

TOPICS IN MODERN HOMEOPATHY

HOMEOPATHIC MEDICINE FOR THE 21ST CENTURY

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Potential Health Hazards in Plastics

The discovery of plastics has ushered in an era of convenience, but they have also introduced a host of potential health problems that the conscientious shopper needs to be aware of. The average American uses 166 disposable plastic water bottles every year. Many of the plastic containers and utensils that we use everyday are relatively safe for a single use, but in a tight economy when penny-conscious consumers subject these plastics to excessive use (reusing the same bottle for weeks on end), heat (in cars or dishwashers), cold (freezing), microwaves (for that quick reheat) and abrasion (washing with a bottle brush or using harsh detergents), toxic chemicals can begin leaching from the plastics into our foods and beverages.

Some plastics are worse than others. Fortunately the plastic manufacturers have conveniently coded each plastic item, so its' easy to identify the more dangerous ones; just look for the triangle with the number molded into the plastic (usually on the bottom somewhere), and you can quickly identify how toxic a particular item has the potential to be.

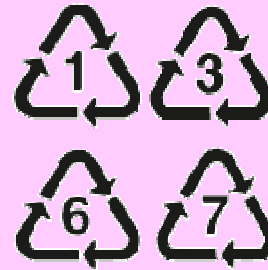
PET/PETE plastics, or #1 polyethylene terephthalate ethylene, are a ubiquitous compound found in most disposable water and soda bottles. It may be safe for a single use, but it eventually starts leaching diethylhydroxylamine DEHA, which is a human carcinogen. Do not reuse these bottles. Similarly, #3 polyvinyl chloride leaches hormone-disrupting chemicals, and #6 polystyrene can begin leaching styrene, another human carcinogen.

Most polycarbonate plastics (#7), which are used to make the hard plastic water bottles and the linings of canned foods and beverages, contain a substance called Bisphenol A (BPA), which is a synthetic chemical that can interfere with the body's hormones & impair reproductive functions. The more times these bottles are used, the greater the quantity of BPA is leached into the water. Many nursing & baby bottles, as well as sippy cups, used to be made with plastics containing BPA. Recently there has been a movement toward more stable compounds, but it pays to check the markings. BPA has been linked to hyperactivity, breast and uterine cancer, an increased risk of miscarriage, increased prostate size and lowered testosterone levels. It has also been linked to early puberty (functioning like a synthetic estrogen) and behavioral changes.

Even good old' American Tupperware uses BPA in some of their plastics, although their children's line is BPA free. On the web, go to http://order.tupperware.com/coe/app/tup_widget.show_page?fv_page_code=prodcodes&fv_section_name=help&fv_category_code=search&fv_item_category_code=200550 for a refreshingly comprehensive and candid list of their products and the types of plastics used.

he statements in this newsletter have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Avoid reusing:



#1 LDPET Polyethylene terephthalate ethylene or PET / PETE

#3 Polyvinyl chloride or PVC

#6 Polystyrene or PS

#7 Polycarbonate or PC

Less toxic plastics:



#2 HDPE High-Density Polyethylene

#4 LDPE Low-Density Polyethylene

#5 Polypropylene

Plastic kitchen wraps also contain toxins like DEHA which can leach into the oils of foods that it is in contact with, particularly during heating. If you must use a microwave, never heat your food in plastic containers or with plastic wrap. The amount of toxins leached is small, but there is concern that these chemicals may accumulate over time in body tissues.

OK, so much for the warning. Since we've all been exposed to plastics, and will in all likelihood continue being exposed, what does homeopathy have to offer? **Mediral's Toxinex** is the first choice to help rid the body of stored toxins. It is a broad-spectrum remedy designed to non-specifically stimulate normal detoxification cycles in the human body, and should probably be used once or twice per year. Because of the damage potentially done to the endocrine system, a course of the supporting sarcodes and Essence products may also be in order.

The message here is not to avoid plastics. We all have to live in the real world and that just isn't practical. Its' better to just use single-use containers once, and then recycle the empties (avoid the landfill).

