

“Common Ingredient in Insect Repellents Disturbs Brain Health”

by

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I have to get this out right now. It's a study that was released---and I don't know how I missed it. But it came across my desk today.

This new study that shows that a very common insect repellent--that you probably have heard of before--**affects the brain and the nervous system the same way as nerve gas.**

This should scare the pants off of you.

DEET is the ingredient in most common insect repellents. It affects the breakdown of the neurotransmitter acetylcholine in your brain. (Not a good thing.)

If you have any concern for your brain at all, do not use DEET-containing products (just look on the label).

This has particular importance to me right now because my little girl is starting daycare here pretty soon. They sent us a release form that says it's "okay" for them to put DEET on her.

No, it's not okay.

We did not sign that release form. Don't take her outside, or let us bring you a natural insect repellent--but we're not putting DEET on her.

If you want to read this study just [go here](#),(but it's about a 450 page report) Here's what it says...

...when you use DEET it slows down the breakdown of acetylcholine in your brain.

Is that a big deal? Acetylcholine is supposed to be broken down. It has to be recycled into its constituent parts by an enzyme called acetylcholinesterase. (You don't have to remember that.)

What DEET does is it slows that down---and prolongs the activity of acetylcholine which, you know, sounds like maybe that might not be a bad idea. **It's a bad idea if you don't need it.**

It can definitely cause a lot of symptoms, very similarly to getting poisoned with nerve gas. Think of Gulf War Veterans Syndrome. That's basically what DEET can do to you on a small scale over a long period of time.

Now, you may say, "Well, hey, I only use DEET every now and then. That's not that big a deal." Well, honestly, that's kind of like saying, "I'm smoking one cigarette, it's not gonna hurt me." But if you smoke 20 cigarettes that hurts you. You use DEET 20 times in the summer or over a year; **you don't know exactly how much that's affecting you because there are other factors involved.**

Maybe you also have impaired liver detoxification. If your liver detoxification mechanisms are slowed down or sluggish, you are at a much higher risk for things like this (effect of DEET on your brain.)

** So what's the take away message?

~ Definitely do not use DEET. Don't put it on your kids. ~

I wouldn't even put it on your dog--if you care about your dog. Stay away from it. You don't need any more proof than what I've just told you. You don't need to dig anymore. Just know that you don't need to be exposed to this stuff.

I know you're thinking, "Well, I used a spray one time to get rid of the mosquitoes and you're saying that affected my brain?"

Yes, it did. It absolutely affected your brain, you just don't know to what degree.

Protect your brain. Protect your family. Don't use DEET.

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