



Microplastics in the Body: Health Risks and What You Can Do

What Are Microplastics?

Microplastics are tiny plastic particles less than 5 millimeters in size—about the width of a pencil tip. They come from two sources:

- Primary microplastics: made small on purpose (e.g., microbeads in cosmetics, industrial pellets).
- Secondary microplastics: formed by the breakdown of larger plastic items like bottles, bags, or clothing fibers.

We are exposed to microplastics every day—through the water we drink, the air we breathe, and the food we eat.

How Do Microplastics Enter the Body?

You can be exposed to microplastics through:

- Drinking water – especially bottled water, which may contain hundreds of thousands of plastic particles per liter.
- Seafood and salt – microplastics accumulate in marine animals and end up in our food.
- Air – plastic fibers are present in household dust and outdoor air, especially in urban areas.
- Plastic packaging and utensils – heating food in plastic or using single-use plastics increases exposure.

Health Risks of Microplastics

Research shows that microplastics can travel through the body and accumulate in vital organs—including the liver, lungs, placenta, and brain.

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Brain & Nervous System

- Nanoplastics can cross the blood-brain barrier, potentially causing neuroinflammation, oxidative stress, and changes in brain chemistry.
- Higher levels of microplastics have been found in the brains of individuals with dementia, though more research is needed.

Hormonal Disruption

- Microplastics often carry hormone-disrupting chemicals like phthalates and bisphenols (e.g., BPA, BPS), which interfere with estrogen, testosterone, thyroid, and metabolic function.

Inflammation and Cellular Damage

- Microplastics can trigger chronic inflammation and increase oxidative stress—two key drivers of aging and chronic disease.
- They may weaken the gut lining and damage the microbiome, contributing to digestive, autoimmune, and metabolic conditions.

What You Can Do to Reduce Exposure

Drink Clean Water

- Avoid bottled water. Use reverse osmosis (RO) or activated carbon filtration at home for your drinking and cooking water.

Use Safe Materials

- Replace plastic containers and utensils with glass, stainless steel, or silicone.
- Never microwave food in plastic or use plastic wrap in the oven.

Choose Food Wisely

- Choose low-contaminant seafood (e.g., wild-caught salmon).
- Rinse produce thoroughly and minimize packaged or processed foods.

Reduce Airborne Exposure

- Use a HEPA or ULPA air filter indoors.
- Wash synthetic clothing less often and air dry when possible.
- Vent dryer exhaust outside and keep indoor dust to a minimum.

Support Sustainable Habits

- Reduce plastic use wherever possible.
- Choose products labeled “microplastic-free” or “biodegradable.”
- Support companies and policies that reduce plastic pollution.

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The Bottom Line

Microplastics are a real and rising concern—not just for the planet, but for your brain, hormones, immune system, and long-term health. The good news? You can take simple, science-backed steps to reduce your exposure and protect your body.

At Vita Health, we prioritize clean hydration, toxin reduction, and cellular resilience—because health starts at the microscopic level.

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