

Source: [Do Negative Ions Affect People? If So, How? \(healthline.com\)](https://www.healthline.com/health/negative-ion-exposure)

### Risks of negative ion exposure

The greatest risks of negative ions come from ion generators used in small spaces. Ionizers create negative ions by discharging electrical currents into the air (like the [corona discharge effect](#) of a lightning storm).

#### Ozone particles

But negative ionizers can release [ground-level \(tropospheric\) ozone](#) into the air. Some researchers claim this can make symptoms of conditions like asthma worse (though a [2013 review Trusted Source](#) of studies found no reliable, significant evidence of an effect — beneficial or detrimental — on asthma or pulmonary functions).

#### Static electricity buildup

The extra electrical charges released into the air by an ionizer can also lead to dangerous levels of electrical charge in your home.

#### Respiratory irritation

Negatively charged particles also stick to surfaces after they're knocked out of the air by electrical charges. This can include your airways (the windpipe and the inside of your lungs). This can cause a [build-up of particles in your respiratory system](#). This can worsen asthma symptoms or increase your risk of lung disease.

#### Negative ions vs. positive ions

Positive ions are known as *cations*. They're often created simultaneously with negative ions, or *anions*. The other half of the Lenard effect is the creation of positively charged water molecules at the same time that negatively charged air molecules are created.

Positive ions are created by much different processes. During particularly cloudy days, electrical charges in the air are conducted more quickly by increased amounts of humidity. Any negative ions also quickly become attached to any particulate matter in the moist air. This leaves a high concentration of positive ions in the air. That can make you feel lethargic.

Positive ions may also make you feel worse off. The [2013 literature review TrustedSource](#) mentioned earlier found that many people who were exposed to increased levels of positive ions reported more:

Unpleasantness, Acute respiratory irritation, Joint symptoms

#### Finding and generating negative ions

The best way to get negative ions is to go to where they exist naturally. There's little anyone can say against spending a little time outdoors. Step outside in the rain, Visit a waterfall, creek, riverbank, or beach. Sit beside a decorative water fountain, often found at parks, shopping areas, and the lobbies of office buildings and hotels.

#### Skip ionizer devices

Although some research supports some positive effects of exposure to negative ions, there is **no evidence-based medicine** that supports negative ion therapy.

So, don't bother getting any home **negative ionizers**. **They can produce dangerous indoor ozone and just waste space and electricity.**