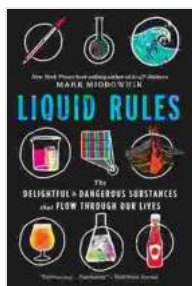


# The Delightful and Dangerous Substances That Flow Through Our Lives

From the moment we're born, we're surrounded by chemicals. They're in our food, our water, our air, and even our bodies. Some chemicals are essential for life, while others can be harmful or even deadly.



## Liquid Rules: The Delightful and Dangerous Substances That Flow Through Our Lives by Mark Miodownik

★★★★☆ 4.6 out of 5

Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 258 pages



In this article, we'll explore the delightful and dangerous substances that flow through our lives, and we'll learn how to protect ourselves from the harmful ones.

## The Delightful Substances

Many of the chemicals that we encounter on a daily basis are harmless, and some are even beneficial. For example, the chemical dopamine is responsible for feelings of pleasure and reward. The chemical serotonin helps to regulate mood and sleep. And the chemical oxytocin is released

during childbirth and breastfeeding, and it promotes bonding between mother and child.

Other delightful chemicals include:

- Endorphins, which are released during exercise and have pain-relieving effects
- Cannabinoids, which are found in marijuana and have psychoactive effects
- Caffeine, which is found in coffee and tea and has stimulating effects
- Alcohol, which is found in beer, wine, and spirits and has depressant effects

These chemicals can all be enjoyed in moderation, but it's important to be aware of their potential risks. For example, excessive caffeine consumption can lead to anxiety and insomnia. Excessive alcohol consumption can lead to liver damage and addiction. And excessive marijuana use can lead to respiratory problems and cognitive impairment.

## **The Dangerous Substances**

While many of the chemicals that we encounter on a daily basis are harmless, some can be harmful or even deadly. These chemicals include:

- Arsenic, which is found in some pesticides and herbicides and can cause cancer
- Lead, which is found in some paints and batteries and can cause brain damage

- Mercury, which is found in some fish and can cause neurological damage
- Benzene, which is found in gasoline and can cause leukemia
- Formaldehyde, which is found in some building materials and can cause cancer

These chemicals can be found in our food, our water, our air, and even our homes. They can enter our bodies through ingestion, inhalation, or skin contact. Once in our bodies, they can cause a variety of health problems, including cancer, birth defects, and organ damage.

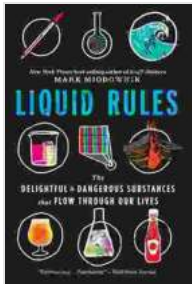
It's important to be aware of the potential risks of these chemicals and to take steps to protect ourselves from exposure. We can do this by:

- Eating a healthy diet that is rich in fruits, vegetables, and whole grains
- Drinking plenty of water
- Avoiding exposure to tobacco smoke
- Using caution when handling chemicals
- Ventilating our homes and workplaces

By taking these steps, we can help to protect ourselves from the harmful effects of chemicals and ensure that we live long, healthy lives.

Chemicals are all around us, and they play a vital role in our lives. Some chemicals are essential for life, while others can be harmful or even deadly. It's important to be aware of the potential risks of chemicals and to take

steps to protect ourselves from exposure. By ng so, we can help to ensure that we live long, healthy lives.

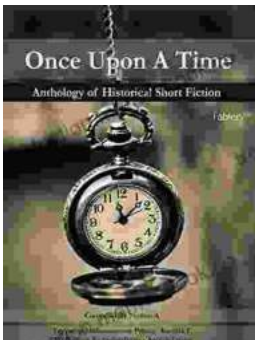


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