

MICROPLASTICS

The bad news and the good news

Chuck Carroll & Dr Hana Carroll / Microplastics / A year old report but still important

https://youtu.be/yx8svg89fqk?is=8bNcCS_Yonk7mGgS

NOTES TAKEN FROM THE CLIP and AI

- The average person has around 7gms of microplastic in their brain.
- Tests show it's increasing all the time
- Dementia patients have even greater amounts
- Biggest source seems to be seafood, followed by plastic packaging
- Don't microwave food that's still in plastic
- Don't put hot drinks into plastic cups
- Don't take cold drinks from a can (which are coated inside with plastic)
- Don't leave water bottles in the sun
- Use glass wherever possible
- Clothes... avoid wearing plastics

SO WHAT TO DO

The immune system tries to remove microplastic, but it's overwhelmed.

But plants containing **anthocyanins** can help

- Fenugreek removes around 90% from water
- Okra removes around 80%

TOP FOOD SOURCES

You can easily incorporate anthocyanins into your diet by focusing on deeply pigmented, naturally colored produce.

- **Berries:** Blackberries, blueberries, raspberries, and elderberries.
- **Vegetables:** Red cabbage, red radishes, purple eggplant, and black or purple carrots.
- **Grains & Others:** Black rice, black beans, pomegranates, and dark red/purple grapes.

Key Properties & Health Benefits

- **pH Sensitivity:** The color of an anthocyanin molecule shifts dramatically depending on its environment. In acidic conditions, they typically appear bright red, while in neutral to alkaline conditions, they turn purple or blue.
- **Antioxidant & Anti-inflammatory:** Due to their molecular structure, they combat free radicals in the body.
- **Disease Prevention:** Research suggests a diet high in anthocyanins may help reduce the risk of cardiovascular disease, lower inflammation, and protect against cognitive decline.