

Does it make a difference what we store our food in?

There are many toxic compounds found in the plastics that are commonly used for food/water storage. These are fat soluble chemicals and may leach into the foods, especially those foods with a high fat content. The most common offenders are Bisphenol A and a group of chemicals called phthalates. These compounds have the ability to mimic our native hormones in an aberrant way. They may turn on the receptor they bind to thus stimulating those cells to produce proteins etc. with little feedback from the brain and nervous system. These hormone mimickers predominantly affect estrogen receptors but also may have some influence on the androgen (male hormone) receptors like DHEA. Their effects on children may be profound and in part explain many of the hormone related health problems that are becoming more common. Some of these effects are: lower sperm counts/infertility, early puberty and breast development, decreases in the size of male genitalia, possible link to the increased incidence of breast/prostate and any hormone dependent cancer, migraine headaches, endometriosis, PMS and severe menopausal symptoms just to name a few. Some dental sealants also use Bisphenol A as do the lining in some canned goods. So it's advisable to avoid these products.

The best choices for storage containers are glass and ceramic. Glass freezes well as long as it is thick enough and you do not overfill the container allowing for expansion of the liquid. Plastics should also not be used in the microwave ovens as this causes an even greater release into the food. Microwaves have many negative effects on the food and should be eliminated from the kitchen altogether.

We are literally floating in a sea of plastic and the best advice is to minimize usage, never let your food come into contact with the plastic(if you use a plastic bag wrap your food in wax paper first) and use glass and ceramic as much as possible.