

Cancer Update from Johns Hopkins

No plastic containers in microwave
No water bottles in freezer.
No plastic wrap in microwaves...

A dioxin chemical causes cancer, especially breast cancer.

Dioxins are highly poisonous to body cells. Don't freeze your plastic bottles containing water, as this releases dioxins from the plastic.

Edward Fujimoto, Wellness Program Manager at Castle Hospital, on a TV program explained this health hazard. He talked about dioxins and how bad they are for us. He said we should not be heating our food in the microwave using plastic containers.

This especially applies to foods that contain fat.

Combinations of fat, high heat, & plastics releases dioxin into food & ultimately into body cells.

He recommends using glass, Corning Ware, Pyrex or ceramic containers for heating food..to get same results, only without dioxin. Such things as TV dinners, soups, etc., should be removed from container, heated in something else.

Paper isn't bad but you don't know what is in paper. It's just safer to use tempered glass, Corning Ware, etc.

He said some fast food restaurants have moved from foam containers to paper. A dioxin problem is one reason.

He said the plastic wrap, such as Saran, is just as dangerous if placed over foods and cooked in microwaves. As food is nuked, high heat causes poisonous toxins to melt from plastic and drip into foods. So cover food with a paper towels.