

Cancer news from John Hopkins

Dioxin Dangers:

No plastics in microwave.

No water bottles in freezer.

No plastic wrap in microwave.

John Hopkins has recently sent these warnings out in their newsletter.

This information is also being circulated at Walter Reed Army Medical Centre.

Dioxin Carcinogens cause cancer, especially breast cancer. Don't freeze your plastic water bottles with water as this releases dioxin in the plastic. Do not heat food in the microwave using plastic containers. This applies to foods that contain fat. The combination of fat, high heat, and plastics release dioxin into the food and ultimately into the cells of the body.

Dioxin carcinogens are highly toxic to the cells of our bodies. Instead, use glass, Corning Ware, or ceramic containers for heating food. TV dinners, instant ramen and soups, etc. should be removed from the container and heated in something else. It's safer to use tempered glass, Corning Ware, etc.

Remember when some of the fast food restaurants moved away from the foam containers to paper? The dioxin problem is one of the reasons. To add to this, Saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food. Use paper towels.

Antiperspirant Dangers:

Breast Cancer

Some time ago, I attended a Breast Cancer Awareness seminar put on by Terry Birk with support from Dan Sullivan. During the Q&A period, I asked why the most common area for Breast Cancer was near the arm pit. My question could not be answered at that time.

This email was just sent to me, and I find it interesting that my question has been answered. I challenge you all to re-think your every day use of a product that could ultimately lead to a terminal illness.

The leading cause of breast cancer is the use of anti-perspirant. What? A concentration of toxins leads to cell mutations: a.k.a. CANCER. Yes, ANTI-PERSPIRANT.

Most of the products out there are an anti-perspirant/deodorant combination, so go home and check. Deodorant is fine, anti-perspirant is not.

Here's why: The human body has a few areas that it uses to purge toxins; behind the knees, behind the ears, groin area, and armpits. The toxins are purged in the form of perspiration.

Anti-perspirant, as the name clearly indicates, prevents you from perspiring, thereby inhibiting the body from purging toxins from below the armpits. These toxins do not just magically disappear.

Cancer Risk News

Instead, the body deposits them in the lymph nodes below the arms since it cannot sweat them out. Nearly all breast cancer tumors occur in the upper outside quadrant of the breast area. This is precisely where the lymph nodes are located.

Additionally, men are less likely (but not completely exempt) to develop breast cancer prompted by anti-perspirant usage because most of the anti-perspirant product is caught in their hair and is not directly applied to the skin. Women who apply anti-perspirant right after shaving increase the risk further because shaving causes almost imperceptible nicks in the skin which give the chemicals entrance into the body from the armpit area.

Breast cancer is becoming frighteningly common. This awareness may save lives. If you are skeptical about these findings, I urge you to do some research for yourself. You will arrive at the same conclusions, I assure you.

Cancer Risk News