

# ‘Dioxin’

– the nations’ new diet!

Old fashioned home-cooking can reduce our risk of prolonged poor health, degeneration and premature death.

- *These facts has been known to the Government, National Health Service, Medical & Food Industries for over 20 years and has even been reported in the national media, yet still the general public remains ignorant of this life threatening danger.*

In 2005, it was found that ‘Sudan-1 dye’ used in many processed foods contained cancerous properties, therefore the Food Standards Agency band it from commercial use and over 500 products had to be withdrawn from the shelves. The ‘Sudan-1 dye poison’ is just one of thousands of accidents waiting to happen and it can be clearly seen the huge amount of food products ‘one poison’ can affect. Doctors, Scientists and the Food Industry claim that the ‘*cancer risk*’ is *only small*, hence there is no need for us to worry.

But there is another far more powerful toxic product (approved as ‘SAFE’) being used in almost every consumable food on the market today, which is eaten several times daily (every day of the year). Now think of multiplying that same ‘*small cancer risk*’ - **a thousand fold**. Coupled with another product which is used to heat and freeze our food, plus beautifully packaged ‘ready-made meals’ that could treble the same ‘*small cancer risk*’ - **a million fold**. Only then would you realise that the entire nation is in serious danger and why cancer has moved from a ‘rare disease’ 50 years ago, reaching epidemic proportions today, (i.e. 1 in 2 of us will get some form of cancer – as confirmed by Cancer Research UK). Even though billions are raised and spent on research; thousands of Scientists work around the clock in search of cures and announcing several promising medical breakthroughs each year – yet still this epidemic worsens year after year.

# WHY ?

The two products I'm referring to are '**plastic and micro-wave ovens**'

## SCIENTIFICALLY PROVEN and WELL KNOWN FACTS:

- Plastic appeared to be a great 20<sup>th</sup> century invention for the food packaging industry – light weight, strong, durable, flexible, indestructible and above all else **CHEAP**. Apart from being exceptionally toxic, its indestructibility means that they cannot get rid of it. Hence, it is now one of the worse environmental global pollutants – with mountains piling up worldwide. The best they can do to reduce this stock-pile is to melt it down and create another by-product. But once plastic is heated, it releases poisonous 'dioxin-gases' into the atmosphere – thereby, further exposing and increasing our risk to cancer.
- In 1990, a British television documentary featured the poisonous effects of plastic in our foods and showed that dioxin, plus artificial oestrogen and other poisonous chemicals in the plastic packaging are slowly being released into the food, which we then eat. The release is much faster in dairy products (milk, cheese, yogurt, butter, margarine, etc). Their research scientist also made a shocking discovery that plastic caused cancer-cells in mice to multiply rapidly and that the oestrogen (female hormone) is a major cause of 'male infertility'. When they tried to investigate these particular effects further, the plastic-manufacturers refused to cooperate.

### • **Natural Products Magazine (April 2006 issue).**

Parents and children deserve to know the truth about a carcinogenic compound that has been found in soft drinks products, says food and farming campaign group Sustain. Last week, the Food Standards Agency (FSA) reported that traces of the carcinogen 'benzene' had been found in a number of British soft drinks at eight times the level permitted in drinking water. BENZENE, which can cause certain types of cancers – notably leukaemia and other cancers of the blood – is known to form when the preservative 'sodium benzoate' mixes with 'ascorbic acid (vitamin C)'. Dozens of well-known drink brands contains these two ingredients. The British Soft Drinks Association says that the levels of benzene in the 230 products it has tested do not pose a health threat. However, Richard Watts of Sustain said that "it was 'wishful thinking' - by the industry to think the issue could be dismissed out of hand. The scientific evidence suggests that we simply do not know how much 'benzene' can trigger cancer. It seems the soft drinks industry has known for 15 years that adding 'vitamin C' to soft drinks can cause this harmful substance. It's ironic that many of the affected products are marketed as health drinks".

- **Dioxin Carcinogens in plastic causes cancer ...especially breast cancer.**

In March 2004, Dr Edward Fujimoto (an American doctor and manager of the Wellness Program at Castle hospital), reported this major health hazard on American television. He stated that 'dioxin' are carcinogens and highly toxic to the cells in our body. It is released into our food from plastic (bottles, containers, wrappers, cling-fling, etc.) and warned that **WE MUST NOT 'freeze water or juices in plastic bottles or heat food in the micro-wave using plastic containers or covers' – as this highly poisonous toxin is released and actually drips onto the food, which when eaten it gets into the cells of our body.** Instead it is safer to cover the food with tempered glass. However, another scientific research warned that we should not use microwave-ovens at all, as the exceptionally high-speed heat it produces, breaks down the food-molecules turning it cancerous. Upon learning these facts, to reduce my own and family's risk, I immediately threw out our micro-wave.

Now, I'd like to dare you to look into your food-cupboards, then walk around the supermarkets and health food stores - and see the huge volume of products that are putting *yourself, your children, your extended family and your future generations* 'lives at risks'. This is only the tip of the 'food chain' – let's not go into '(GM) genetically modified and irradiated foods' - contaminated meats (BSE) - the extensive range of 'artificial ingredients' – even non-stick cookware releases toxic chemicals when heated – plus the chemical cocktail in household products, **all approved as 'SAFE'**. All-in-all, if these were recalled, the stores would be virtually empty (i.e. bottled water, baby feeding bottles & cups, tins with white lining, beverages, snacks, ready-made meals, bread, fruits & vegetables, cereals, grains, pasta, oils, all frozen foods, milk, cheese, butter, yogurts, deserts, sweets, cat and dog foods, etc ) - all releasing small amounts of cancerous poisons. **BON APPETTI!**

**I am aware that it is almost impossible nowadays to avoid plastic in food...but I do hope that this information would encourage you to become more vigilant in reducing its consumption - which could hopefully stem the growth of cancer and possibly save yours, mine and many more lives.**

**Downne Alexander**