PLASTIC IS EVERYWHERE!

by

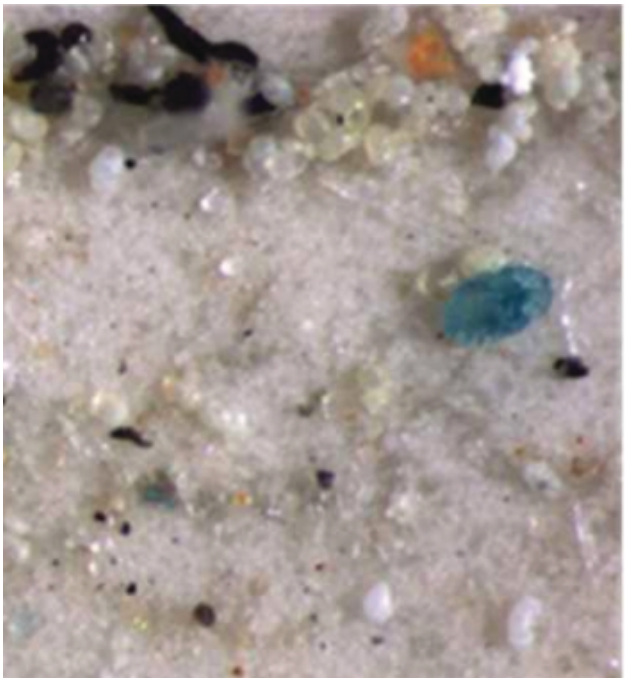
Dominique Richard © 2017

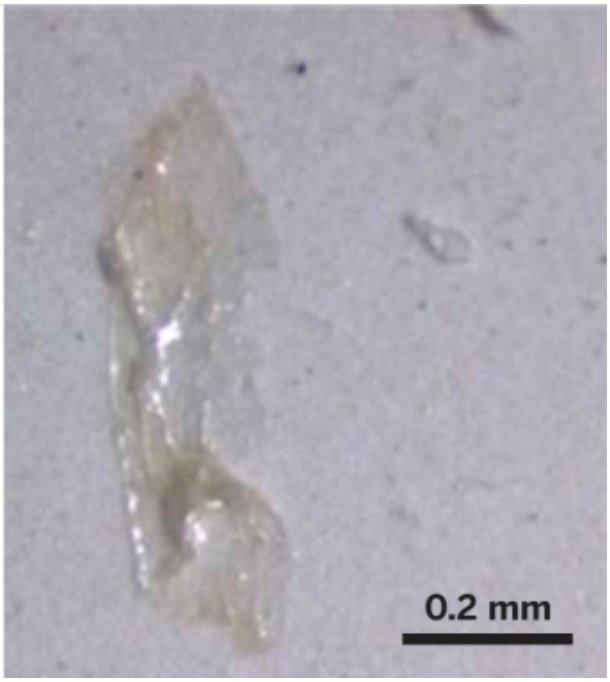
Many studies have shown that plastic can be found everywhere in our oceans, rivers, and lakes. More recently a study proved that microplastic found its way into both our sea salt and body!

You only need to watch the documentary “Paradise Plastic” to know what comes next is that almost all sea salt now is found to contain microplastic from the plastic pollution the size of the United States 90 feet deep residing in the Pacific, Atlantic and now finding its way into our body. People are too oblivion as to what is really in the making. Unfortunately, most will have realized this too late. We really need to reduce the amount of SHIT we literary put into our body. http://plasticparadisemovie.com/

THE TOXIC BODY BURDEN! IS ACCUMULATING

A 2015 study indicates that ocean sea salt is not so crystal clear after all. Millions of people worldwide have converted from table salt to sea salt in the last two decades. Sea salt, which is obtained from evaporating seawater, is known to contain beneficial trace minerals and elements that are absent from table salt. Since table salt is typically mined from underground salt deposits, it is heavily processed to eliminate these essential nutrients. Besides added iodine to help maintain a healthy thyroid function, the refining process takes out any excess elements for a silkier texture.





Since the controversial health issue reported by some studies that table salt was adversely not good for our health sea salt became the alternative for health enthusiasts and professional chefs throughout the world.

But new research points to another ingredient in sea salt that you will never find listed on the label: ***microplastics***. The study, was published in 2015, in The Journal of American Scientific. In this study was investigated 17 commercial salt brands from eight different countries to identify any amounts of plastic particles.

By dissolving the salt in water and filtering it through a filter membrane, they were able to see what was left behind. Which the results showed microplastic in all but one brand. No other than the French Sea Salt of Course!

Basically, these are extremely tiny pieces of plastic, and while you may not have significant problems digesting them, scientists fear that the chemicals found in plastics could eventually lead to cause poisoning, infertility, and genetic disruption in humans if ingested in high quantities. It is well documented that plastic disrupt the endocrine system mimicking estrogen and is one of the root cause of some hormones positive cancers.

The mass production in the 1950s, global plastic production has been increasing, which now exceeded 322 million tons in 2015. Since then, plastic waste from shopping bags, cellophane packaging, and microbeads found in many face scrubs and shampoos and other cosmetic products is now of epidemic proportion polluting our ocean beyond recognition look at it. ***Microplastic has since been discovered in the stomachs*** of ***many fish***, and ***other marine life and now Humans as well I meant not so well***. Pollution is at root cause of this.

Researchers are NOT too alarmed for now because the expected level of exposure is low: 37 plastic particles per year. However, this is NOT the only source of plastic exposure. Plastic is everywhere even in shampoo those synthetic polyquaternium (liquid plastic) known to cause cancer and can cause blindness etc.…

The number-one thing you can do to help yourself and save our planet is refusing to consume anything with plastic. *WE DESPERATELY NEED TO BAN THE USE OF NEW PLASTIC* FOREVER! They are so many better choices like the biodegradable ecofriendly alternatives such as brown rice packaging and utensils, glass, and paper recycling, etc. We immediately need a substantial improvement in plastic disposal and recycling. WHY is WHOLE FOOD not taking a stance on this issue in the refusal of plastic based packaging products allowed to occupy their shelf's space? By taking such a stance, whole food and their 10 million earning daily should demand that manufacturers repackage their products before granting them shelf's space. This is certainly not representative of the brand-name Whole Foods, which is more like Fake Whole Foods, fooling us into believing that the foods they sell are a better choice. Furthermore, Whole Foods Chain stores commercial claims they add no additives to their foods. However, when these initial organic foods are irrigated with unfiltered tap water are now converted to no longer being organic and contaminated with chlorine, toxic metals among many others.

The lesson to be learned from this global plastic disaster, well underway is that microplastic toxic accumulation is not only disastrous to our oceans, rivers, and lakes, but has now found its way into humans as well as all forms of life, causing all sorts of health problems, including cancer.

This study did not disclose any specific brands, the only product that did not contain microplastic originated from France. How ironic!

(Env. Sci.& Tech. 2015, DOI: 10.1021/acs.est.5b03163).

The highest level of plastic contamination was found in salt sourced from the ocean: The researchers measured more than 250 particles of plastic per lb. of sea salt. The team, led by Huahong Shi of East China Normal University also found tiny particles of plastic in salt sourced from briny lakes, briny wells, and salt mines, although at lower levels—between 3 and 165 particles/ lb.

Shi and colleagues argue that plastic contamination originates from the vast amount of plastic pollution floating around marine environments where sea salt is sourced. For instance, bits of plastics might abrade from larger objects, such as water bottles, dumped in the water or they might come from cosmetic products, such as face washes, that use plastic microbeads as exfoliants. The researchers add that other points of entry for plastic contamination are also possible, including during salt processing, drying, and packaging.

Given that manufacturers typically extract sea salt from ocean water by evaporation—a process that leaves everything behind but water—microplastic contamination of sea salt is likely prevalent outside China as well, says Sherri Mason, who studies plastic pollution at the SUNY Fredonia. “Plastics have become such a ubiquitous contaminant, I doubt it matters whether you look for plastic in sea salt on Chinese or American supermarket shelves. I’d like to see some ‘me-too’ studies.”

According to Shi’s team, if a person were consuming Chinese sea salt at the maximal salt dose recommended by the World Health Organization, then that person would ingest about 1,000 plastic microparticles annually. This is still less than the estimated 11,000 particles of microplastic ingested annually in Europe by consumers of shellfish, which can get contaminated by the tiny bits of marine pollution, according to a report released last year.

Given that there are also heavy metals and other toxic chemicals and noxious fumes like that of dioxin emitted from plastic when reheating food in the microwave. Of greater concern in plastic pollution, it would be wise to limit the amount entry of plastic into the human body.

Source http://cen.acs.org/articles/93/i43/Tiny-Bits-Plastic-Found-Table.html