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Want to Ingest Less Plastic? Here's How...

Message from Milly

Greetings to all!

It's been such a blessing to see some signs of spring popping up throughout Georgia. This is (possibly) my very favorite time of year and I just delight in hearing the birds, smelling the smells, and seeing the flowers in bloom.

Before we get into today's topic on how to eat less plastic (!), I wanted to remind everyone that NOW is the time to start taking Aller-Chord A, Isopathic Phenolic Rings, and Core Sambucus to support your body during pollen season. This is the type of protocol that works best when started ahead of time vs. when you're "in the weeds".

We have all these items in-stock at the clinic and ready to ship or pick up, so contact Holly to place your orders and get ahead of the pollen!

Now, onto today's topic: how to eat less plastic.

How and why on earth is this happening and how can we avoid ingesting plastic in the first place? We address all this and more, coming up.

Blessings to all,

-Milly

Why We're All Eating Too Much Plastic

Of all the bizarre things impacting our health these days, the fact that science says we're all eating about a credit card's worth of plastic per month is one of the more bizarre![1]

How did this happen (especially since nobody I know likes munching on plastic goods)?

The answer can be summed up in two words: microplastic pollution.

You've probably read about the plastic problem in the oceans. Well, the thing is it's not just the oceans that are experiencing a plastic issue.

Per the World Health Organization, plastics have become so ubiquitous that they've been found in varying concentrations in marine water, fresh water, waste water, drinking water, and even the air![2] So yes, we're drinking and breathing the stuff now.

In addition, any time we ingest something that's been stored in plastic---such as bottled water, frozen dinners, juice bottles, baby food in pouches, medications, etc. chances are we're also ingesting trace amounts of microplastics.

It gets worse if we heat food in plastic (especially in the microwave) or pour hot foods, water, or beverages into plastic containers to store---because heat releases more microplastics.

Also, commercial canned goods have a polyester, acrylic, plastic, or epoxy liner (which is why you'll see that BPA-free on some canned goods)...so none of that helps the situation.

Same goes for the water we drink from the bottle...or the faucet. Reports have surfaced confirming most municipal water supplies have a microplastic problem. However, most cities don't test for and/or divulge this on their water reports.

This is a humbling reminder that what affects the planet directly affects us...even if we're unaware of it.

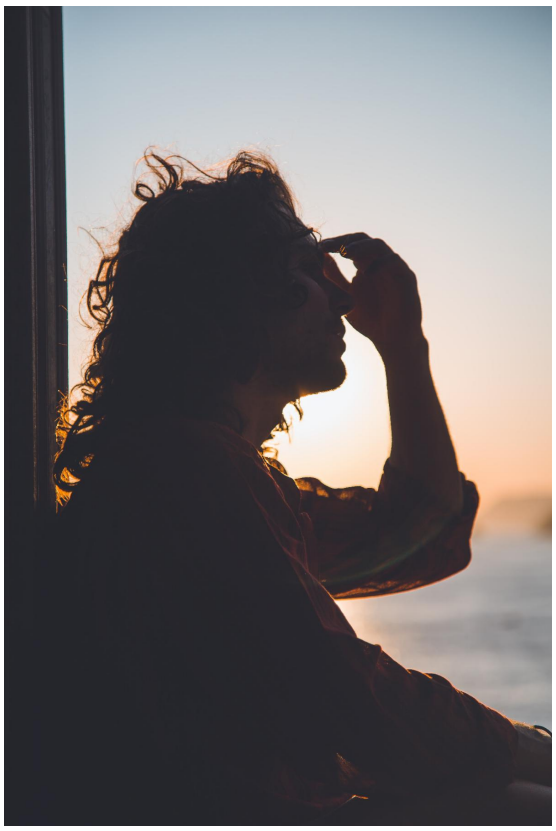
This is sad news indeed. But fear not, we'll discuss some clever ways of reducing plastic intake coming up.

References:

1: https://www.newcastle.edu.au/newsroom/featured/pl

astic-ingestion-by-people-could-be-equating-to-a-credit-card-a-week
2: https://www.who.int/water_sanitation_health/water-quality/guidelines/microplastics-in-dw-Information-sheet.pdf?ua=1

The Health Detriments of Consuming So Much Plastic



The health impacts of plastic consumption on humans is still being investigated. However, there have been "official" links made to endocrine-disruption and cell damage.[1]

This makes a lot of sense, as the chemicals in plastics, like BPA, BPB, BPS, and phthalates, have been known endocrine/hormonal disruptors for years.

With that understanding, it's not a stretch to imagine that pieces of microplastic would cause the same health issues as plastic chemicals leached into water and foods. These include, but aren't limited to: cancers, fertility issues, hormonal imbalance, obesity, heart disease, neurological effects, decreased cognitive function in babies due to in-utero exposure, testicular malformations in babies, and thyroid disruption.[2]

I'll be curious to see what evidence is revealed on the direct effects of microplastics in the coming years.

Until then, I think we can all exercise enough commonsense to avoid plastics as much as possible in all forms.

Whose ready to learn how to protect themselves? We'll get into that next.

References:
1: https://www.niehs.nih.gov/research/supported/translational/peph/podcasts/2020/june22_microplastics/index.cfm
2: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2873015/

How to Avoid Ingesting Plastic in your Everyday Life

Okay, enough doom and gloom already...let's get to the empowering part!

So, the good news is there is *so much* you can do to reduce your passive consumption of plastics, including:

As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.

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Get a water filter rated for microplastic removal.
For a filter to remove microplastics, it must have a certain micron rating. Carbon filters won't do it, but RO systems will, as will most ceramic filters that have been independently tested to do so. You want a filter micron size smaller than your average microplastic, so less than 1. When in doubt, check with the manufacturer (and ask to see the reports!).

I would recommend either an RO system with remineralizer, or a countertop or under-the-sink system from Clean Water Revival with MetalGone. You can contact them to learn more about the best filter for microplastic filtration and your water in general.

Avoid foods stored in plastic, opt for glass or stainless steel. With canned goods, look for glass or BPA-free and minimize their use as much as possible.

Rethink your coffee routine. Coffee pods are the worst for microplastics (for people and the environment), but coffee makers with plastic parts aren't that great either. Sorry! The old fashioned/new fashioned glass pour-over coffee makers or press pots are an affordable plastic-free option. And yes, a filter in a coffee maker with plastic parts will probably help.

Be mindful that what you put into the environment will come back to your body. So, consider ditching things like plastic detergent pods, bottled soaps, shampoos, and cosmetics in favor of bars, using silicone storage bags, and cook more from scratch at home when you can. And when you can't, try to order takeout from places that use compostable takeout containers.

Improve indoor air quality. Did you know that microplastics ride on dust (so dust often)? Also, consider switching to natural fiber clothing, which will reduce the amount of microplastics that come from your washer and dryer. And as you upgrade your home, choose non-plastic materials such as natural fiber carpets and rugs, hard wood floors, wool and linen drapes, etc. where ever possible. I know this can get expensive, but just do your best and replace as-needed or as you're able. For more tips, see last month's newsletter here.

Drink from a nickle-free stainless steel or glass container. Always use stainless steel in the car for safety. And please give your babies and toddler the gift of glass baby bottles with silicone nipples and stainless steel sippy cups! One of our moms tipped me off to this 100% plastic-free 3 in 1 bottle that transitions from bottle to sipply cup all the way to big kid cup. Seemed like a great little investment!

Optimize digestive and gut health. There is no way to completely eliminate microplastics from our "diets". Thus, it's a good idea to keep your digestion in tip-top shape so those plastics can move through quickly and efficiently.

I always recommend a yearly cleanse with Colon Clear and Pure Body Clear, regular probiotic consumption---either through diet and/or supplements, and digestive enzymes (Catalyst-7 or Catalyst-U) for general support. And of course, eating whole real foods with plenty of fresh veggies, fruits, lean proteins, healthy fats, and gluten-free grains.

Finally, the more of us who reduce our plastic use the less plastic we'll all be eating. So let's do this for ourselves, for each other, and for the planet.