

## Pollutants and effects on our lungs

On a daily basis, our lungs filter as much air as a hot-air balloon is able to contain. During this process, the mucous membrane is in contact with every single contamination in the air.

Cigarette smoke as well as airborne pollutants and common infections harm our sensitive mucous membrane in nose and bronchia. The cilia are thereby increasingly affected in its functionality.

So, if the pollutants find a deeper way into our lungs, the irritation causes the mucous membrane to increase its production of phlegm in order to fight the infection. If this is the case, the cilia gets overwhelmed due to excess phlegm and/ or the phlegm is too gluey (thick), which interferes with the cilia's duty to clear the respiratory tract. The result is coughing in order to forcefully clear the airways.

## Pollution Exposure inside buildings

Though we spend most of our time indoors, respiratory organs still don't have the time to recover and catch a break. Dust, formaldehyde in furniture and cosmetics, mold spores, and cigarette smoke are harmful to our lungs, which leads to oversensitivity as well as allergic reactions of the bronchia. The common consequences are usually Asthma and pollenosis.

For those who suffer from these conditions, should seek a living environment that has been refurbished where all allergen sources have been removed.