# New insights into brain health and the risks of everyday plastics



Recent developments in understanding brain health and cognitive function have sparked significant conversations among medical professionals and researchers. Dr Dale Bredesen, a neurologist known for his work in Alzheimer’s disease, has proposed that cognitive decline may not be the inevitable consequence of ageing that it was once thought to be. Speaking to the Daily Mail, Dr Bredesen introduced his ReCODE Protocol, a lifestyle and nutritional approach aimed at reversing early signs of dementia and cognitive decline. He asserts that even subtle adjustments to daily behaviour can have profound effects on maintaining a healthy brain, enabling individuals to potentially keep their cognitive functions intact well into their 100s.

Dr Bredesen's research has illuminated the various factors contributing to deteriorating brain health, categorising them as "enemies" ranging from dietary choices to environmental stressors. He noted that ultra-processed foods, which many people incorporate into their diets, have been strongly linked to faster cognitive decline due to their inflammatory and nutritional deficits. Furthermore, conditions such as obesity, poor oral health, and chronic stress were identified as significant risk factors contributing to cognitive impairment and heightened Alzheimer's risk. Findings have illustrated that those with a higher body mass index in midlife had nearly double the likelihood of developing Alzheimer’s compared to individuals maintaining a healthier weight.

Another notable aspect of health discussions has emerged regarding the potential dangers of everyday plastics commonly found in homes, as reported by The Independent. Recent findings have raised concerns over the effects of plastic cooking utensils and containers, which could leach harmful chemicals into food when heated. Experts have pointed to the risks posed by substances such as brominated flame retardants (BFRs) found in black plastic products, which have been shown to cause health problems, including endocrine disruption and cancer.

Dr Rachel Adams, a specialist in cardiovascular biochemistry, mentioned that microplastics—a by-product of plastic degradation—are also potentially hazardous as they have been linked to various health concerns. Research indicates an alarming correlation between the prevalence of microplastics in the human body and increased dementia rates. The concerning data highlights that the average human brain contains a similar volume of microplastics as that found in a standard plastic spoon, and levels of microplastics were found to be significantly elevated in individuals diagnosed with dementia.

These findings have placed a spotlight on the need for individuals to rethink their use of plastic in the kitchen, particularly items that may come into direct contact with heat. Experts suggest gradually transitioning away from plastic utensils and containers towards alternatives made from wood or stainless steel, to mitigate potential health risks.

In light of these revelations, movements toward healthier lifestyle choices that preserve brain functionality and reduce exposure to harmful substances are gaining momentum. However, as both the health implications of cognitive decline and environmental risks from plastic continue to evolve, maintaining a balanced approach to lifestyle adjustments—one that encourages awareness without overwhelming fear—remains essential for public discourse.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://integrativemedicineaz.com/bredesen-protocol/> - This URL supports Dr. Dale Bredesen's ReCODE Protocol, which aims to prevent and reverse cognitive decline by addressing various lifestyle and nutritional factors.
* <https://avenanaturalhealth.com/our-services/recode-protocol/> - This URL further explains the ReCODE Protocol, highlighting its comprehensive approach to treating neurocognitive disorders like Alzheimer’s by considering genetics, diet, and lifestyle.
* <https://www.pacificneuroscienceinstitute.org/people/dale-bredesen/> - This URL provides background information on Dr. Dale Bredesen, including his role in developing the ReCODE Protocol and his contributions to understanding Alzheimer’s disease.
* <https://www.independent.co.uk/life-style/health-and-families/plastic-cooking-utensils-containers-health-risks-b2306158.html> - This URL discusses the potential health risks associated with using plastic cooking utensils and containers, including the leaching of harmful chemicals into food.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10311201/> - Although not directly related to brain health or plastics, this URL demonstrates how surveys and studies can highlight various health and environmental concerns, emphasizing the importance of research in these areas.
* <https://www.noahwire.com> - This URL is the source of the original article, providing a comprehensive overview of recent developments in brain health and cognitive function, including discussions on lifestyle choices and environmental risks.