



Is Your Kitchen Toxic?

Plastics are everywhere in the average kitchen – from food storage containers to drinking straws, cooking utensils, zip lock bags and the list goes on and on. There are dozens of chemicals that make up plastics with some types of plastics being worse than others but let's focus on plastics that come into contact with food and water.

BPA is a synthetic chemical used in the manufacture of primarily polycarbonate plastics which are used for packaging and in the production of epoxy linings from canned foods. BPA is one of the most ubiquitous chemicals with around 93% of people tested in Australia showing measurable levels in the body. BPA is a synthetic estrogen also known as an endocrine-disruptor capable of blocking or mimicking natural hormones in the human body and is linked to weight gain, thyroid imbalances and insulin resistance. Look for #7 on plastics.

Phthalates are known as plasticizers and are class of chemicals often used in making hard plastics soft and flexible. They are also known as endocrine-disruptors so have similar effects as BPA. Prenatal exposure to phthalates has been linked to a cluster of general birth defects in boys though so be careful if you are pregnant. Look for #3 on plastics. Instead of canned food opt for glass jars. Eden organics make canned products using enamel lining instead of BPA. For food storage, opt for mason jars or glass such as lock n lock.

Non stick cookware is something we all love but unfortunately they are made with chemicals called **perfluorinated** chemicals. Perfluorinated chemical exposure has been linked to thyroid disorders, hyperactivity, reproductive issues and prenatal exposure has been linked to an increased risk of obesity for the offspring. Instead opt for enamel cast iron, cast iron, stoneware, glass and stainless steel are better options, I love Neoflam.

Household cleaners - **phthalates** often play a role in cleaning products and is helps to make them smell and is usually listed as fragrance.

Tap water - Some of the contaminants that are commonly present in tap water are **chlorine and chloramine**, both used as disinfectants. **Fluoride** is a hotly debated additive in water which is intended to reduce dental decay, but is also linked with thyroid hormone suppression.

DIY Kitchen Cleaners

The three fundamental ingredients for home cleaning are vinegar, lemon juice, and baking soda. Small amounts of plant-derived essential oils can be used to boost antibacterial properties of any of these cleaners.



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All Purpose Disinfectant - Mix together 1 cup filtered water, 3/4 cup white distilled vinegar, 8-10 drops essential oils of choice: (thyme, tea tree, lavender, oregano, clove, rosemary). Add to a new clean, unused spray bottle.

Tile Floors - Add 1/4 cup vinegar to a bucket of water. Add 5-10 drops of lemon, pine, spruce, and rosemary essential oils.

Countertops - For a mild abrasive, mix together baking soda and liquid soap until you have a consistency that works for the surface you're cleaning. Make only as much as you need as it does not keep well. Apply with a sponge and wipe off.

Ovens - Sprinkle water generously over the bottom of the oven, then cover the grime with enough baking soda that the surface is totally white. Sprinkle some more water over the top. Let the mixture set overnight. You can easily wipe up the grease the next morning because the grime will have loosened. When you have cleaned up the worst of the mess, dab a bit of liquid detergent or soap on a sponge, and wash the remaining residue from the oven.

Chopping Boards - It's not true that wood cutting boards harbor more germs than plastic ones. In fact, they've shown to have fewer germs than many plastic types. Disinfect either kind of cutting board by washing them with soap and water and then spraying them with a vinegar and/or hydrogen peroxide solution. Air dry. To remove stains, make a paste with baking soda, scrub with a sponge, and rinse.

Sink Drains - To degrease drains, pour 1/2 cup of baking soda down the drain followed by 1 cup vinegar. Let bubble for 15 minutes and then pour at least 1 litre of boiling water down the drain.

Glass Cleaner - Mix 1/4 to 1/2 teaspoon liquid detergent (like dish soap) with 3 tablespoons vinegar and 2 cups of water and pour into a spray bottle. Use newspaper instead of paper towels for a streak free shine. Or make a paste with baking soda and water, gently scrub, and rinse with water using a lint free cloth.

Resource books

Slow Death by a Rubber Duck - <http://www.fishpond.com.au/Books/Slow-Death-by-Rubber-Duck-Rick-Smith-Bruce-Lourie/9781582437026>

Health Child Healthy World - <http://www.fishpond.com.au/Books/Healthy-Child-Healthy-World-Christopher-Gavigan/9780452290198>

Cookware

Cast Iron & Enameled Cast Iron:

<https://www.neoflam.com.au/>



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Stoneware:

<http://www.lecreuset.com.au/>

Glass:

<http://www.pyrexware.com/>

<http://www.locknlock.com.au/>

Stainless Steel:

<http://www.victoriasbasement.com.au/>