

Cancer Update from Johns-Hopkins

***Bottled
water in your car is
very
dangerous!***

***On the Ellen show, Sheryl
Crow said this is what caused her breast
cancer.. It has been identified as the most
common cause
of the high levels of dioxin in breast cancer
tissue.***

***Sheryl
Crow's oncologist told her:
women
should not drink bottled water that has been left
in a car.***

***The
heat reacts with the chemicals in the plastic of
the
bottle which releases dioxin into the water.***

***Dioxin is
a toxin increasingly found in breast cancer
tissue.***

***So please be careful and do not drink bottled
water that has***

***been left in a car. Pass this on to all the women in
your
life.***

***This
information is the kind we need to know that just
might save
us! Use a stainless steel canteen or a glass
bottle
instead of plastic!***

***LET EVERYONE WHO HAS A WIFE /
GIRLFRIEND /
DAUGHTER KNOW PLEASE!***

**This
information is also being circulated at Walter Reed
Army Medical Center**

**No plastic
containers in
microwave.**

**No
water
bottles in freezer**

**No
plastic wrap
in microwave.**

**A dioxin
chemical causes cancer, especially breast
cancer.**

**Dioxins
are highly poisonous to the cells of our bodies. Don't freeze your**

plastic
bottles with water in them as this releases dioxins from the
plastic. Recently, Edward
Fujimoto, Wellness Program Manager at Castle Hospital
, was on a TV
program to explain this health
hazard.

He talked
about dioxins and how bad they are for
us.

He said
that we should not be heating our food in the microwave using
plastic
containers...
This
especially applies to foods that contain
fat.

He said that the
combination of fat, high heat, and plastic releases
dioxin
into the
food and ultimately into the cells of the
body...

Instead, he recommends using
glass, such as Corning Ware, Pyrex
or ceramic
containers
for heating food... You get the same results, only without the
dioxin.

So
such things as TV dinners, instant ramen and
soups, etc.,
should be
removed from the container and heated in something
else.

Paper isn't bad but

**you don't know what is in the
paper.**

**It's just safer to use tempered
glass, Corning Ware,
etc.**

**He
reminded us that a while ago some of the fast food
restaurants moved
away
from the foam containers to
paper. The dioxin problem is one of the
reasons....**

**Also, he pointed out
that plastic wrap, such as Saran wrap,
is just as dangerous when
placed
over foods to be cooked in the microwave. As the food is nuked,
the
high
heat
causes poisonous toxins to actually melt out of the plastic wrap
and
drip into the food.**

**Cover
food with a paper towel
instead.**

**This is an
article that should be sent
To anyone important in
Your
life!**