The characterisation of types and levels of microplastics we have found can now inform realistic conditions for laboratory exposure experiments with the aim of determining health impacts."*

Study authors found the subjects harbored 12 types of microplastics, "which have many uses and are commonly found in packaging, bottles, clothing, rope/twine, and manufacturing processes. There were also considerably higher levels of microplastics in male patients compared to females."[16]

Another unexpected finding was that a higher number of microplastics were found in the lower portions of the lung. The most abundant types of microplastics were polypropylene (PP) and polyethylene terephthalate (PET).[17] This finding points to the recent ubiquitous use of blue surgical masks during the pandemic as PP is the most commonly used plastic component in those masks.

Expert Says COVID Face Covers Are Not Masks

A study[18] published in 2021 looked at the risks of wearing blue surgical face masks and inhaling microplastics. The researchers found that reusing masks could increase the risk of inhaling microplastic particles and that N95 respirators had the lowest number of microplastics released when compared to not wearing a mask.

They said, "Surgical, cotton, fashion, and activated carbon masks wearing pose higher fiber-like microplastic inhalation risk ..."[19] and yet, according to Chris Schaefer, a respirator specialist and training expert, the masks used by millions of people throughout the world are not really masks at all.[20]

Schaefer calls these "breathing barriers" as they "don't meet the legal definition" of a mask. He was emphatic that the surgical masks used by consumers throughout Canada, the U.S. and the world are shedding microplastics small enough to be inhaled.[21]

> *"It [proper] mask has engineered breathing openings in front of mouth and nose to ensure easy and effortless breathing. A breathing barrier is closed both on mouth and nose. And by doing that, it captures carbon dioxide that you exhale, forces you to re-inhale it, causing a reduction in your inhaled oxygen levels and causes excessive carbon dioxide. So, they're not safe to wear."*

He encourages people to cut one open and look at the loose fibers that are easily dislodged within the product.[22]

> *"The heat and moisture that it captures will cause the degradation of those fibers to break down smaller. Absolutely, people are inhaling [microplastic particles]. I've written very extensively on the hazards of these breathing barriers the last two years, I've spoken to scientists [and other] people for the last two years about people inhaling the fibers.*
>
> *If you get the sensation that you've gotten a little bit of cut hair, or any type of irritation in the back of your throat after wearing them. That means you're inhaling the fibers."*

He went on to note that anyone exposed to these types of fibers in an occupational setting would be required to wear protection. Instead, people are using products that increase the risk of inhaling fibers that "break down very small and, well, what that's going to do to people in the in the form of lung function — as well as toxicity overload in their body — I guess we'll know in a few years."[23]

Face Coverings Also Increase the Death Rate From COVID-19

German physician, Dr. Zacharias Fögen, published a study[24] in the peer-reviewed journal Medicine, which analyzed data across counties in Kansas, comparing areas where there was a mask mandate against counties without a mandate.

He found that mandatory masking increased the death rate by 85%. The mortality rate remained 32% higher in counties that mandated masking even when the analysis accounted for confounding factors. Fögen writes that further analysis of the data showed that 95% of the effect "can only be attributed to COVID-19, so it is not CO2, bacteria or fungi under the mask."[25]

He has named this the Fogen Effect which refers to the rehabilitation of viral particles trapped in droplets and deposited on the mask, which worsens outcomes. He writes:[26]

> *"The most important finding from this study is that contrary to the accepted thought that fewer people are dying because infection rates are reduced by masks, this was not the case. Results from this study strongly suggest that mask mandates actually caused about 1.5 times the number of deaths or >50% more deaths compared to no mask mandates.*
>
> *The mask mandates themselves have increased the CFR (case fatality rate) by 1.85 / 1.58 or by 85% / 58% in counties with mask mandates. It was also found that almost all of these additional deaths were attributed solely to COVID-19. This study revealed that wearing facemasks might impose a great risk on individuals, which would not be mitigated by a reduction in the infection rate.*
>
> *The use of facemasks, therefore, might be unfit, if not contraindicated, as an epidemiologic intervention against COVID-19."*

Fögen notes two other large studies that found similar results with case fatality rates. The first was published in the journal Cureus[27] and found no association between case numbers and mask compliance in Europe but a positive association with death and mask compliance.

The second study[28] was published in PLoS One, which demonstrated there was an association between negative COVID outcomes and mask mandates across 847,000 people in 69 countries. The researchers estimated that ending the mask mandates could reduce new cases with no effect on hospitalization and death.

Plastics Trigger Cell Damage and Death

Past research has highlighted the impact microplastics have on the environment, wildlife and human health. However, many studies have not drawn an association between microplastic consumption or inhalation and disease. Instead, they identify research gaps and recommend further study.[29]

A paper[30] published in April 2022 has suggested why this data has been inconsistent. The lab data was the first to find that microplastics damaged human cells at levels that are relevant to the number of particles humans ingest or inhale.

The study was a meta-regression analysis of the toxicological impact on human cells across 17 studies that compared the level of microplastics that cause cell damage. The researchers found that it was the irregularly shaped microplastics that cause cell damage and not the spherical microplastics that are normally used in laboratory experiments.

This suggests that past lab data using spherical microplastics may not fully represent the damage that microplastics cause to human health. Evangelos Danopoulos from Hull York Medical School in the U.K., who led the study, commented on why research is increasing. "It is exploding and for good reason. We are exposed to these particles every day: we're eating them, we're inhaling them. And we don't really know how they react with our bodies once they are in."[31]

Where Does Plastic Pollution Go In Your Body?

Researchers have found that tiny microplastics are not only deposited in your lungs and gut but can also be found floating in your blood. Researchers from The Netherlands analyzed samples[32] from 22 healthy volunteers and found plastic particles in 77% of the samples. These particles were 700 nanometers or greater in dimension, which is a size that can be absorbed across membranes.

Some samples contained up to three different types of plastic. The study author told The Guardian "Our study is the first indication that we have polymer particles in our blood — it's a breakthrough result. But we have to extend the research and increase the sample sizes, the number of polymers assessed, etc."[33]

The researchers wrote that where these plastic particles end up in the body also requires further study. They stated that it's "scientifically plausible" that the plastic particles are being transported by the bloodstream to organs, based, for instance, on data showing that 50, 80 and 240 nm polystyrene beads and microsized polypropylene can permeate the human placenta.[34]

After these microplastics cross the placental barrier, they end up in a newborn's first feces. This means they migrate from the infant's blood to the gut. A pilot study[35] published in 2021 looked at the magnitude of human exposure to microplastics and found that the microplastic polyethylene terephthalate (PET) was found in meconium samples, which is a baby's first stool.

The amount of PET in infant stool was 13 times higher than found in adult samples, which suggested that babies have plastic in their system that is absorbed from their mother. How this will affect the future of human health is still being studied. An animal study found that just 24 hours after maternal inhalation exposure, nanopolystyrene particles could be detected in the placenta and fetal brain, lungs, liver, heart and kidney.[36]

It appears that inhaling or consuming microplastics allows micro particles access to your bloodstream and then to your vital organs. While researchers have demonstrated that the irregularly shaped microplastics found in the environment cause cell damage and death, the long-term effects on disease have not been identified. Yet, you may be sure that cell damage and death do not occur without consequences.

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John.John20
Joined On 4/13/2013 1:15:17 AM
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This means that surgeons, O.R. Techs and nurses are at the highest risk for having health issues with these plastics, because they wear these masks day in and day out for their entire career cycle, not to mention wearing masks when off duty during mask mandates for the nation.

Reply · Mark as Spam · Posted On : 5/25/2022 2:03:18 AM

Like · Dislike

mouninegearbier
Joined On 7/24/2009 5:16:05 PM
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Looks like it. Maybe all the noise about how health care workers is just fake or is in regards to their taking all the experimental shots. Hecheimlich & Dr Mikovits talk about retroviruses and CFS etc; apparently many health care workers took the early polio vaccines and paid for it with their health. (I wish more people would read their 2014 book PLAGUE, so they could explain it to me. It is not light reading.)

Mark as Spam · Posted On : 5/25/2022 9:49:48 AM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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With microplastic particles crossing into their brains.

Mark as Spam · Posted On : 5/25/2022 12:34:35 PM

Like · Dislike

Kaything
Joined On 3/2/2021 12:07:23 PM
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That's some ironic correspondence because they are significantly not health providers, but rather sickness promoters, via harmful advice and treatments. Medical staff would change their mask a lot more frequently, if properly trained, which may minimally increase their exposure to microplastics. Contagion doesn't exist, and masks would be useless against them anyway, so a face shield would often be safer and more effective, to block any fluid spray.

Mark as Spam · Posted On : 5/25/2022 8:18:42 PM

Like · Dislike

dfarrich
Joined On 2/28/2016 1:46:04 AM
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So, what are the particulate sizes? Please - provide some specifics here. If I recall correctly, the lungs will clear anything larger than 2.5 microns. Considering that every doctor, surgeon in particular, wear masks for extended periods of time, I'd say the threat is

minimal regarding every consideration from germs to CDC retention. 99% of this mask stuff is alarmist crap from both good and bad pandojkers. They basically ignore your system of others, overheat your face, interfere with respiration, fog your glasses and in general, are a damned nuisance. That's about it. I was a heavy cigarette smoker for over 20 years and quit 40 years ago. My lungs have been clear and healthy for 39 of those 40 years. With wildfire smoke particulates, pesticides, silica, asbestos, dusts, pollens, et al, some microplastics will likely produce nothing. I'm way more concerned about threats from globalists, our own government and our so-called healthcare system than microplastics.

Reply · Mark as Spam · Posted On: 5/25/2022 11:43:43 AM

Almond
Joined On 2/26/2008 4:23:33 PM
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If you are going to sneeze in someone's face, sputum is not your only concern. The force of the sneeze will also propel other particles they the mask.

Mark as Spam · Posted On: 5/25/2022 12:37:50 PM
Like · Dislike

tallulah3
Joined On 4/21/2021 9:26:59 AM
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No mask for me. It's such a stupid idea. One day a guy was delivering my groceries. He was wearing a mask outside by himself. The whole thing was crazy from the start

Reply · Mark as Spam · Posted On: 5/25/2022 9:43:01 AM
Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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The mind control has been so thorough that I still see people wearing masks under the craziest circumstances. I could understand increased awareness among the ill or individuals with special health conditions, but not the majority. In a way this is very positive. It informs us of who the weak-minded and easily impressionable individuals are.

Mark as Spam · Posted On: 5/25/2022 12:36:46 PM
Like · Dislike

versatile
Joined On 10/16/2007 4:23:09 PM
Add as Friend · Send Message

Probably worse than smoking pack a day - but likewise could take years for the irreparable damage to become visible.

Reply · Mark as Spam · Posted On: 5/25/2022 12:20:01 PM
Like · Dislike

Picolou
Joined On 4/25/2006 2:19:06 AM
Add as Friend · Send Message

Oh goodie ... how about all those people shaming us to "wear your mask" ? Karma, I'd say.

Reply · Mark as Spam · Posted On: 5/25/2022 12:53:04 PM
Like · Dislike

Smokely
Joined On 4/25/2006 4:41:02 AM
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Now I know what happened to my eyes every time I wear that mask I almost go blind. I have wheezes,take them off and lam fine.

Reply · Mark as Spam · Posted On: 5/25/2022 9:29:31 AM
Like · Dislike

Sue275
Joined On 7/16/2021 3:03:58 AM
Add as Friend · Send Message

@ Blue Quasilica: I used specifically one drop only of the iodine. I also tried nebulizing without the iodine but still had the same reaction. I used the same saline from pharmacy as you do. Perhaps I'm having a reaction to the saline itself? I suppose I could just try plain water, peroxide and iodine to see if I still have the same reaction. However I would be missing the benefit of the saline this way. So I may dilute the saline further first before omitting it altogether. This is why I don't trust one size fits all protocols. We must constantly listen to our own bodies and make adjustments before deciding what is best.

Reply · Mark as Spam · Posted On: 5/26/2022 4:11:28 AM
Like · Dislike

GoldCoaster
Joined On 4/25/2006 11:20:19 AM
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Well I'll be only wearing cloth masks if there's another pandemic with mask mandates.

Reply · Mark as Spam · Posted On: 5/26/2022 12:40:15 AM
Like · Dislike

billybi
Joined On 6/8/2008 9:16:45 PM
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Since plastic is like oil it that it floats on water, my guess over a lifetime, much of the plastic that gets in our blood will migrate to the highest points in the body for much of it, the brain. I think the biggest trap for plastic in the blood will be the corners in the brain. That is where I would be looking hardest for it. Since plastic is not a conductor of electricity, I could also guess that it could interfere with data movement in the brain including memory recall. I doubt the liver is capable of detoxing microscopic plastic particles and molecules of plastic. At least the baby boomers where not consumers of plastic when they were kids. But it is going to spell trouble after the generation after the baby boomers pass age 60 as their live generations will have the same amount of plastic in their bodies.

In the future, if plastic becomes the main source of disease and we combine that with seed oils, it is going to be a double disaster medically for those over the age of 40 in a not very distant future. If plastic is going to be a medical disaster, the entire US is approaching a medical disaster cliff. Add to that the potential of a future disaster for the experimental vaccines that most people got injected with and it could be a triple medical disaster returning us to the place where most people die by the age of 60 and living to age 85 becomes highly unlikely.

Reply · Mark as Spam · Posted On: 5/25/2022 9:52:37 PM
Like · Dislike

mourningwarbler
Joined On 7/24/2009 3:14:05 PM
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On May 21, 2021, I was in a hospital and forced to wear one of those surgical masks. After several hours, I too noticed little pieces of the mask breaking loose, just by looking at the interior of the mask. Even so, the soulless young employees were too afraid or couldn't be bothered to look into this. I'm fine, but thinking of the days, weeks, months, and now years people, young & old, have been forced to wear these masks. Here's insanity for you: Our daughter is in a come after being hit by a car last year. She is a Glasgow 6 / Rancho 3. We are praying she will emerge and come back to us. At one of the rehabs the nurses literally put a mask on our daughter's face while she was breathing through her open mouth. I suppose it was to protect her from the covid patients recently moved into that rehab ward. Covid patients were moved into the rehab ward at another hospital too. This is in Florida, for crying out loud.

Reply · Mark as Spam · Posted On: 5/25/2022 8:45:55 AM
Like · Dislike

mannywitch
Joined On 11/19/2010 8:00:17 AM
Add as Friend · Send Message

REALLY? DOES THIS REALLY SURPRISE ANYONE??? If breathing crap into the lungs did NOT end up staying there as a residue, I, for one, would be SHOCKED!!!

Reply · Mark as Spam · Posted On: 5/25/2022 9:31:37 AM
Like · Dislike

Randyfast
Joined On 5/9/2010 8:42:42 PM
Add as Friend · Send Message

There is nothing in this article that I didn't already understand. Everything seems to be "Rocket Science" these days. Common Sense seems to have gone the way of the Dodo bird! From the beginning of this idiotic mask mania, I've been trying to tell people that the mask is incapable of blocking any nano-sized viral particle and that they are detrimental to human health. As usual, people choose not to listen to me. For anyone who is dumb enough to think that the masks are helping to "stop the spread of the virus", here's two points that PROVE the sheer idiocy of the masks (there are many more). I won't even elaborate; because if you can't figure it out for yourself - well, ... 1. smokers - 2. Men with bushy beards.

Reply · Mark as Spam · Posted On: 5/25/2022 9:24:18 AM
Like · Dislike

mirandala
Joined On 4/27/2014 7:00:58 AM
Add as Friend · Send Message

Just trust your health authorities. Does everybody feel really safe now?

Reply · Mark as Spam · Posted On: 5/25/2022 7:56:30 AM
Like · Dislike

doggiemom
Joined On 6/14/2006 2:55:06 PM
Add as Friend · Send Message

After the 1 lie from Fauci that I heard, I have not trusted a word that came out of his mouth. The CDC, FDA and Fauci here one goal to make drug companies money, NOT to protect the people and from all the drug company money they get their pockets nicely filled. The lie from Fauci "Mask will protect medical personnel but not the general public." How does a mask know who is wearing it and where it is being worn?

Mark as Spam · Posted On: 5/25/2022 9:03:06 AM
Like · Dislike

Pho6958
Joined On 3/19/2015 6:42:04 AM
Add as Friend · Send Message

I used t-shirt fabric (jersey) masks rather than the paper ones so, thankfully, I do not have that to worry about

Reply · Mark as Spam · Posted On: 5/25/2022 8:10:09 AM
Like · Dislike

jporcje33
Joined On 11/19/2012 4:45:56 PM
Add as Friend · Send Message

Just wondering. Are we all dogs. Work in hospital. It bothers me but I need my job. Not sure what to do have tried to use a cloth liner but hard to get enough on. I have had incredible fatigue since start of covid and doesn't seem to change. Used to think it was from emotional stress but started thinking from not getting enough O2 and rebreathing CO2. I am thinking to get silk fabric liner not sure what else to try.

Reply · Mark as Spam · Posted On: 5/25/2022 11:24:10 PM
Like · Dislike

der2417
Joined On 1/2/2018 6:09:10 PM

I am in the school system and I cheat on my masking, leaving large air gaps wherever I can, especially at the top around my nose to let air in as our without "filtering". BTW: Much people are unable to wear mask particulate polymers used to hold heavy metals aloft in solar dimming / weather not fare authorities are allowed to do so and day out. There are patents for this.

Mark as Spam · Delete · Edit · Posted On: 5/26/2022 11:22:40 AM
Like · Dislike

BlueQuasilica
Joined On 1/9/2016 9:34:17 AM
Add as Friend · Send Message

Hi and good day to all. I wonder if the 0.1% nebulized hydrogen peroxide w/ 5% Lugol's iodine off Dr. Mercola's protocol would be (partially) of assistance in this regard when it comes to detoxifying the lungs of the microplastics that we are bombarded with?

Reply · Mark as Spam · Posted On: 5/25/2022 4:58:46 AM
Like · Dislike

NancyLJ
Joined On 4/6/2021 3:06:42 AM
Add as Friend · Send Message

I would be interested in knowing this as well. But your comment really has me wondering about the time I nebulized it for the first time last year when it gave me a head rush and a very strange feeling that scared me. I used Mercola's recipe to exact measurements too. Haven't used it since. I now wonder if it released some garbage in my lungs. I've never been a smoker and eat a fairly clean diet for years now. But I was exposed to a lot of smoke/ashes from the NorCal fires a few years in a row.

Mark as Spam · Posted On: 5/25/2022 5:08:45 AM
Like · Dislike

Sue275
Joined On 7/16/2021 3:03:58 AM
Add as Friend · Send Message

@ NancyLJ: I also have a bad reaction to nebulized peroxide following Mercola's protocol. My measurements were exact and my peroxide is food grade. My table top nebulizer was working properly. Everything was in order. I tried many times, even while sick with covid. It didn't help me at all, in fact I found it very painful. It hurt my nose, throat, caused chest tightness and dizziness after nebulizing for just a few short minutes. I don't know why this happened considering I don't smoke nor have asthma or allergies. I haven't mustered up the courage to try it again. But if and when I do, I will be following a different protocol. I'm thinking maybe Mercola's measurements just aren't meant to be one size fits all. I don't know what else could be the problem because I can use salt, peroxide and iodine as a mouth rinse or mouth spray for months with no reaction. It's only when it's nebulized that it's an issue for me.

Mark as Spam · Posted On: 5/25/2022 5:42:26 AM
Like · Dislike

@ NancyLJ: I also have a bad reaction to nebulized peroxide following Mercola's protocol. My measurements were exact and my peroxide is food grade. My table top nebulizer was working properly. Everything was in order. I tried many times, even while sick with covid. It didn't help me at all, in fact I found it very painful. It hurt my nose, throat, caused chest tightness and dizziness after nebulizing for just a few short minutes. I don't know why this happened considering I don't smoke nor have asthma or allergies. I haven't mustered up the courage to try it again. But if and when I do, I will be following a different protocol. I'm thinking maybe Mercola's measurements just aren't meant to be one size fits all. I don't know what else could be the problem because I can use salt, peroxide and iodine as a mouth rinse or mouth spray for months with no reaction. It's only when it's nebulized that it's an issue for me.

Mark as Spam · Posted On: 5/25/2022 5:42:26 AM
Like · Dislike

forbiddenhealing
Joined On 2/27/2011 9:51:43 AM
Add as Friend · Send Message

NAC! H202 doesn't double-protect the lungs, it destroys pathogens, but taking NAC orally and nebulizing it physically more mucus up and out of chest and sinuses or it energizes macrophages and boosts glutathione without the pathogen destruction. Dissolve NAC from a capsule in a shot glass in 20ml water, fill nebulizer cup....It may make you cough a bit at first but continue 5min, and within an hour thinned mucus will move!

Mark as Spam · Posted On: 5/25/2022 6:47:06 AM
Like · Dislike

mirandala
Joined On 4/27/2014 7:00:58 AM
Add as Friend · Send Message

I would think of echinacea to stimulate macrophage production (to swallow up debris) and marshmallow root tea drunk as mucilaginous membrane soother, gingdela tincture for lung expectoration, and steaming with a mix of chamomile tea with elder blossoms as soother and expectorant combination. Consider either poke root in small amounts, burdock and red clover tea together to cleanse the blood, or red root tincture or echinacea as lymph cleansers. No guarantees about getting rid of plastic debris, but expectorant herbs would be a primary action to consider.

Mark as Spam · Posted On: 5/25/2022 7:31:48 AM
Like · Dislike

BlueQuasilica
Joined On 1/9/2016 9:34:17 AM
Add as Friend · Send Message

@NancyLJ and @Sue275: Based on both of your statements here and following Dr. Mercola's protocol as you say it so, are you adding the 5% Lugol's iodine to your solution? And if so, by how much (in milliliter or by drops)? The reason I say this is because maybe the reason why both of you are having a bad reaction to your protocols is because of the way you use the 5% Lugol's iodine. The first time I used the protocol, I too was having a bad reaction through my nose, mainly because of the Lugol's iodine. To give you both some perspective, I am (n=1) taking 125mg (1ml, in the medicine dropper) of iodine (I know, that's WAY EXTREMELY much) from the 5% Lugol's iodine, only once per week of use, to my nebulization tank together with the 0.1% H2O2.

To remedy this during my morning session, I just turn off the desktop nebulizer for about a minute, then I turn it on again and it will be just okay after that even if there is still some iodine left in the nebulization tank. With this strategy, I can give myself permission to take a breather if the intake of the Lugol's iodine is way too much for me.

If I have a session wherein I will nebulize again, but this time WITHOUT the Lugol's iodine, there isn't any bad reaction on my part, just normal breathing and inhalation of the 0.1% H2O2. That's then I realized that the "bad" reaction is coming from the Lugol's iodine and not from the food grade H2O2 alone. And before I forget, I used a 0.9% saline solution that was bought from the drugstore and not a homemade one if that's also a concern. Hope that helps and clarifies any misunderstanding.

Mark as Spam · Posted On: 5/25/2022 7:31:19 AM
Like · Dislike

BlueQuasilica
Joined On 1/9/2016 9:34:17 AM
Add as Friend · Send Message

@forbiddenhealing and @mirandala: Thank you for both of your time and participation in the discussion. I'll keep notes on both of your recommendations.

Mark as Spam · Posted On: 5/25/2022 7:37:47 AM

Like Dislike

ngalassoverno
Joined On 5/26/2020 1:35:39 PM
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I would be interested in finding out too. Need to get these out of me!

Mark as Spam | Posted On 5/25/2022 7:13:49 PM
Like Dislike

liharlu
Joined On 9/22/2010 1:50:58 PM
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https://p2a.co/q5rFk7D

Reply | Mark as Spam | Posted On 5/25/2022 11:27:12 AM
Like Dislike

mbrookh
Joined On 5/18/2021 8:59:47 AM
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Best nebulizer solution here was just using the saline and food grade hydrogen peroxide. Adding iodine seemed to produce the negatives. I count myself among the 'no masks ever' crowd.

Reply | Mark as Spam | Posted On 5/25/2022 9:34:00 AM
Like Dislike

grulla
Joined On 1/17/2012 8:03:55 AM
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"Heinz Is Developing a Paper Ketchup Bottle" Now, if only, they would also get rid of the sugar and/or HFCS, and go totally organic.
www.ecowatch.com/heinz-paper-ketchup-bottles.html

Reply | Mark as Spam | Posted On 5/25/2022 7:40:46 AM
Like Dislike

Piw6958
Joined On 3/19/2015 6:42:04 AM
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I dread to think what type glue they are using to hold the cellulose fibers together.

Mark as Spam | Posted On 5/25/2022 8:09:02 AM
Like Dislike

zinovius
Joined On 12/12/2020 2:36:38 AM
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Is there a specific herb or supplement that can detox this garbage ? Serrapeptase for example ?

Reply | Mark as Spam | Posted On 5/25/2022 12:06:52 AM
Like Dislike

NancyLJ
Joined On 1/4/2021 3:06:42 AM
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Not sure if mullein tea would help but it certainly clears out lungs and body of mucous. It's been extremely helpful to me during allergy season and now I drink some everyday because when I don't, I feel more congested in my lungs. I found a place that sells loose leaf. I add a touch of honey and some silk almond creamer and it tastes really good.

Mark as Spam | Posted On 5/25/2022 4:42:29 AM
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Sue275
Joined On 7/16/2021 3:03:58 AM
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This comment forum is old and outdated. There should be a reply button for each individual comment so that we can reply directly to one another without all this @ rubbish.

Reply | Mark as Spam | Posted On 5/26/2022 3:31:12 AM
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