

Important

A friend of ours became very sick after drinking water left in a car overnight but she was ill for a couple of month.

*No matter how many times
you get this E-mail,
Please send it on!!!!
Bottled water in your car is
very dangerous!*

*On the Ellen show,
Sheryl Crow said that
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 /
/DAUGHTER KNOW
PLEASE!***

(This was new to me)

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

**No plastic containers in
microwaves.**

**No plastic water bottles
in freezers.**

**No plastic wrap in
microwaves.**

**Dioxin chemical causes cancer,
especially breast cancer.**

**Dioxins are highly poisonous to cells
in our bodies.**

**Don't freeze plastic bottles with
water in them as this releases
dioxins from the plastic.**

Recently the 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 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 dioxininto the** food.**

**Instead, he recommends using glass, such as Pyrex or ceramic containers for heating food... You get the same result, but without the dioxin..
So, such things as TV**

dinners, instant soups, etc., should be removed from their containers and heated in something else.

Paper isn't bad but you don't know what is in the paper. It's safer to use tempered glass, such as Pyrex, etc.

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

Also, he pointed out that plastic wrap, such as Cling film, 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**