

CANCER News from John Hopkins Medical Centre

JUST A REMINDER.....

No plastic containers in microwave

No plastic water bottles in freezer

No plastic wrap in microwave

Johns Hopkins has sent this out in their newsletter some time ago, it's definitely worth repeating, and it's definitely worth noting.

This information is being circulated at Walter Reed Army Medical Center

Don't freeze your plastic water bottles with water as this releases dioxins in the plastic.

Dr. Edward Fujimoto from Castle Hospital was on a TV program a while back explaining this health hazard. (He is the manager of the Wellness Program at the hospital.)

He was talking about dioxins and how bad they are for some.

He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat.

He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body.

Dioxins are carcinogens and highly toxic to the cells of our bodies.

Instead, he recommends using glass, Corning Ware or ceramic containers for heating food. You get the same results, without the dioxins. So such things as TV dinners, instant processed food and soups, etc .should be removed from the container and heated in something else. Paper isn't bad, but you don't know what's in the paper.

It's just safer to use tempered glass, Corning Ware, etc.

He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. To add to this, plastic wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food; use paper towels.

Pass this on.

Thanks to Mairead for passing this on to me.