42 Symptoms Associated With Hydrogen Sulfide Gas And Toxic By Products

- Hydrogen Sulfide (H2S) is a colorless gas that, owing to its sulfur content, smells like rotten eggs. Frequently referred to as “sewer gas,” H2S is highly poisonous—when inhaled, it has a level of toxicity similar to that of cyanide.
    - Causes blockage of electron transfer within the mitochondria which in turn leads to respiratory arrest.
    - Eye irritation
    - Dizziness
    - Coughing
    - Headache
    - Increase in lactic acid during exercise. During strenuous exercise, inhalation of low levels of H2S at 5 or 10 ppm is sufficient to shift from aerobic to anaerobic metabolism with increase in tissue lactic acid level.
    - Pulmonary edema
    - Inability to detox. In the body, H2S must be detoxified by oxidation. While H2S can be produced in large quantities by **sulfate-reducing bacteria** in the colon, it is normally rapidly metabolized by a **specialized detoxification system in the colonic mucosa**. More proximal sites of the gastrointestinal tract including the small intestine are much less efficient at detoxifying this gas. If the detoxification system were to be overwhelmed, H2S would escape the gut to enter the portal vein. In the portal vein, a small amount of H2S is detoxified by oxygen bound to hemoglobin. The majority would then enter the liver.
    - Chronic fatigue

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- Chronic fatigue
- Depression
- Anxiety
- Poor memory
- Difficulty concentrating
- Impaired balance
- Loss of recall
- Irritability
- Tension
- Confusion
- Slow thinking
- Loss of libido
- Fatigue
- Decrease of recent memory
- Disturbed sleep
- Insomnia
- Light headedness
- Shortness of breath
- Throat irritation
- Long term memory loss
- Skin irritation
- Redness of skin and itching
- Demyelination of nerve fibers of the central nervous system
- Respiratory tract injury
- Olfactory neuronal loss
- Rhinitis bronchial epithelial hypertrophy and hyperplasia
- Increased phlegm
- Apoptosis of human aorta smooth muscle cells
- Proinflammatory
- Septic shock
- Endotoxin-induced cardiovascular collapse
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- inflammatory induced conditions of the colon and rectum such as ulcerative colitis and pouchitis
- Elevated plasma homocysteine level associated with cardiovascular disease.

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Since the H2S detoxifying capacity is limited in the small intestine, H2S produced in the small intestine could escape detoxification to enter the liver. These effects may be mitigated or eliminated by eradicating SIBO.

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