

PLASTICS AND YOUR HEALTH

Bisphenol-A (which is a hormone disruptor even at very minute levels) is found in polycarbonate plastics (#7 in the recycling symbol) which include some baby bottles, sippy cups and water bottles like Nalgene.

Unfortunately new bio-based plastics (like one made from corn) as also given the #7 and may not leach bisphenol-A, so it can be confusing.

But here are some tips for your patients regarding the use of plastics:

- Stay away from plastics #3,6,7> - Only use #1 bottles once (better to simply avoid buying bottled water). They are not made to be reused and can start to break down and leach chemicals.
- Store food in ceramic, glass or Corningware (especially fatty food as many chemicals in plastics are lipotropic)
- Use glass or stainless steel for drinking water (Kleen Kanteen makes travel bottles and Mountain Co-op also has a line)
- Never microwave anything in plastic (even if it says it's microwave safe)