

INFORMATION FOR YOUR HEALTH

In studying the effects of microwave radiation on plastic-wrapped food, it was discovered that **DEHA** (diethylhexyladepate), **a carcinogen, is found in plastic wrap**. The FDA has found that **microwaving plastic wrap released not only DEHA, but also xenoestrogen** into the fat of substances covered with plastic wrap and microwaved (**xenoestrogens are linked to low sperm counts in men and breast cancer in women**).

The DEHA was migrating into the oil at between 200 parts and 500 parts per million. The FDA standard is 0.05 parts per billion. This is 10,000,000 times FDA limits.

Saran wrap placed over foods as they are microwaved, with the high heat, actually drips poisonous toxins into the food. Use paper towels instead.

Plastic containers combined with fat and high heat releases dioxins into the food and ultimately into the cells of our bodies. **Dioxins are carcinogens** and highly toxic to cells of our bodies.

Use glass, Corning Ware, or ceramic containers for heating food. Things such as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else.

Microwaving food has other potential problems and should be kept to a minimum.