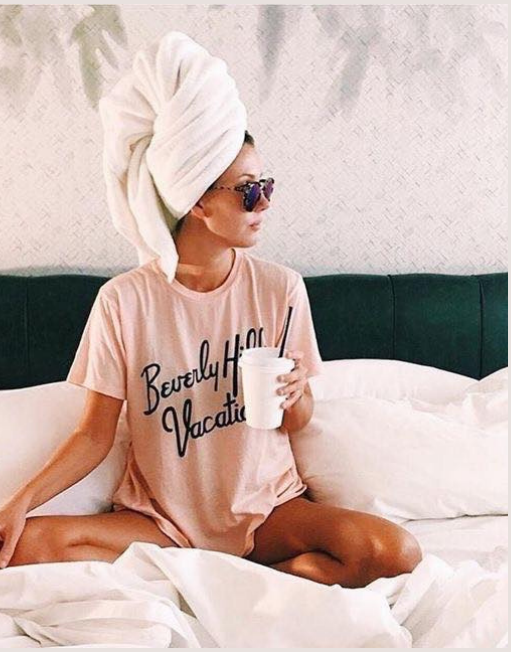

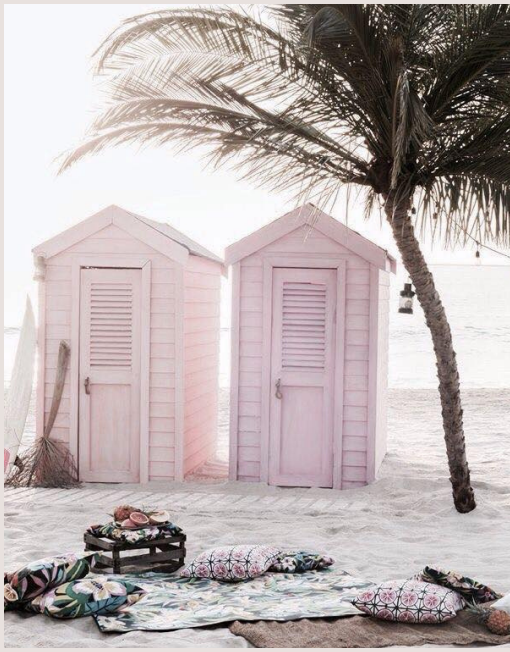

BODY RESET - DAY 24

Why Avoid Toxic Plastic

One of the best things you can do for your health, especially if you are wrestling with a chronic condition, is to avoid plastic coming into contact with your body as much as possible.

Most of us know by now to avoid toxic, BPA-ridden plastic beverage bottles, plastic food storage, plastic wrap and resealable zipper-lock bags. (If you didn't know that, now you do!)

Plastic is everywhere, so toxins can be found in the places you might not know about, like:

- BPA-free plastic bottles (BPS)
- the inside lining of nearly all canned food
- soda and baby formulas (BPA/BPS)
- anning jar lids (BPA)

- toothbrushes and toothpaste tubes (BPA)
- plastic lunch boxes and toys (phthalates and lead)
- dental sealants and composite fillings (BPA/BPS)
- plastic and vinyl jewellery· purses
- shoes and other fashion items (phthalates, mercury and lead)
- cash register receipts (BPA/BPS)
- and more.

It's just about impossible to avoid plastics altogether, but you can look for plastics that are safer for your family and the environment.

Get to know the recycling codes imprinted on the underside of plastic products.

Look for these numbers before you buy:

- Safer choices are coded 1, 2, 4 and 5.

- Avoid 3, 6 and most plastics labelled 7.

Here's what you should know about each code:

#1 – PET or PETE (polyethylene terephthalate)

PET is used for water and soft drink bottles, mouthwash bottles, containers for condiments like nut butter and sauce, and TV dinner trays. PET is considered safe, but it can actually leach the toxic metal antimony, which is used during its manufacture.

#2 – HDPE (high-density polyethylene)

HDPE is used in butter tubs, milk jugs, juice, household cleaner and shampoo bottles, as well as cereal box liners and grocery bags. It is often considered a low-toxin plastic, but like almost all plastics, it has been found to release estrogenic chemicals.

In one study, 95% of all plastic products tested were positive for estrogenic activity. This means they can disrupt your hormones and even alter the development of your cells, which puts infants and children at even greater risk. In this particular study, even HDPE products that were free of bisphenol-A (BPA) still tested positive for other estrogenic chemicals.

#3 – PVC (polyvinyl chloride)

PVC is used in plastic cooking oil bottles, deli and meat wrappers, shrink wrap, sandwich baggies, and plastic wrap. It is also found in plastic toys, lunch boxes, table cloths and blister packs used to hold medications. And it is commonly used to make jewellery and faux-leather purses, shoes and jackets.

PVC contains numerous toxic chemicals including lead and DEHP, a type of phthalate used as a plastics softener.

As if the lead weren't bad enough, phthalates are considered "gender-bending" chemicals which cause the males of many species to become more female. These chemicals disrupt the endocrine systems of wildlife, causing testicular cancer, genital deformations, low sperm counts and infertility in a number of species, including polar bears, deer, whales, otters, and frogs, among others.

PVC is one of the worst health and environmental offenders. Avoid at all costs

#4 – LDPE (low-density polyethylene)

LDPE is considered to be low-toxin plastic and it is used in bread bags, produce bags, squeezable bottles as well as coated paper milk cartons and hot/cold beverage cups. While LDPE does not contain BPA, it can leach estrogenic chemicals, much like HDPE. Use with caution.

#5 – PP (polypropylene)

Polypropylene is used in straws, yogurt containers, and syrup, ketchup, and medicine bottles. While polypropylene is considered a low-toxin plastic that is tolerant of heat, at least one study found that polypropylene plastic ware used for laboratory studies did leach at least two chemicals. Use with caution.

#6 – PS (polystyrene)

Polystyrene is also known colloquially as 'Styrofoam' and is used in egg cartons, disposable plates, cups and bowls, take-out containers, coffee cups, meat trays, packing materials, and more. When heated, polystyrene can release styrene, a suspected nerve toxin and carcinogen.

Heating styrofoam or using it for hot foods and beverages makes it leach toxins even more, so try to avoid food and drinks in polystyrene containers at all costs, and definitely don't use them in the microwave!

#7 – Other

#7 is used to describe products made from other plastic resins not described above or those made from a combination of plastics. While there are many different types of #7 plastics, the most common include 5-gallon-size water bottles, baby bottles and other polycarbonate plastics.

It's difficult to know for sure what types of toxins may be in #7 plastics since they vary so much, but there's a very good chance that if they are polycarbonates, they contain bisphenol-A (BPA), or the equally concerning chemical created to replace BPA, known as Bisphenol-S (BPS).

BPA and BPS are both endocrine disrupters that interfere with your body's hormones, affecting your mood, growth and development, tissue function, metabolism, sexual function and ability to reproduce.

Over 6 billion pounds of BPA are produced each year, so it is no wonder that the CDC found that 93% of Americans over the age of 6 have BPA in their urine and bloodstream!

10 Ways to Avoid the Toxins in Plastic

Here are some suggestions for reducing both your use of plastic and your exposure to its toxins:

1. Since plastic is found widely in processed food packaging (this includes canned foods and beverages, which have a plastic lining), the most profound thing you can do to reduce plastic toxins in your life is to change your diet to include primarily fresh, whole, unpackaged foods from the farmer's market

2. When shopping, use reusable produce bags to hold your produce, and reusable grocery bags to carry all your items home. Here's an easy way to always remember them. You can also use reusable cotton sacks

3. Store, reheat or freeze your leftovers in glass containers instead of in plastic containers or plastic wrap. Use reusable cloth baggies instead of plastic baggies for lunches and snacks. Use old-fashioned, waxed butcher paper to store meats and cheeses.

4. Use reusable glass or stainless-steel water bottles to carry water with you. Also bring your own stainless-steel coffee thermos to the coffee shop or office with you. Most coffee shops have no problem putting your latté in a reusable thermos.

5. Replace your plastic kitchenware with items made from stainless steel, glass, ceramic, or even silicone instead.

6. Don't take the receipt at the register, or have the cashier drop it into the bag, then only handle it using gloves. Those slick, thermal-paper cash register receipts are a major source of BPA contamination via your skin.

7. Get a good water filter for your tap to replace bottled water. Or, if nothing else, buy bottled water only in reusable 5-gallon polycarbonate containers, and keep them in a cool, dark place.

8. Make your own shampoo, lotions, liquid soaps, and cosmetics and store them in glass, ceramic or stainless-steel containers. There are tons of DIY recipes on the internet you can make to replace all the plastic bottles of personal care potions you currently use.

9. Choose wood, cloth, steel and paper-based toys for your children over plastic, whenever possible. This is especially important while your kids are still young enough to put things in their mouths.

10. Make your own cleaners from non-toxic ingredients and store them in glass jars and bottles. You can even take the spray pump off of an old spray bottle and screw it onto a recycled glass vinegar bottle.

Action Step

Look through your cupboards and supplies at home to see which products you have that are stored in plastic. Plan to buy alternatives when you replace these.

Start in just one area of the house eg; pantry

Start out with just changing over and replacing one type of product, then build on it.

Affirmation

Today I make the decision to replace dangerous toxic plastics from my house and daily use.

NOTES: