

PLASTICS ARE EVERYWHERE. WE WEAR THEM. WE EAT THEM. WE BREATHE THEM. WE BUILD WITH THEM. WE SIT ON THEM. WE ENTERTAIN OURSELVES WITH THEM. WE MEDICATE OURSELVES WITH THEM. WE TRANSPORT OURSELVES IN THEM. WE THINK WE PROTECT OURSELVES WITH THEM.

BUT THEY CONTAIN TOXIC ADDITIVES. THEY REMAIN IN THE ENVIRONMENT FOR THOUSANDS OF YEARS. THERE ARE SAFER, SUSTAINABLE ALTERNATIVES FOR MANY OF ITS FUNCTIONS.

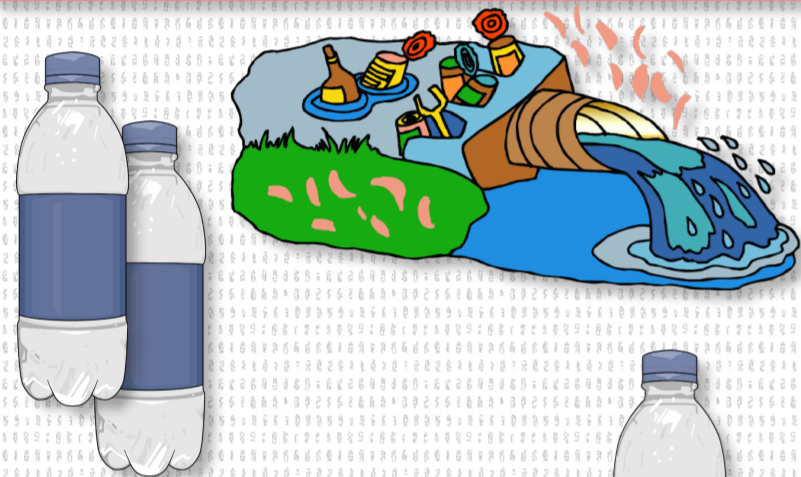
THIS MAP INTRODUCES THE PAIRED TOPICS OF PLASTICS IN OUR BODIES AND IN THE ENVIRONMENT.

★ **DEBRA LYNN DADD:**
[LOOK UP SPECIFICS](#)



Over a third of current plastics production is used to make packaging, which is rapidly discarded.

Some of the toxic additives, such as phthalates, leach out of the plastics because they are not chemically bound in the matrix.



HEALTH EFFECTS
Cancer
Neurotoxicity
Sperm damage
Thyroid alterations
Respiratory distress
Endocrine disruption
Altered genital development
Neurodevelopment disruption

Polyethylene: milk bottles, water and juice bottles, cereal box liners, margarine tubs, grocery, rubbish and retail bags, domestic/household cling film, bread bags, freezer bags, flexible lids and squeezable food bottles.

Polyethylene terephthalate (PET or PETE): soft drink bottles, jars and tubs, thermoformed trays and bags and snack wrappers.

Polypropylene: microwavable packaging and sauce or salad dressing bottles.

Polycarbonate: replacement for glass in items such as refillable water bottles and sterilisable baby bottles, in epoxy-based lacquers on the inside of food and drink cans to prevent the contents reacting with the metal of the can.

Polyvinyl chloride (PVC): (often used with added plasticizers such as phthalates) commercial-grade cling films for over-wrap of trays in supermarkets.

[Neurotoxicity](#)

[Flame retardants](#)

[Indoor air exposure](#)

[Contains toxic dioxin](#)

★ [The Poison Plastic](#)

[Contains toxic vinyl chloride](#)

[Insulin resistance](#)

[Semen parameters](#)

[Human Health overview](#)

[Human exposure biomarkers](#)

[Exposure from cans](#)

[Baby bottle handling](#)

[Endocrine disruption](#)

★ [Eating soy protective](#)

[Food Intoler. prenatal exposure](#)

★ [BPA-free, plant plastics worse than thought](#)

PDBEs

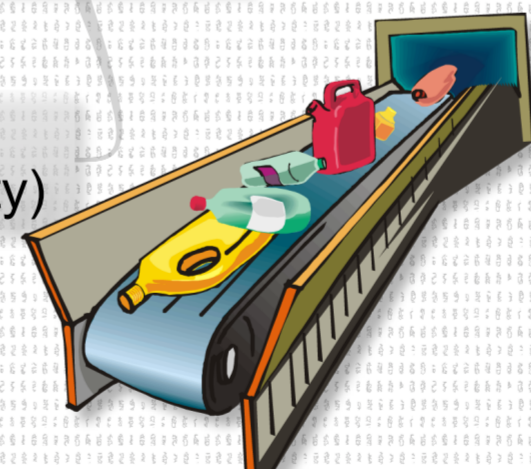
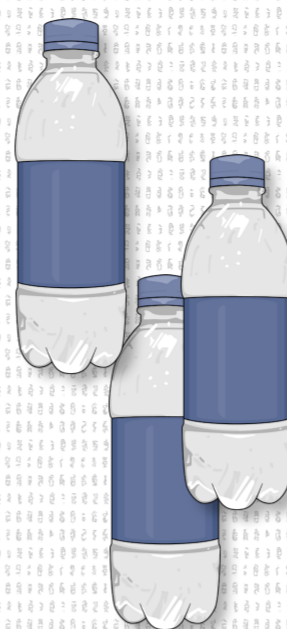
PVC

Phthalates

Bisphenol A

EA Other
(Estrogenic Activity)

PLASTICS



Pure plastics have low toxicity. However, chemicals added to plastics, which may leach out, have been found to have health effects.

Plastic debris can injure or poison wildlife.

Plastic can last thousands of years due to reduced UV exposure and the lower temperatures of water.

Plastic buried in landfills can leach harmful chemicals into groundwater. Over 180 species of animals have been shown to ingest plastic debris.

Currently, 4 percent of world oil production is used as a feedstock to make plastics, and a similar amount is consumed as energy in the process.

★ [ADVERSE HEALTH EFFECTS GRID](#)

[ROYAL SOCIETY OVERVIEW](#)

[A.S.U. Report](#)

[Our Plastic Age](#)

[Environmental Toll](#)

[Migration of plastic into food](#)

[Plastics, Environment, Trends](#)

[Impact of plasticizers on wildlife](#)

[Endocrine disruptors, indoor air](#)

[Plastics and Environmental Health](#)

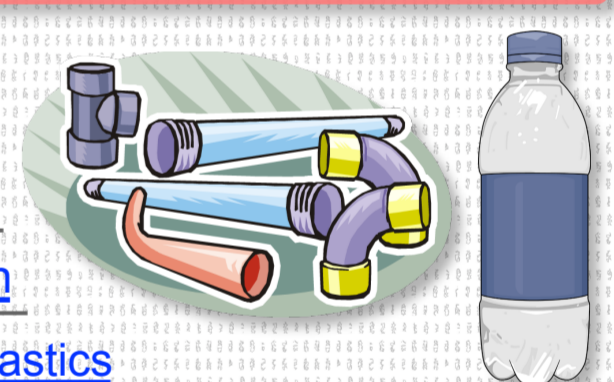
[Plasticizer exposure from hospital tubing](#)

[Environmental chemicals, thyroid function](#)

[Human body burden of chemicals from plastics](#)

"It doesn't make sense to regulate the safety of food and then put the food in an unsafe package." Janet Nudelman

The largest group of additives are the plasticizers which render the hard plastic more malleable.



"Plastics today represent 15-25 percent of all hospital waste in the U.S. Some newer plastics are biodegradable, but the rest must be incinerated, disposed of in landfills, or recycled. All of these methods have drawbacks and carry environmental risk, as the new study explains." A.S.U.

"Over 300 million metric tons of plastics are produced worldwide each year. Roughly 50 percent of this volume is made up of products disposed of within one year of purchase." A.S.U.

SOME PRECAUTIONS

Use glass, natural fiber, stainless, instead
Avoid especially the softest plastics
Avoid harsh detergents on polycarbonates, esp.
Follow all manufacturer's recommendations
Don't use/re-use plastic for different purpose
If re-use plastic, keep food away from printed side
Use only proper plastics for heating food
Ventilate living quarters to reduce indoor pollutants
Gargle, encourage salivation, after dental procedures

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