



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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Air Pollution and Our Health

Air pollution is contamination of the indoor or outdoor environment by a mix of hazardous substances from both human-made and natural sources. Vehicle emissions, burning of fossil fuels, by-products of manufacturing and power generation, and fumes from chemical production are the primary sources of human-made air pollution. Some of the natural sources of air pollution are organic compounds from plants, sea salt, suspended soils and dusts. Other natural sources are released during catastrophes such as volcanic eruptions and forest fires.



People experience a wide range of health effects from being exposed to air pollution. Short-term effects include illnesses such as pneumonia or bronchitis, headaches, dizziness, and nausea. Some of the long-term health effects may include, heart disease, strokes, cancer, emphysema, diabetes, and chronic asthma.

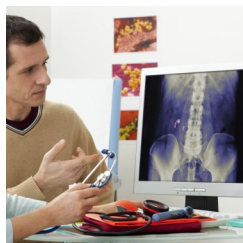
According to the World Health Organization (WHO), each year air pollution is responsible for nearly 7 million deaths around the globe. Nine out of ten human beings currently breathe air that exceeds the WHO's guideline limits for pollutants, with those living in low- and middle-income countries suffering the most.

Here are just a few of the many simple steps you can take to help improve air quality.

- Drive your car less – carpool, bike, walk, use public transportation
- Keep your car in good repair
- Turn your engine off – limit idling
- Limit backyard fires in the city
- Plant more trees and greenery
- Switch to electric or hand-powered lawn equipment
- Use less energy – turn off lights and electronics when not in use
- Recycle and reuse
- Eat local, organic produce and less meat



[Long Term Exposure to Air Pollution Increases Risk of Ischemic Stroke](#)



[Particulate Matter Air Pollution Associated with Chronic Kidney Disease](#)



[Long-Term Air Pollution Linked to Emphysema and Lung Function](#)



[Cardiovascular Disease and Long-term Exposure to Air Pollution Associated with Dementia Risk](#)

Recent Event



The NHRI was a sponsor and exhibitor at the American Nutrition Association's annual summit, **Personalized Nutrition 2022: Mental Health Matters**. The event was held on October 26-29, 2022 in San Diego, CA.

This year's summit explored the complex ways that nutrition, food, and other compounds in our diets influence our brains, mood, and mental health.

[View Conference Presentations](#)

Recent Posts



Type 2 Diabetes Risk Increased in Adults with Vitamin C Intake Below the Estimated Average Requirements

Written by Taylor Woosley, Staff Writer. Study findings show that dietary intake of VC in adults with type 2 diabetes (mean 75.5, 95% CI 72.5-78.4 mg/day) was significantly lower than in adults without diabetes (84.6, 95% CI 83.4-85.7). [Read more »](#)



Ultra-Processed Food Consumption Associated with Risk of Colorectal Cancer in Men

Written by Chrystal Moulton, Staff Writer. Ultra-processed food consumption was also associated with a 72% higher risk of distal colon cancer in men ($P < 0.001$). [Read more »](#)



Long-Term Multivitamin-Mineral Supplementation Improves Cognition in Older Adults

Written by Taylor Woosley, Staff Writer. 3 years of daily MVM use led to relative improvements both for memory ($P = .04$) and for executive function ($P = .02$) in adults ≥ 65 years and older. [Read more »](#)

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