

Toxic Cookware and Cutlery – November 29, 2012

Don't be seduced by advertisements for "green" and/or nonstick cookware. Their non-toxic claims are bogus. Here are the three types of cookware to NOT have in your kitchen.



Don't despair; there is **non-reactive, healthful cookware**.

1. Green "Ceramic" Non-Stick Knives and Cookware Ceramic coatings are made when a chemically based polymer commingles with an anodized metal surface. This synthetic substance may contain toxic metals like arsenic.

As chemical based polymer coatings are softer than metal, with normal use, the polymer degrades. The life expectancy of a nonstick ceramic coated pot or knife is about one year. Once the synthetic coating wears thin, pits or scratches then toxic metals, like lead and cadmium can leach into foodstuffs. This coating itself may contain toxic metals like arsenic.

Note: Avoid all *ceramic coated* cookware. However superior *100% ceramic knives and cookware* made from natural substances is non-reactive. Furthermore, cooking in ceramic enhances the flavor of foods as per the link cited above.

2. Nonstick cookware contains plastic polymers (silicon is the one exception). The surface of the original nonstick cookware, Teflon, is coated with the synthetic resin. If heated to 500 degrees F., the polymers emit noxious fumes that are lethal to parakeets and certainly not healthy for humans. Once overheated, the coating starts to break down at the

molecular level and toxic particles and gases, some of them carcinogenic, can be released. So long before the pan is scratched, if overheated, it's reactive. Even though I never intend to boil a pot dry, I did so just last week. Had that pot been nonstick, its temperatures would have exceeded the safety limit.

In 2004, DuPont agreed to pay up to \$343 million to settle a lawsuit for damages from the PFOA, used to manufacture Teflon. PFOA's are associated with tumors and developmental problems and are likely a carcinogen. The EPA has finally reached an agreement with eight companies, including DuPont, to phase out the use of PFOA completely by 2015.

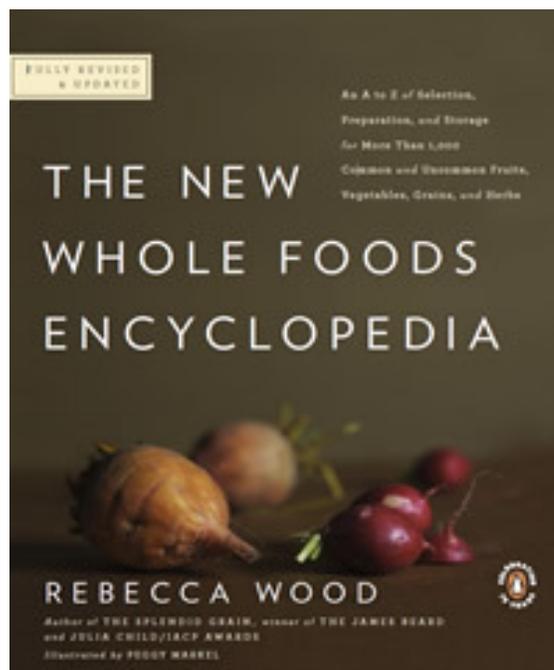
3. Aluminum, Anodized aluminum and **Cast Aluminum** cookware are reactive and taint your food with aluminum. When ingested, aluminum is deposited in various bodily tissues and causes illness and even death; it's also a risk factor for Alzheimer's disease.

When *new* an anodized aluminum pot is fairly non-reactive; however, with use the surface chips, peels and/or is scratched. It's then reactive and leaches heavy metals. Cast aluminum is more stable than a thin aluminum pan but is also reactive and therefore not recommended. Instead of baking a potato or other food in aluminum foil, bake it on a stainless steel, glass or ceramic surface.

May you be well nourished,

Rebecca Wood

Rebecca Wood writes and consults about the healing potential in your food — and she's done so for over 40 years. Her **Whole Foods Encyclopedia**, in continuous print since 1983, defines the health benefits inherent in foods. That your well-being might flourish, Rebecca shares her wisdom in her blog, **recipes**, **books** and **private consultations**. Nourish yourself!



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