'We're All Plastic People Now': A Groundbreaking Documentary

Analysis by Dr. Joseph Mercola

May 25, 2024

Video Link

STORY AT-A-GLANCE

- The documentary film "We're All Plastic People Now" delves into how we have become the embodiment of the trash we created. Director Rory Fielding had four generations of his family's blood tested for plastic-derived chemicals and found alarming results
- Many of the chemicals used to make plastic are endocrine disruptors, which mimic, block or interfere with your natural hormones, causing problems in various physiological functions, such as growth, metabolism and reproduction
- Some endocrine-disrupting chemicals are also considered estrogenic carcinogens, which mimic the effects of estrogen in the body, thus increasing your risk of estrogen-sensitive cancers
- Vote with your pocketbook and get your national and local government involved to catalyze changes in plastic use. More tips below on how to reduce your microplastic exposure are included

A plastic straw, a bottle of water, a plastic bag from the grocery — these single-use plastics seem so innocuous that people barely give them a second thought before tossing them out. Unfortunately, the development of this throwaway culture has contributed to the mounting burden of plastic waste that threatens the environment, wildlife and our very own bodies.

Discarded plastics are made primarily from petrochemicals[1] and degrade into microscopic fragments called microplastics, which lurk everywhere, from the depths of our oceans to the food we eat and the air we breathe. It's a sobering reality underscored by the Emmy Award-winning documentary featured above, "We're All Plastic People Now."

Plastic Pollution Has Become a Generational Burden

Produced and directed by Rory Fielding, "We're All Plastic People Now" delves into how we have become the embodiment of the trash we created. It's introduced by actor and ocean preservationist Ted Danson and featured at the 2024 Santa Fe Film Festival.[2]

While the film briefly illustrates the devastating impacts of microplastics on marine life, particularly sea turtles found with plastic-filled stomachs, it dives deeper into a more disturbing truth — humans are not separate from plastic pollution.

As David A. Davis, Ph.D., a researcher from the University of Miami who's featured in the film, aptly puts it, "Water is life, so if the water is polluted and we have sentinel species like dolphins and sea turtles, if they're also sick, we can anticipate that we'll be sick, too."

Studies have detected microplastics in human tissues, including the brain,[3] lungs,[4] kidney, liver[5] and heart,[6] as well as in human blood[7] and stool.[8] Even babies are exposed to microplastics starting from their mothers' placenta to the breast milk they rely on for nourishment.[9]

Dr. Antonio Ragusa, the study's lead researcher on microplastics in the placenta and one of the featured experts in the documentary, bluntly referred to humans as "cyborgs" because our bodies are no longer purely biological but have become part plastic.

This assertion is further confirmed in the film as Fielding had four generations of his family's blood tested for plastic-derived chemicals. Their blood samples were submitted to Rolf Halden, Ph.D., an environmental engineer from Arizona State University. According to Halden's analysis, Fielding and his family carry over 80 different chemicals in their body. He further explains:

> *"What we detected in the blood of all these participants are precursors of plastics, plastic constituents themselves, as well as degradation products of consumer plastics. These chemicals are known to be carcinogens, endocrine-disrupting chemicals, obesogens and neurodegenerative agents."*

Endocrine-Disrupting Chemicals Can Make Your Body 'Go Awry'

Many of the chemicals used to make plastic are endocrine disruptors. As microplastics circulate in your body, they carry these chemicals and distribute them to your cells and tissues, where they can pose significant harm to your health. Dr. Leonardo Trasande, a pediatrician and director of the Center for Investigation of Environmental Hazards at New York University, noted in the film:

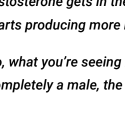
> *"We live in a world where we're still not as aware of endocrine-disrupting chemicals as we should be. We're talking about our natural hormones, our molecules that orchestrate all sorts of signaling of basic bodily functions, maintaining a healthy temperature, good metabolism, salt, sugar and even sex.*
>
> *When we're talking about endocrine-disrupting chemicals, we're talking about synthetic chemicals that hack those molecular signals and make things go awry in the human body."*

Some of the endocrine-disrupting chemicals (EDCs) found in microplastics include bisphenol A (BPA), phthalates and polychlorinated biphenyls (PCBs). By mimicking, blocking or interfering with your natural hormones, EDCs can disrupt the function of your endocrine system, which leads to problems in various physiological functions such as growth, metabolism and reproduction.[10]

Some EDCs are also considered estrogenic carcinogens. Also known as xenoestrogens, these chemicals can mimic the effects of estrogen in the body.[11] This results in abnormal stimulation of estrogen receptors, which then promotes cell proliferation and potentially contributes to the development and progression of estrogen-sensitive cancers, such as breast cancer[12] and endometrial cancer.[13]

Another form of EDC found in microplastics is PFAS (per- and poly-fluoroalkyl substances), a group of about 5,000 ubiquitous chemicals in consumer products and used in industrial, electronic, firefighting and medical applications. They're also known as "forever chemicals," as they do not degrade naturally, persist in the environment and accumulate in people and wildlife.[14]

In the featured documentary, John Hocevar, director of Greenpeace Oceans Campaign, states, "PFAS chemicals can give us cancer ... and they can damage our immune systems. PFAS can also interfere with fetal development, and they can harm our hormonal and reproductive systems."



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Can Plastics End the Future of Humanity?

In the documentary, Shanna Swan, Ph.D., a professor from Mount Sinai Hospital, sheds light on her research on phthalates, which she believes is one of the major culprits behind the decline in sperm count in the last 50 years. She purports that exposure to these chemicals causes phthalate syndrome, a condition wherein the male reproductive organs and fertility are affected depending on their mother's exposure to phthalates while they're in the womb. She explains:

> *"What [phthalates] are doing is they're lowering testosterone. Initially, male and female have the same genital ridge ... Around early first trimester, there starts to be differentiation of the males and females. All that's happening very fast in early pregnancy, and that needs testosterone to be there at the right time and the right amount ...*
>
> *If the testosterone doesn't come on board at the right time and there isn't enough of it ... let's just say we call those males incompletely masculinized. And in the females, if testosterone gets in there when it shouldn't or more than should be there, then the female starts producing more male-like genitals.*
>
> *So, what you're seeing is a decreasing of sex differences. So, the male becomes less completely a male, the female less completely a female."*

Halden further emphasizes the potential implications of the trend of decreasing sperm counts and loss of fertility, cautioning that we could be "playing with the future of humanity."

> *"Essentially, we are allowing chemicals like plastic chemicals into our family planning,"* Halden adds. *"They [plastic chemicals] decide whether there is life or not. We don't want to give more voting rights to chemicals as we plan in the future."*

Dr. Ragusa echoes this sentiment, stating, "Plastic can be the future for big oil companies. But not for us, not for humanity. For humanity, plastic is the end of the future."

A Battle for Change in Southern Louisiana's Cancer Alley

In an 85-mile stretch of land between New Orleans and Baton Rouge is an area known as "Cancer Alley." In the area there are over 150 plastic plants and chemical industries. The cancer rates in this area are 50 times higher than the national average.[15]

The pervasive presence of estrogenic carcinogens in the surroundings likely contribute to these numbers. Moreover, exposure to plasticizers is also associated with oxidative stress, inflammation and DNA damage,[16] all of which are also mechanisms of carcinogenesis.

Sharon Lavigne, founder of Rise St. James in Louisiana, lives in the middle of Cancer Alley. She shared that their community used to have beautiful trees before 19 petrochemical plants were built to replace them, with 12 of them located near Sharon's home.

> *"I lost my sister-in-law [to] cancer. I lost my neighbor on both sides of me [to] cancer. We had so many people dying, it made me wonder what was going on ..."* Sharon says. *"I felt like if another industry would come in here, it would be a death sentence for St. James [Parish]."*

Her personal experience spurred her on to fight against further industrial expansion in her community. The documentary features how their group's efforts successfully prevented the construction of what would've been the world's largest plastic plant in their hometown.

Profit From Plastic Is Prioritized Over Public Health

Despite the mounting evidence of the dangers caused by microplastics, the industry is still planning to expand plastic production. According to Christy Leavitt, the plastics campaign director of Oceana, a nonprofit organization dedicated to ocean conservation:

> *"We've seen, over the last couple of decades, the amount of plastic production has increased rapidly, and so too has all of the plastic pollution ... They're looking towards a world where not only do we have the current amount of plastic that's out there, but they want, in fact, triple the amount of that."*

She also revealed that recycling is no longer going to be enough to address the worsening plastic crisis. Halden elaborates on the economic challenges of recycling plastics, explaining that while the plastic industry's narrative promotes recycling, it's actually far more economical for them to produce virgin plastic.

The production of cheap plastic from fossil fuels is also being incentivized, causing companies to produce new ones instead of recycling. As for the logistic issues, Halden presented data from BeyondPlastics.org:[17]

> *"The things that we carry into recycling centers are only a small fraction of the overall plastic mass that we're using. In past years, only about 9% of plastics actually arrived at recycling centers. Today, it's only 5% of all the plastics that we make and consume.*
>
> *But that's not where the bad news ends because when the plastics arrive at the recycling center ... they just put the plastic in a barge and ship it to a country that doesn't have a solid waste disposal system. So, it ends up in the landfill, blows into the ocean and comes right back in our food."*

Moreover, NPR news correspondent Laura Sullivan, who also appears in the documentary, found internal documents revealing a stark contrast between the oil industry's million-dollar promotion of plastic and recycling and its private doubts about the feasibility and cost-effectiveness of large-scale recycling initiatives.[18]

It's Not Too Late to Address the Plastic Crisis

Toward the end of the documentary, the featured experts and environmental activists shared a similar sentiment — there is still hope for reducing plastic pollution and safeguarding the health of future generations.

According to Halden, it's not the first time humanity has endangered our future with what we thought were innovative industrial advances, yet we've come up with solutions to mitigate the dangers before they completely destroy our planet. "Plastics is the next big challenge for us," he declares positively.

Hocevar notes that the plastic problem has a very simple solution: We should just stop producing so much of it. One way to achieve this is by voting with your pocketbook. As Dr. Ragusa pointed out in the film, the major producers of plastics right now are big food and beverage manufacturers.

Refusing to buy their products can urge these companies to take accountability and change their plastic use. It will also go a long way toward reducing your own plastic waste. Leavitt highlighted the importance of getting the state and local government involved as well, "so that they're actually requiring companies to change the way that single-use plastics are produced and used."

Progesterone Can Help Lower Plastic Estrogen Toxicity

Plastics are xenoestrogens and much of their danger is related to their stimulation of estrogen receptors, so another effective strategy that can help counteract estrogen excess is to take trans mucosal progesterone (not oral or transdermal), which is a natural estrogen antagonist. Progesterone is one of only four hormones I believe many adults can benefit from. (The other three are thyroid hormone T3, DHEA and pregnenolone.)

I do not recommend transdermal progesterone, as your skin expresses high levels of 5-alpha reductase enzyme, which causes a significant portion of the progesterone you're taking to be irreversibly converted primarily into allopregnanolone and cannot be converted back into progesterone.

As a general recommendation, I recommend taking 25 to 50 mg of bioidentical progesterone per a day, taken in the evening one hour before bed, as it can also promote sleep. For optimal bioavailability, progesterone needs to be mixed into natural vitamin E. The difference in bioavailability between taking progesterone orally without vitamin E and taking it with vitamin E is 45 minutes versus 48 hours.

Simply Progesterone by Health Natura is premixed with vitamin E and MCT oil. You can also make your own by dissolving pure USP progesterone powder into one capsule of a high-quality vitamin E, and then rub the mixture on your gums. Fifty milligrams of powdered progesterone is about 1/32 teaspoon.

Do not use synthetic vitamin E (alpha tocopherol acetate — the acetate indicates that it's synthetic). Natural vitamin E will be labeled "d alpha tocopherol." This is the pure D isomer, which is what your body can use.

There are also other vitamin E isomers, and you want the complete spectrum of tocopherols and tocotrienols, specifically the beta, gamma, and delta types, in the effective D isomer. As an example of an ideal vitamin E you can look at the label on our vitamin E in our store. You can use any brand that has a similar label.

If you are a menstruating woman, you should take the progesterone during the luteal phase or the last half of your cycle which can be determined by starting ten days after the first day of your period and stopping the progesterone when your period starts.

If you are a male or non-menstruating woman you can take the progesterone every day for 4-6 months and they cycle off for one week. The best time of day to take progesterone is 30 minutes before bed as it is has an anti-cortisol function and will increase GABA levels for a good night's sleep.

Please note that when progesterone is used transmucosally on your gums as I advise, the FDA believes that somehow converts it into a drug and prohibits any company from advising that on its label. However, please understand that it is perfectly legal for any physician to recommend an off-label indication for a drug.

In this case progesterone is a natural hormone and not a drug and is very safe even at high doses. This is unlike synthetic progesterone called progestins that are used by drug companies, but frequently, and incorrectly referred to as progesterone, which are dangerous and should never be used by anyone.

What Else You Can Do to Lower Your Plastic Load

Plastic has become a huge part of our everyday life, but it doesn't have to be that way. While it may seem hard to avoid, there are many ways you can reduce your plastic use to help protect the environment and your health. Here are some strategies to get you started:

Avoid water in plastic bottles — In the documentary, Halden referred to water bottles as a time bomb, as they expose you to microplastics with every sip. If you do need to buy bottled water, choose products in glass bottles, which can be reused as well.
Filter and boil tap water — With microplastics contaminating our waterways, it's important to avoid drinking water straight from the tap. Make sure your home has a good water filtration system to filter out these particles. If you have hard tap water in your area, boil it before using it for drinking or cooking, as research shows boiling for five minutes helps remove up to 90% of microplastics in the water.[19]
Always opt for reusable alternatives — Avoid single-use plastic items like disposable straws, plastic bags and disposable plastic food and beverage packaging. Instead, choose reusable alternatives that are made from safer materials, such as glass, metal or paper.
Never microwave food in plastic containers — Heat causes the chemicals in plastic to leach into the food, so use glass or ceramic containers for microwaving.
Choose clothes made from natural fibers — Choose organic clothing and other textile products, such as those made from cotton, hemp, silk, wool or bamboo. Synthetic fabrics like polyester shed microfibers and xenoestrogens. If you do buy clothes made from synthetic fiber, wash them less frequently and use a microfiber filter in your washing machine to trap synthetic fiber and prevent them from entering the waterways.
Look for all-natural personal care products — Some makeup, skincare and body care products contain microbeads and plastic particles. Opt for all-natural, food-grade products to avoid risking your health.
Reduce, reuse and recycle whenever possible — Even though it's revealed in the documentary that recycling alone may not be enough to tackle our waste problem, you should still do your part in repurposing products whenever you can. This, along with urging companies and politicians to take action, can help mitigate the plastic crisis. Remember that every effort counts.

+ Sources and References

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Experts warn that plastic pollution in the ocean could triple by 2040 if urgent action is not taken. As Dr. Mercola reports, only 9% of plastics are recycled. Despite that little recycling symbol on the bottom of most plastic products, many simply aren't recyclable and, even when they are recycled, up to 13% of them end up in the environment as microplastics. We must stop using the term "circular economy for plastics," which is the subject of the pending United Nations Plastics Treaty. It is synonymous with recycling for many. A 'low plastic economy' must be the goal. New York City banned single-use plastics in food deliveries, and starting in October 2023, a similar ban went into effect in the United Kingdom.

Although 120 countries have issued some bans, their effect is minimal because banned items, such as plastic bags, make up a small portion of plastics. Products that are designed to look sustainable actually aren't. For example, not many realize that cardboard takeout containers are often lined with wax or plastic to prevent leaks. In the link 10 products) Governments should penalize these deceptive practices and we call on companies to opt for truly sustainable alternatives.

The $1.2 million Tom Ford Plastics Innovation Prize recently announced its three winners, who are using seaweed to design sustainable, biologically degradable alternatives to thin-film plastic. One of the award winners, Notpla, has created Natural Polymers Group, a network of innovators who are creating nature-based plastic substitutes to address the global problem of plastic pollution. The group is calling on UN treaty makers to recognize natural polymeric materials as a key tool in the fight against plastic and to include them in their definition of non-plastic substitutes.

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HIDDEN PLASTICS: 10 COMMON ITEMS THAT SURPRISINGLY CONTAIN PLASTIC eradicateplastic.com/hidden-plastics-10-common-items-that-surprisingly.. (2023).--- www.oecd.org/environment/plastic-pollution-is-growing-relentlessly-as-.. (2023).-- www.theguardian.com/environment/2023/may/18/recycling-universal-symbol.. (2023).-- naturalpolymersgroup.com (2023).-- EU rules on single-use plastic products aim to prevent and reduce the impact of certain plastic products on the environment, in particular the marine environment, and on human health. They also aim to promote the transition to a circular economy with innovative and sustainable business models, products and materials, thus also contributing to the efficient functioning of the internal market.

The Rethink Plastic alliance and the Break Free From Plastic movement have published an annual assessment tracking the progress made by EU countries in taking national measures to phase out single-use plastic, in line with Single-Use obligations. -Use Plastics Directive. The report reveals that most EU countries have made significant progress, but significant steps are still expected from national authorities in terms of political ambition and legislative compliance.

In light of the findings, European NGOs are calling on national governments and the European Commission to play their key role in curbing plastic pollution from disposable items once and for all. The map shows the ambition gap between the best performing countries leading the transition (highlighted in green) and the countries lagging behind in implementing EU measures to curb single-use plastic (in orange and red).-- environment.ec.europa.eu/topics/plastics/single-use-plastics_en (2023).--- seas-at-risk.org/press-releases/phasing-out-single-use-plastics-how-ar..

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juststeve
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Gui, back in the day during one of the Adventures of a Misspent Youth, on a road trip through the New England States we crossed the border between New York and Vermont. The experience was jaw dropping. The New York side looked like a landfill; the Vermont side looked like a well-managed park. At the time as near as we could figure it was because Vermont had a bottle deposit and New York didn't. Later when New York went to a bottle deposit the roadsides also improved greatly. Hard to describe just how bad the trash in the ditches were back then. With a $50 fine for littering, no small potatoes then, really didn't help. Really have a notion back then there was a residue of when all of us were more like the Amish.

People give little to no thought about throw away because there was likely a basic sense/practice of renew, reuse, repurpose nearly anything those days. Things were made to endure and to be reused or repurposed. Somebody would be coming behind them and pick things up to use. Then of course there was the enormity of the Great Depression and dominant drive was just to create jobs, get things moving. Whatever the causes, the reasons, this Throw Away Practice needs to go. The Gut Says if we don't, soon the Funeral Homes won't need to embalm us. We will resemble those plastic corpses the Chinese provide to the medical schools for anatomy studies. Preserved in Plastic like the marble statues of ancient times.

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Thank you Just for your interesting historical account. Indeed, microplastics (MP) can be ingested by multiple organisms and accumulate mainly in the intestine. However, little is still known about the toxic effects of MPs on humans. The results of the studies showed that PVC-MPs reduced intestinal mucus secretion and increased intestinal permeability. Furthermore, exposure to PVC-MP decreased the mRNA expression levels of genes related to colonic mucus secretion, indicating dysfunction of intestinal mucus secretion after exposure to PVC-MP. Regarding the gut microbiota, high-throughput sequencing of the full-length 16S rRNA gene indicated that 15 and 17 types of gut microbes changed markedly after exposure to PVC-MP at the genus and species level, respectively.

Furthermore, marked alterations were observed in the gut microbiome and fecal metabolic profiles, most of which were related to intestinal lesions and barrier dysfunction. These results show that exposure to PVC-MPs causes intestinal lesions and changes the composition of the intestinal microbiome and metabolome profiles, so the health risk of PVC-MPs in animals should be of more concern.

This study helps provide new insight into the health risk of PVC-MPs in humans. Critical studies demonstrated that these intestinal alterations could contribute to making individuals more susceptible to the development of inflammation, cancer or infections, including inflammatory bowel diseases, irritable bowel syndrome and colorectal cancer [88], but also extraintestinal diseases.

such as metabolic and neurological diseases [www.sciencedirect.com/.../S0147651322006492 (2022).-- www.mdpi.com/.../13 (2024).-- www.sciencedirect.com/science/article/abs/pii/S0304389424005557 (2024).-

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eastvirginian
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Gui, question. Does distilling water take out the plastic? I'm guessing no. Probably needs carbon filtering after? or if water is hard, does it work like boiling, which I don't really understand how that works anyway.

Mark as Spam | Posted On 5/25/2024 9:59:38 AM

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To remove microplastics from drinking water, the best home filtration options are reverse osmosis, distillation, and ultrafiltration. Microplastics range between 100 nanometers and 5 millimeters in size, so the micron rating of a filter must be able to filter contaminants between 100 nanometers and 5 millimeters in size to effectively reduce levels of microplastics of all sizes. Both reverse osmosis and ultrafiltration systems have a micron rating capable of filtering out contaminants less than 100 nanometers in size, while water distillers separate microplastics from water during the distillation process.

FILTER MICROPLASTICS WITH REVERSE OSMOSIS. Reverse osmosis (RO) systems are effective at reducing high levels of microplastics, as well as most other contaminants, in water. Standard reverse osmosis systems use three stages in the filtration process, while some systems contain four or five stages. In an RO system, water begins to travel through a sediment filter. As the name suggests, this phase reduces the levels of large contaminants, such as dirt, sand, rust and other microscopic particles. This not only filters the water, but also prevents these contaminants from damaging the reverse osmosis membrane in later stages.

After the sediment filter, the water is subjected to an activated carbon filter. This stage removes contaminants that make water taste and smell unpleasant, such as chlorine. The final step of a three-stage reverse osmosis system is the reverse osmosis membrane. Here, water is put under pressure as it passes through a semipermeable membrane. This stage is where most contaminants are removed from the water. www.freshwatersystems.com/blogs/blog/how-to-remove-microplastics-

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Scientists from Guangzhou Medical University and Jinan University have come up with a very simple method that could eliminate up to 90% of microplastics and nanoplastics from water: you just have to boil it and filter it with a fine mesh strainer. In the laboratory experiment, the researchers conducted tests with two different samples: soft water and hard tap water (richer in minerals). They added the nanoplastic and microplastic particles—parts of polystyrene, polyethylene, and polypropylene—and then boiled and filtered the water. In some cases, the boiling and filtering process removed up to 90%, although effectiveness varied depending on the type of water.

The key is in the lime. After boiling tap water samples, it was found that the accumulation of lime (calcium carbonate)—which forms naturally—contributed to the extraction of a higher concentration of plastic particles. The nanoplastics and microplastics were embedded in the lime crust and could be easily filtered with a stainless steel strainer. The effectiveness of on-tap filter systems is unclear. It was also observed that in soft waters, in which less calcium carbonate is dissolved, approximately a quarter remained In tests, the encapsulation effect was more pronounced in harder water: in a sample containing 300 milligrams of CaCO 3 per liter of water, up to 90% of free-floating nanoplastics and microplastics were removed after boiling.

However, even in soft water samples (less than 60 milligrams of CaCO 3 per liter), boiling still removed about 25%. Elevated temperatures promote the nucleation of CaCO 3 into NMP, resulting in the encapsulation and aggregation of NMP within CaCO 3 foulants.

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What is important to note here is that the effectiveness of trapping these micro/nanoplastics in these mineral solids is linked to the hardness of the water: the harder the water, the more solids are formed and the more microplastics are trapped," Anja tells Healthline. Brandon, associate director of U.S. plastics policy at the nonprofit Ocean Conservancy, who was not involved in the study. It's not valid for everything. The scientists only analyzed three of the most common and, in the case of polyethylene and polypropylene, the safest plastic polymers. They didn't test for vinyl chloride, for example, a very concerning compound that last month's study found in bottled water. Furthermore, polymer additives or other additives were not analyzed either. pubs.acs.org/.../acs.estlett.4c00081 (2024).-- www.sciencealert.com/theres-a-surprisingly-simple-way-to-remove-microp.. (2024).--

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A report card on retailers' actions to eliminate toxic chemicals is the fifth annual assessment of the safer chemicals programs of the largest retailers in the U.S. and Canada. The report card was released in March 2021 by the Mind the Store campaign, a program of Toxic-Free Future. The campaign was launched in 2013 and the first report card was published in 2016. This report highlights a growing sustainability trend among larger U.S. and Canadian retailers over the past year: Major retailers are increasingly adopting and implementing policies that restrict classes of toxic chemicals like PFAS in products and packaging they buy and sell.

This is helping to bring safer products into the hands of consumers in all these countries and catalyze the development of safer chemicals and green chemical solutions. In this report, you can learn which of the retailers evaluated are leading the market movement toward safer chemicals, how they can continue to implement and expand corporate chemicals policies, and which of the retailers evaluated are lagging behind the others. evaluated retailers. retailerreportcard.com/about (2023).---- https://toxicfreefuture.org/ (2023)

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Dordee
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The real problem lies with the "people" who today feel "entitled" to an easy way of life. It takes so much time to recycle, I could be playing games, go on a cruise instead. Those cruises are one of the big polluters, dumping their waste in the oceans. People party, sunbathe, live the easy life while polluting the very oceans we say we love. We have fallen for the propaganda of an easy life like the rich enjoy. I love that Dr. Mercola ships his supplements in glass bottles, you can recycle them plus they make grea containers that can be reused. Then they are wrapped in corrugated, never gotten a broken bottle and extra space filled with brown wrapping paper.

No styrofoam, plastic to have to recycle, taking up space until I can get into the recycle center. My cats love the cardboard boxes for sleeping, we use them for creating items for VBS at church. BUT, we do have to give up some conveniences, learn to truly care about this planet we say we love, not just spout slogens, pretend. I used to get cookies from the bakery at Kroger in paperboard boxes, now they pack them in plastic containers! They take up space, are hard to recycle so many just pitch them! Tomatoes, berries used to come in recyclable paper containers, now plastic. Are these plastic containers really for our convenience or the growers, manufacturers convenience???

Mark as Spam | Posted On 5/26/2024 12:02:45 PM

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juststeve
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As expressed before, where is the It's My Body, It's My Choice when it's not even in the mix as each decade has passed with others who apparently decided our bodies our choices are not of any concern in light of what their agendas are. Our wonderful, complex, intricate bodies short circuited from developing properly, in healthy ways. Our fundamental sexual functions stopped, warped, distorted, incomplete to be made sterile, infertile - inbetweeners, not quite male, not quite female. One more major offender added into the recipe of depopulation agendas? It all doesn't stop there. How can all the other body functions perform properly?

How can our emotional, mental bodies functions perform properly? Add in glyphosate, the direct leaky gut deposits of Vaxxx's/Jabs, recycled medical residues from other people's meds in the environment. How all this is affecting our most basic food sources, plant or animal in similar ways. All of this a source of all kinds of Social Disruption and very likely an undercurrent driving many to madness and violence. Seems like maybe a lot of the wrong things are being protested. More of just look at this not that, look at the Symptoms, dampen the Symptoms, but never really come close to addressing the actual Sources. An actual "Cure."

Reply | Mark as Spam | Posted On 5/25/2024 4:31:10 AM

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Joined On 4/7/2015 8:47:48 AM
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Realistic arguments, Just. Human absorption of MP can occur through ingestion, inhalation, and dermal contact. Inhalation is the primary route of biological entry for humans, and it is estimated that a person inhales between 26 and 130 MP per day. Common sources of PM in the air, both indoors and outdoors, are synthetic fibers shed from clothing and textiles and worn-out plastic materials. MPs have been reported to enter or deposit in the central airways and distal lung (e.g., alveoli, alveolar ducts, and terminal bronchioles) and, once inhaled, can cause chronic inflammation, DNA damage, granulomas, or fibrosis, cellular damage, cytokine secretion and oxidative stress.

In vivo and in vitro studies have provided evidence for the cellular permeability, teratogenicity and pulmonary toxicity of MP in air. Similarly, the human effects of exposure to atmospheric or airborne MPs, which could widely contribute to immune disorders, neurodegeneration and inflammations. More concerning, they observed polypropylene MPs in the amniochorial, maternal, and fetal membranes of human placenta samples collected during vaginal delivery from healthy women.

www.researchgate.net/publication/290182589_Synthetic_fibers_in_atmosph.. (2016) www.researchgate.net/profile/Andre-Vethaak/publication/349238735_Micro.. (2021) www.sciencedirect.com/science/article/abs/pii/S0048969719344468 (2021) www.sciencedirect.com/.../S0160412020322297 (2021) www.sciencedirect.com/.../S0048969721046295 (2021) www.sciencedirect.com/.../S2468202021000371 (2021)

Mark as Spam | Posted On 5/25/2024 4:44:08 AM

Like Dislike

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Thank you Gui. With all this breaking down into smaller particles and absorbed into us without an ability to choose on our part this is not the usual attitude of Monopoly Corporations this is all externals, somebody else's problem. They are making their offenses Everybody's and Everything's Problem. The co$t$ and expen$e$ way beyond a simple dollar driven economy. Reductions must start at the source, not at the end point, us, the people who have very few choices but their plastic products. They hide behind "the Customer" wants this, but it is not so much the individual. It is the manufacturers of other products using it to put their product into plastic containers and then dominant the shelves to sell to us.

Mark as Spam | Posted On 5/25/2024 4:54:02 AM

Like Dislike

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juststeve
Joined On 1/5/2012 11:13:54 AM
Add as Friend | Send Message

Should this stand is there any doubt the Plastic Industry would be all over this? childrenshealthdefense.org/defender/corporate-america-protecting-profi..

Mark as Spam | Posted On 5/25/2024 5:46:08 AM

Like Dislike

LadyLifeGrows
Joined On 6/8/2023 10:31:09 PM
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juststeve, It sounds sensible that fixing things should begin at the top, at the source. But they have no incentive to do the right thing in ANYTHING for its own sake. It will only begin at the top when citizen awareness rises high enuf. That means shoppers publicly doing the right thing. Use reusable shopping bags. Bring cloth or paper bags to the grocery store to put fruits and veggies in. It won't save much plastic, but others see you and that raises awareness.

Mark as Spam | Posted On 5/25/2024 12:06:59 PM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes, contamination and institutional and personal responsibility are aspects to consider. Pollution and plastic in the ocean almost always starts with our garbage containers. According to a report by the consulting firm McKinsey & Company, of the 260 million tons of plastic we throw away annually in the world, the recycling data report that only 9% has been recycled, compared to 12% that has been incinerated and 79% that has ended up in landfills or, directly, in the environment. Most of this abandoned waste ends up in the ocean, where waves and wind break it down into tiny fragments known as microplastics.

These particles of less than 5 mm are absorbed by ocean eddies that form enormous floating islands of plastic, such as the Great Pacific Garbage Patch, the largest in the world, which measures 1.6 million square kilometers and weighs 80,000 tons. The New Zealand oceanographer Laurent Lebreton suggests in his research published in the scientific journal Nature, that rivers, especially the largest and most polluted ones, are the main factors responsible for plastic reaching the seas; According to his estimate, between 1.1 and 2.4 million tons each year. Lebreton also includes the behavior of people on beaches, as well as fishing, agriculture and shipping practices as among other causes responsible for plastic in the sea.

It is not surprising that waste from ships is responsible for almost half of the pollution found to date in the North Pacific garbage patch, as demonstrated by a recent study published by the journal Nature. Sewage, wind, rain and floods also transport plastic from land to oceans. www.iberdrola.com/.../plastic-in-the-ocean--- www.iberdrola.com/sustainability/how-does-plastic-get-into-the-ocean--. THE FIVE RIVERS WITH MOST PLASTIC IN THE WORLD www.iberdrola.com/documents/20125/40567/rios_plastico_ES.jpg/0702b3de-..

Mark as Spam | Posted On 5/25/2024 2:34:09 PM

Like Dislike

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juststeve
Joined On 1/5/2012 11:13:54 AM
Add as Friend | Send Message

LadyLifeGrows, thank you, also a truth to contend with, they will hold their positions to continue to crank out a toxic product just like so many others. But a reason why this site is so great is the feedback from posters. The readers who often beef up muscle for the article, give possible unnoticed connections, helpful tips, leads. Giving real hands-on solutions possibly creating enough pushback on the bad behaviors making callous indifference to take a hike. See Cabochon's comment and the replies to it. Small things by many people add up. It is also why it is not wanted for us to Come Together. If and when we do, we often can find real honest solutions. Each hole in the negative bucket built to serve a few, to be plugged with a positive solution allows for the negative bucket to be converted into a positive bucket for all.

Mark as Spam | Posted On 5/26/2024 4:07:15 AM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Misdirection! Medicines today relieve symptoms, never address the cause. Listen carefully to all Pharma ads on TV, we can make pain go away but do not address the causeof the pain and then, they can cause at least 5-6 other health issues, possibly deadly ones. People do not want to know the cause because they require more effort on our part, are too expensive and not fast enough. I kept bugging my oncologist for answers about my lymphoma. She finally said she was evading a real answer because most patients really do not want to know, it is too painful, hard to deal with. My answer, If I were a general sending troops into battle wouldn't I send out spies to give them the best chance of survival, success?

Finally, we were both on the same page, she gave me answers, textbooks from her classes at Washington University and we discussed them. She was a rare oncologist, willing to answer questions once she knew I really wanted to know and willing to monitor me on my holistic approach and with a grin announced me in remission 1 year later. We both learned from the experience as I was her first patient with a 3 month diagnosis to survive. I had pitty parties during this time, but as my chiroprsctor said, Don't let them last. I went to God, good, real friends for support, not pills and then more pills to stop side effects of the first pills.

A lady in my room at hospital when had aortic valve replaced had gotten a new heart a year before. She was afraid to go to family reunions, diners for fear of "catching" something and taking a total of 42 pills, 41 to overcome side effects of pill to keep her body from rejecting the new heart. This is living?? I got a pacemaker same time but stopped monitoring it as I found the battery lasts 8 years. When reach that time, will check it, maybe get battery replaced,maybe not as now 83 going on 84. Do i really want to deal with surgery, possible contaminated blood at my age? If God calls, i am ready, He knows best.

Mark as Spam | Posted On 5/26/2024 1:19:36 PM

Like Dislike

Cabochon
Joined On 10/7/2018 12:45:48 PM
Add as Friend | Send Message

"One way to achieve this is by voting with your pocketbook." The power of the purse should never be underestimated. As profit is the only language they understand, use it to send the corporates a message by leaving the plastic ones on the shelf. When we could not find a glass or stainless steel butter dish in local retailers, one small hardware store was able to order one on request - the result being that these are now regular stock items there and other customers benefit too. Most UK supermarkets have not offered free plastic bags with shopping for years now. Paper bags carry a small charge and larger, re-usable jute or partly recyclable plastic bags at higher cost are available when required.

Toothbrushes need not be plastic. Pay a little more for bamboo brushes for teeth, shaving, hair etc. Our local taxes include four separate uplift services: recyclable plastic containers; food waste for composting in biodegradable bags; garden refuse for composting; general landfill waste. The plastics container is always the last to be filled up, as we rarely buy packaged and processed foods, while larger sizes of household items save time and money or else home made cleaning materials may dispense with wasteful packaging altogether. Get BPA containing till receipts emailed to you. If you have dairy deliveries, choose returnable glass bottles.

Pasture fed meat and poultry can come from local farm shops unpackaged or frozen and wrapped in biodegradable material and compostable sheep's wool. Local organisations recondition re-usable furniture, children's clothes, books and toys, etc. Charity shops are big business here where you might find the odd collector's items as well as designer garments for a few dollars. Be pro-active - refuse to join the consumer rat race. One amusing local shop window used to show a seated statue imitating Rodin's Thinker saying "I consume, therefore I am". But one sardonic wit has now placed a pair of Nike trainers on his feet .

Reply | Mark as Spam | Posted On 5/25/2024 9:07:52 AM

Like Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
Add as Friend | Send Message

It seems so overwhelming because even those of us who use the barest minimum of plastics are still affected by the plastics that are simply in our environment, in our water, in everything. As I said earlier, the root of the problem is never addressed or even thought about therefore we will be chasing our tails forever until we address it (the money system) I liked that you told the store and had the butter dishes stocked in the store. Something like this happened to me once at a major supermarket chain store which surprised me immensely. I used to buy organic produce until they started wrapping that in plastic.

And plastic containers for organic eggs? That's a no-no for me. So I spoke with the young man who was the produce manager and told him I won't buy organic that way and was wondering why any organic-minded person would. Well blow me down, the next time I went to that store, he had all the organic produce sold loosely and not in packs. If only more people would use their pocket books and also let the storekeeper know. And also all the trash people accumulate every week in their trash, they need to be highlighted. We can all do better, and should. Kudos for being conscious of our dear earth.

Mark as Spam | Posted On 5/25/2024 12:49:42 PM

Like Dislike

Cabochon
Joined On 10/7/2018 12:45:48 PM
Add as Friend | Send Message

Too true, Pith, we are swimming in a sea of plastic, so it seems, more or less beyond our control. But I do think there are things we can all do to mitigate the effects in our everyday personal lives - take responsibility for what you are doing or not doing. Make choices that benefit your own health and that of the environment. It's a version of just say no" - don't accept all the b.s. that is being forced upon us. Mostly I find shops and supermarkets are fine to receive feedback and are prepared to satisfy demand to increase sales. The exception is banks, which I find are not interested in customers, only in political chicanery and you should never, ever agree to take part in their surveys, as they don't like to hear the truth about themselves. Bottom line - take control as far as possible of your own choices and speak up when things are not right.

Mark as Spam | Posted On 5/25/2024 2:13:42 PM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Amen! You can also get bamboo paper towels that are washable, reusable. Mine last through around 8 washing before getting ragged or use cloth scrapes to clean with. Learned a lot about reusing, recycling from grandparents growing up in the country, no big stores around and they were poor so had no choice. Think the Waltons, that was my younger years. Only one problem with grassfed dairy, healthdepartment makes it difficult. My milk lady had to stop making butter, they said she did not have a license to "manufacturer" butter! I can make it at home in a mason jar! I am lucky, live in a rural area where you can still find grasfed beef, pork, chickens, eggs and butchers to package it in paper!

Mark as Spam | Posted On 5/26/2024 1:38:50 PM

Like Dislike

AgeJay
Joined On 12/4/2013 7:47:28 AM
Add as Friend | Send Message

Tell those who've been 'geoengineering' our air without asking us to stop dropping microplastics.

Reply | Mark as Spam | Posted On 5/25/2024 4:52:42 AM

Like Dislike

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teachdaily
Joined On 3/4/2024 5:11:13 AM
Add as Friend | Send Message

Interesting article, but I am now filled with anxiety! I just had a double hernia surgery last week and the surgeon had to use 2 pieces of polyester mesh each 6 inches by 2 inches (they were large and incarcerated hernias). Imagine what will be circulating inside my body forever? Am I doomed?

Reply | Mark as Spam | Posted On 5/25/2024 7:00:27 AM

Like Dislike

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therealjones
Joined On 10/8/2010 5:59:47 PM
Add as Friend | Send Message

You are not doomed as long as you stop worrying about it. Worry and stress are worse than plastic (Just my observations).

Mark as Spam | Posted On 5/25/2024 7:42:28 AM

Like Dislike

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billstri
Joined On 6/8/2008 9:16:45 PM
Add as Friend | Send Message

I think the plastic shed from that mesh would be minimal and not a major concern. If not exposed to UV light, it is probably very little concern. The real worry is that I heard the average American consumes the amount of plastic per week of size of a credit card. Those are plastic particles. Your mesh is not shedding anything compared to what Americans swallow every week. The worst offender is brand new never used plastic bags, plastic wrap, and plastic bottles. After each time been used and rinsed, they shed less and less. I still use plastic water bottles, but I don't buy a brand new bottle filled with water and drink it. Instead I dump the original water out and put fresh water in it and then re-use the same bottle over and over again, probably 100 times.

I might be concerned about it being polyester. I have heard of people being allergic or sensitive to polyester clothing. Perhaps you should try to reduce your exposure to polyester clothing and other synthetic clothing and wear organic cotton instead. Doing that would do a lot more to improve your health than removing the polyester mesh you have in your body. I do think any plastic shed from polyester mesh is of very low concern compared to all of the other plastic particles that Americans swallow every week. I do think, based on my opinion, those that buy and regularly consume spring water from brand new plastic water bottles have far more to worry about caused by plastic than you do.

Plastics are a form of oil and in micro sized particles that are swallowed should pass from the stomach to the blood stream very easily. Just think, if you consume micro plastic particles that have the mass and weight of a credit card every week, that is 52 credit cards per year and 520 credit cards per decade. That is a lot of freely flowing micro plastic particles to detox from. I don't know how that compares to PUFA's, the ultra processed seed oil particles in most daily diets in America.

Mark as Spam | Posted On 5/25/2024 3:32:21 PM

Like Dislike

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pra3771
Joined On 6/18/2017 12:52:50 PM
Add as Friend | Send Message

Some people may need a reminder, not to boil fluoridated tap water.

Reply | Mark as Spam | Posted On 5/25/2024 5:33:42 AM

Like Dislike

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depadoo
Joined On 4/24/2009 8:11:17 AM
Add as Friend | Send Message

I've never heard this. I googled it and found nothing to say it's bad. Please enlighten me. Thanks

Mark as Spam | Posted On 5/25/2024 6:58:56 AM

Like Dislike

LadyLifeGrows
Joined On 6/8/2023 10:31:09 PM
Add as Friend | Send Message

Never heard do not boil fluoridated water. But I know enuf chemistry to figure out that this lightweight atom would easily boil off as a gas. It would be a toxic gas.

Mark as Spam | Posted On 5/25/2024 5:19:41 PM

Like | Dislike

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meehan2661
Joined On 1/12/2011 10:08:58 AM
Add as Friend | Send Message

Thank you for the article. Our good Doc continues to pound this information. On a personal note my wife's cancer, along with my heart issues has facilitated testing of toxins, bpa, glyphosate etc for both of us. As a household that doesn't eat processed, mainly organic, rarely eats out. You would be amazed at the toxins levels found in both of us. We redoubled our efforts and followed the suggestions 100% and retest revealed great results. Now the fact is that we as a community are a very small percentage of the population. I work with 80 other employees.

I'm considered the strange one. Who is going to read, let alone be able to afford what is needed to keep your body from the poison. Just like addiction, there has to be severe consequences to change. We tell people to buy organic, most say I can't afford it- I tell them you can't afford not to. Most don't get it. Btw- I would say adding the whole house carbon filter was the key. I would say daily detox of different body parts is needed. For those that are interested-Quest just came out with a bpa urine test a few months back.

Reply | Mark as Spam | Posted On 5/25/2024 6:11:20 AM

Like | Dislike

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montrealep
Joined On 3/1/2012 5:01:57 PM
Add as Friend | Send Message

I would love to hear how you redoubled your efforts. The carbon filter, for air or water? I would love to hear more. If it was for water, were you not using any filter before? Anything else that helped change your test results? Thank you in advance!

Mark as Spam | Posted On 5/25/2024 7:04:44 AM

Like | Dislike

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pttrubel
Joined On 8/15/2021 10:27:20 AM
Add as Friend | Send Message

Meehan- just checked Quest's website and could not find a test for bpa's. Would really love to have that done. Do you know the title of the test you are referring to?

Mark as Spam | Posted On 5/25/2024 7:09:06 AM

Like | Dislike

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meehan2661
Joined On 1/12/2011 10:08:58 AM
Add as Friend | Send Message

We had a Berkey for years. After my wife got sick, her practitioner recommended shower filter. We thought we were doing everything right but even my toxic numbers came back high, hence whole house carbon. Then we still use berkey. For us I believe it was in the public water. Constant detox support is in order. In addition to docs glutathione, a heavy metal detox supplement of herbs takes everything out. Idk if brand is allowed here. After six months, a retest came back good. Our awareness peaked after that and got rid of 95% of plastic in our lives. Quest does now have a forever chemical and bpa test. 93196 - Bisphenol A - Total (Conjugated/Unconjugated), Urine [RANDO. They also have a heavy metal. 39307 - Perfluoroalkyl Substances (PFAS), Serum/Plasma [S Vibrant America and Genova are two players in the testing field. The takeaway is- assume we are living in a toxic environment and detox.

Mark as Spam | Posted On 5/25/2024 9:18:19 AM

Like | Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
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We really should be united in stopping fluoridation in the water for starters and secondly chemtrails. Success in eradicating those two constant onslaughts to our health would be the catalyst for great change. The more we try to mitigate things the more they will up the dosage of poisons. We really need to understand what is going on. We shouldn't be paying for it through taxes as they are killing us not taking care of the country.

Mark as Spam | Posted On 5/25/2024 12:57:48 PM

Like | Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Can't afford organic?? Can they afford to die?? I had terminal lymphoma in 2000, chemos failed to help, back to 3 months , go home snd plasn your funeral. With help of my holistic chirpractor, went organic, vitamins, prayer and 1 yesr later was in remission. Still in remission! 23 years of a healthy life is worth the extra cost for organic. Looking forward to making it to 93 as my grandmother, father did, if the world isn't destroyed by the money interest before that.

Mark as Spam | Posted On 5/26/2024 2:01:46 PM

Like | Dislike

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johnpage
Joined On 9/24/2021 2:40:16 AM
Add as Friend | Send Message

Wherever you look humanity is being attacked, if you question one thing question all of it. love to truthers.

Reply | Mark as Spam | Posted On 5/25/2024 4:59:06 AM

Like | Dislike

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teknical100
Joined On 2/10/2021 5:18:05 AM
Add as Friend | Send Message

How does boiling water reduce it's plastic?

Reply | Mark as Spam | Posted On 5/25/2024 5:08:30 PM

Like | Dislike

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der2417
Joined On 1/2/2018 6:09:10 PM
Add as Friend | Send Message

Need it be said? Stratospheric Aerosol Injections. Geoengineering. Solar Radiation Management. Much of the material injected into the breathable air column is encased in polymer fibers which maintains loft. This is the bulk of plastics embedding themselves in our lungs and more deeply into our hearts and brains. I distill my drinking water and am confident, based on my PPM meter that measures dissolved material, that I am getting a 99% reduction in dissolved contents in my water. Sorry to say it, but much of human contamination with respect to plastic is air born. Hence the need for HEPA and polarizing media filtration of our indoor air supply.

Reply | Mark as Spam | Posted On 5/25/2024 2:30:39 PM

Like | Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
Add as Friend | Send Message

Everyone is fighting city hall to change policies but they are only wresting on the peripherals instead of striking at the heart of the problem. All environmental problems come from the way money is created. More debt (magnitudes more) is created every time credit is created. So that means for every dollar that is entered into the economy, many magnitudes more dollars are entered as debt. Could anyone think of a more cockeyed system? This whole arrangement suits only the few at the top of the siphon. That means nothing good comes of it for you and me. Until we realize that reality strong and clear, you can fight your way through one issue to another, it will never end because it's only striking at the symptom, not the cause. The cause is easy to see once you see it and any effort other than addressing the root problem - the way money is created - is futile. Until that happens enjoy your debilitation and the extinction of our fellow species.

Reply | Mark as Spam | Posted On 5/25/2024 12:02:36 PM

Like | Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Use cash or debit card from your bank, no interest or late charges while paying off existing charges until you can close your accounts. May not be able to buy as much, go on cruises, fly to far off places, but worth it in worry free days/nights.

Mark as Spam | Posted On 5/26/2024 2:20:03 PM

Like | Dislike

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mmmbeckwithwindstream.ne
Joined On 4/17/2021 11:50:12 AM
Add as Friend | Send Message

All of the news about the dangers of plastics, various other toxic substances, clem trails, is most alarming, especially at my older age, and the fact that we can drive ourselves crazy trying to "fix" our personal lives and rid these health hazards....a job that would take most of my time even trying to begin such a project. Boil water, but wait, do not boil fluoridated water! Sadly, for me, it's almost getting to be too much for my little brain to grasp. So, I'm trying to look for supplements and various other possibilites that might help undo some of the damage that is happening daily just from living my life.

Does anyone have any information about PEMF (Pulsed Electro Magnetic Field) therapy? I have been looking at some of these systems who claim that the energy goes down to the bone marrow and can stimulate your stem cells? NASA also uses this I understand. About a month ago, I got to see this PEMF work for a good friend of mine who had a 30 minute treatment for her knee pain that has been constant for weeks. She has been trying to avoid a total knee replacement for months, and has been taking supplements and pain meds along with some easy exercises. Anyway, when she got up, she took off her knee brace, and found that the pain was completley gone and has remained absent, for the most part, for over 3 weeks.

It's not a total answer, by any means, but wow, there is something working here that looks promising. Also, there seems to be some physical benefits from infrared therapy, but I don't think it's close to the same as PEMF, which seems to work with adjusting frequencies? Is anyone more knowledgeable or have any comments about these technologies? We are both amazind at how much this has made a differnce in her knee. This was like night and day in her results after 30 minutes, totally amazing! Thank you for any thoughts about these systems.

Reply | Mark as Spam | Posted On 5/25/2024 11:53:53 AM

Like | Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
Add as Friend | Send Message

We're always trying to mitigate and circumnavigate the damage but we never address the single and most ubiquitous cause - the money system.

Mark as Spam | Posted On 5/25/2024 12:05:04 PM

Like | Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

For your friend's knees, find a good dr who does stem cell injections! I went to my eye doctor's dr. He had done his knees over 4 years ago, still in love with them other than a few cold, humid days but still could function. At 78, I did both knees after my oncologist said my lymphoma was still in remission, gave me an all clear, bone marrow clean. it has been 6 years and I still do not have to use a cane, it sits by the door gathering dust, just in case. Dr. Crane had been doing it over 15 years, but insurance says it is experimental so will not cover. My knees costs $4680.00, still a lot cheaper than knee replcement and less down time. In fact, after 2 hours in his office, I carried my cane, climbed into my Astro van and drove 45 miles home with a stop at grocery on the way, then carried groceries in.

Mark as Spam | Posted On 5/26/2024 2:16:34 PM

Like | Dislike

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dljc99
Joined On 12/6/2010 7:56:30 AM
Add as Friend | Send Message

I changed to glass for storage years ago to my husband's chagrin. They certainly take up a lot of space. I am careful about pots and pans as well. It is amazing that there is top selling non-stick cookware that boasts pfo free. What about the rest of the pf's? My dismay with pet food packaging -most is plastic. The brand The Farmer's Dog is sealed in plastic and you have to dig it out. (I was given some) they sell that as much better for your dog. I think not. Plastics are pervasive.

Reply | Mark as Spam | Posted On 5/25/2024 5:49:37 AM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

HIDDEN PLASTICS: 10 COMMON ITEMS THAT SURPRISINGLY CONTAIN PLASTIC
eradicateplastic.com/hidden-plastics-10-common-items-that-surprisingly.. (2023).---

Mark as Spam | Posted On 5/25/2024 9:16:55 AM

Like | Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Buy people grade meats locally, preferably grassfed, make their food. i do that for my 3 rescue cats, hardly ever go to the vet.

Mark as Spam | Posted On 5/26/2024 2:22:51 PM

Like | Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

I do try to avoid purchasing products in plastics, but it is not always possible. I definitely prefer glass, esp. dark glass for food storage. If I purchase an item in plastic, I will use it up first or transfer it to a glass jar when I get it home. The more of our own food we put up, the less we are exposed to plastic in food containers. I'd like to see a return to recyclable bottles such as milk jugs (even though we are not milk drinkers) and metal toothpaste tubes. I am using a shampoo bar soap. Some plastic use is inevitable nowadays.

I am not overly concerned about our clothing, most of which is vintage natural fibers. I bought one favorite down-filled sweatshirt around 1980--it is a bit frayed, but I am still wearing it. Quality is definitely worth it. I always hated wearing a bra, so no longer do--with the approval of my doctor. I consider that expensive bit of frippery to be an unhealthy and unnecessary social convention. Many municipal water supplies contain contaminants and industrial chemicals. It is wise to also have a private lab test your well water thoroughly.

I do make a few exceptions for synthetics. 10 years ago, I invested (!!!) in Kennetrec work boots (well worth it!) and feel like I am just starting to get them broken in--they wear that well. I always wear them with heavy wool socks, even in summer. There are so many xenoestrogens in our environment and food supply... I should not be seeing so many young men who look like "curvy" girls from the back with their long hair. It really is an evil thing to destroy a person's sexuality... esp. when done for profit.

Reply | Mark as Spam | Posted On 5/25/2024 2:41:29 AM

Like | Dislike

CMT367
Joined On 10/16/2018 8:46:43 AM
Add as Friend | Send Message

https://kenetrek.com/

Mark as Spam | Posted On 5/25/2024 11:16:58 AM

Like | Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

Yes, my Kenetrecs are synthetic, but they are pussyfoot soft. When you put them on for the first time, your feet go "ah-hhh!". I often spend long days on my feet, so good footwear is one of my indulgences. They are expensive, but I would have replaced any other boots many times by now. I expect they will easily last me 20 years. Boots will not get any cheaper during that time. I prob paid less than they are now selling for, so it was a good investment. I generally prefer to avoid synthetics, but there are exceptions.

Good work boots are one of the necessities of life and I do not skimp on them. One leg injury and you are disabled. Even better if you do the kind of work where you can write them off. For those of you who do not know, these boots were developed by mountaineers who were tired of cold, wet, sore feet. The last good pair of boots I got before this was custom-made by a backwoods bootmaker and cost me $175 (many years ago--that was the going rate for good work boots). They were from the belly of Spanish ox hide.

They were good boots and molded to my feet. Before that, I only wore cowboy boots because nothing else would hold up, but I still had to replace them every 10 years, or less--by then, they were completely worn out. Even so, there is no comparison between any of these and the Kenetrecs. As for being environmentally sound, it prob makes more sense to buy one pair and wear them 20 years than need to replace boots with something not perfectly comfortable on your feet.

Mark as Spam | Posted On 5/25/2024 12:58:24 PM

Like | Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
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Agree on all points! Yes glass is breakable but just be careful! My clothes are all 1980 or previous. As for bras, always hated them! After cancer and a fall that broke left arm, couldn't fasten them, great excuse to stop wearing them. Have bought a coupl new bluejeans since I lost weight after going organic, went from 295 to 140. May have to get another as my jeans fell to the floor at grcery store recently. No stress, I hadon long thermals so not embarrassement. Just pulled them up and checked out. They will now become a patchwork quilt or rag rug! But all these evils will exist until the sheep wake up, stop swallowing the "fear porn" we see in commercials, new tv shows. Until that time. people will continue to follow the Judas goat to the slaughter.

Mark as Spam | Posted On 5/26/2024 2:32:48 PM

Like | Dislike

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will..
Joined On 2/9/2010 11:18:48 AM
Add as Friend | Send Message

Seems like disinfo to blame the consumer. Technically we are becoming Michelin men. Tire dust accounts for 78% of ocean microplatics and likely the same for human blood. www.thedrive.com/news/tire-dust-makes-up-the-majority-of-ocean-micropl.. e360.yale.edu/.../tire-pollution-toxic-chemicals The tire companies had to of known about this for close to a century. It's too obvious. Continent wide, tires lose so many thousands of tonnes a year and it is not sitting in black piles by the road. So obviously, being micronized it is thus very effectively aerosolized and distributed over the planet. They could not have not known this. The tire companies are liable and it would be a bigger scandal than tobacco and more easily litigated than asbestos.

Reply | Mark as Spam | Posted On 5/26/2024 11:25:57 AM

Like | Dislike

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jaygee123
Joined On 4/3/2016 11:34:44 AM
Add as Friend | Send Message

It also speaks 2 why boys r feminized & believe they r girls, why men became weak Ahab's & women r lost. The world bought the fraud that thoughts/feelings/beliefs/behaviors & experiences (that make us unique human r brain DISEASES called "mental illness's." This was accomplished by the strongly contested Junk Science DSM w/o a shred of credible evidence supporting it. Medical mimics/psychiatric pretenders/Chemical imbalance myth, explain that SYMPTOMS r not diseases.100's of street/prescription drugs & bona fide medical diseases r documented 2 cause symptoms misdiagnosed as "mental illness".

Misdx is unethical fraud & felony by law. Depression/psychosis/anxiety r the favorites but the entire catalogue is a hoax. The global brain washing is so thorough, entities who used 2 b ppl, misdiagnose themselves & others as 'mental patients", reveal in their pseudo-identities & r willingly branded with tattoos (;). No power will force brand them with individual #'s this go around bc they celebrate that they're "sick". They've morphed into a unified mass glob of plastic, incapable of independent thought or human compassion & have been assimilated in2 & spew forth the lies the machine feeds itself off.

Hormone disrupting 'anti-depressants" proven 2 cause 25 yrs early death disease/disability/completed suicide & homicide, as intended by the revived eugenics/MAiD movement, dehumanized what used 2 b humanity. Mental health (hygiene)" is a false God worshiped by the misinformed, is used by covert totalitarian states 2 label, control, drug & legally kill the unwittingly mentally/emotionally "unfit", 4 profit. The sick care industry deludes indoctrinated cyborgs into blind obedience. Pray for them; they never stood a chance.

Reply | Mark as Spam | Posted On 5/25/2024 2:19:01 PM

Like | Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Drs especially often ask me if I am depressed, 83, live alone in the woods, 1 mile from humans. If i can't talk to God, Godly friends and work it out, time for me to give up. Had a lot of supposed death causing illness, licked cancer with prayer, organic, diabetes under control via organic, diet, only occassional use of insulin, 4 or 6 units when have a pity party, chlosterol, pressure under control, taking no pills, chemicals. I learn from friends here on Mercola. Sometimes a rainy, stormy day gets me down, pig out on icecream, give myself a swift kick and get on with life. Worry does not help, just makes things worse!

Mark as Spam | Posted On 5/26/2024 2:44:30 PM

Like | Dislike

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screenmachine
Joined On 2/13/2012 6:55:11 PM
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Enjoyed the documentary, but the ending was sort of a letdown, since the differences in concentrations of plastics in the blood test results between the four generations wasn't revealed, even if there were any. The beginning of the documentary set it up that way but the end didn't give the anticipated results differences, again, if there were any.

Reply | Mark as Spam | Posted On 5/25/2024 11:20:30 AM

Like | Dislike

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sutlaf2
Joined On 6/2/2022 11:46:21 AM
Add as Friend | Send Message

A recent Austrian study showed that mice FED micro plastics had the material show up in the brain within 2 HOURS. Let that sink in. MIcro plastics are capable of crossing the BLOOD BRAIN BARRIER and in TWO HOURS!

Reply | Mark as Spam | Posted On 5/25/2024 10:41:27 AM

Like | Dislike

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sue2613
Joined On 6/6/2015 8:25:09 AM
Add as Friend | Send Message

To stop buying anything plastic, especially soda and water is probably the only solution. If we stop producing plastics in the US, the manufacturers will only go to some other country.

Reply | Mark as Spam | Posted On 5/25/2024 10:07:39 AM

Like | Dislike

WaterKat
Joined On 5/13/2020 4:05:43 PM
Add as Friend | Send Message

Just a thought - is the attention on global climate change used as a distraction on the increasing environmental pollution? I live in a state where glyphosate is used on sugar cane to desiccate it before harvesting.

Reply | Mark as Spam | Posted On 5/29/2024 11:35:33 AM

Like | Dislike

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panotx
Joined On 6/20/2006 6:41:14 AM
Add as Friend | Send Message

I suspect these and other environmental toxins are major contributors to the mental illness that manifests as transgenderism and homosexuality.....

Reply | Mark as Spam | Posted On 5/27/2024 10:38:22 AM

Like | Dislike

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jtanner62
Joined On 9/27/2012 12:47:28 AM
Add as Friend | Send Message

Panotx- it's actually blue light poisoning. listen to Dr Jack Kruse.

Mark as Spam | Posted On 5/28/2024 8:05:00 AM

Like | Dislike

sun99441
Joined On 6/26/2022 11:54:16 AM
Add as Friend | Send Message

What about PVC? I'm getting ready to have a well drilled on the property, and my only option is PVC casing.

Reply | Mark as Spam | Posted On 5/26/2024 1:47:03 PM
Like | Dislike

RatRod
Joined On 11/30/2022 12:43:25 PM
Add as Friend | Send Message

I've never even heard of PVC casing. It may be cheaper than steel, but if you talk to your driller and are willing to pay more for steel, I don't know why your driller would care. If they still won't change, I would find another drill company that will use what you want.

Mark as Spam | Posted On 5/31/2024 11:57:52 AM
Like | Dislike

foe9211
Joined On 8/19/2019 9:13:30 AM
Add as Friend | Send Message

Well here's the good news, it will be the kids who figure out how to clean up the mess we are leaving them
www.businessinsider.com/teens-win-fifty-thousand-for-ultrasound-microp..

Reply | Mark as Spam | Posted On 5/25/2024 4:05:42 PM
Like | Dislike

ABR1866
Joined On 4/20/2022 2:29:50 PM
Add as Friend | Send Message

PLASTIC PEOPLE BY F. ZAPPA= www.youtube.com/watch?v=SKTFfT4sMhQ&list=RDSKTFfT4sMhQ&start_r..

Reply | Mark as Spam | Posted On 5/25/2024 2:55:26 PM
Like | Dislike

Slimbo
Joined On 9/24/2010 8:44:49 PM
Add as Friend | Send Message

Thank you for using brown glass bottles for your supplements. I reuse them and am gradually getting rid of all my plastic containers. One step at a time. Thank you also for all the genuine free information you provide

Reply | Mark as Spam | Posted On 5/25/2024 2:00:53 PM
Like | Dislike

mik1034
Joined On 9/12/2015 5:56:08 AM
Add as Friend | Send Message

Health Natura recommends using the Simply Progesterone product on the skin but Dr. Mercola says use on the gums. I'm sure you have answered this question before, so which one is it? Thank you

Reply | Mark as Spam | Posted On 5/25/2024 12:58:03 PM
Like | Dislike

inm1217
Joined On 2/2/2022 10:53:50 PM
Add as Friend | Send Message

Thank you. What blood test did they use? I would like to test my family

Reply | Mark as Spam | Posted On 5/25/2024 11:35:22 AM
Like | Dislike

keirlewisfree.fr
Joined On 6/23/2022 4:28:18 AM
Add as Friend | Send Message

A big source of microplastic contamination is eating shellfish. Microplastics in the sea pass through the guts of fish with little remaining in the fleshy parts of the fish that we eat. With shellfish however we eat the whole shrimp, mussel or oyster, guts and all ....

Reply | Mark as Spam | Posted On 5/25/2024 5:41:53 AM
Like | Dislike

marymary7
Joined On 2/2/2022 2:23:51 AM
Add as Friend | Send Message

Is it from plastic waste or geoengineering or being vax by bioweapons .

Reply | Mark as Spam | Posted On 5/25/2024 5:30:40 AM
Like | Dislike

WillieBe
Joined On 8/23/2021 11:23:02 PM
Add as Friend | Send Message

That was my thought and don't forget the annual flu shot that people still line up for.

Mark as Spam | Posted On 5/25/2024 8:21:01 AM
Like | Dislike

kanchenlunga
Joined On 9/9/2014 6:05:54 AM
Add as Friend | Send Message

Great information but must include the nano plastics sprayed by geoengineering as documented facts. This is being used together with barium, strontium and aluminium et al blocking the sun believing that this will solve climate warming which in truth does the opposite. At the same time, it is destroying the ozone layer and denying it is even taking place. Tennessee has banned it. We must wake up urgently and look up to see it happening with the death of flora and fauna. The sun is our life force and yet this WEF action is killing us all, insanity is in control and we must fight it now.

Reply | Mark as Spam | Posted On 5/25/2024 3:04:00 AM
Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Leading scientists in geoengineering claim that climate engineering is just a dangerous proposition and not a devastating reality and continues this shocking 7-minute video with damning testimonies from the world's most renowned climate engineers. www.geoengineeringwatch.org/most-famous-geoengineer-its-really-not-a-m.. Utibe Effiong and corresponding author Richard L. Neitzel, writing for Environmental Health in an article "Assessment of the direct occupational and public health impacts of solar radiation management with stratospheric aerosols," analyzed the health impacts of chemistry in geoengineering, which they defined as "the deliberate large-scale manipulation of environmental processes that affect the Earth's climate, in an attempt to counteract the effects of climate change." Sulfates and nanoparticles currently include sulfur dioxide (SO_2), hydrogen sulfide, carbonyl sulfide, black carbon, and specially designed discs composed of metallic aluminum, aluminum oxide, and barium titanate." Polymeric nanoparticles (NPs) are "particles within the size range of 1 to 1000 nm and can be loaded with active compounds trapped within or adsorbed on the surface of the polymeric core," according to an article published August 25, 2020, "Nanoparticles polymers: Production, Characterization, Toxicology and Ecotoxicology", by Aleksandra Zielinska, et al.

Airborne nanoplastics and microplastics can act as ice nucleating agents, which is any agent in the atmosphere that promotes the formation of ice crystals.

Such agents can be tiny solid particles, such as dust or other airborne particles, and large molecules, including nanoplastics and microplastics in the atmosphere. Catic and Mihajlovic define a disease created by polymeric nanoparticles as "microplastosis" (similar to the term "asbestosis" for the disease caused by asbestos).
www.plasticstoday.com/materials-research/the-microplastics-enigma

Mark as Spam | Posted On 5/25/2024 6:46:29 AM
Like | Dislike

hov8917
Joined On 3/17/2015 3:13:11 PM
Add as Friend | Send Message

It is terrible, but many do not see because we are all addicted to smart phones and looking down at them most of the time. I am in S. FL, and the sky's are always covered in chemtrails. It is so in our face that those who are doing it must be laughing their rear ends off that they are getting away with it. We had two days in a row this last week where the sky was clear and had normal looking clouds. They must have needed to spray someplace else those days. But, then yesterday, they were back again all over the sky. They are getting better with it now where they turn it on and turn it off trying to make it look a little more normal. Some people say that if they are spaying us, they are spraying themselves to, so they do not believe it.

Mark as Spam | Posted On 5/25/2024 7:26:47 AM
Like | Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
Add as Friend | Send Message

Good point kanchenlunga. We are not only contaminated with plastic, we are contaminated with the nano-particles (aluminum, barium, strontium, titanium) used in geoengineering. Shut it all down.
secularheretic.substack.com/p/death-by-aluminum-the-toxic-aluminum

Mark as Spam | Posted On 5/25/2024 9:09:37 AM
Like | Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Let us NOT forget our own politicians who are lining their pockets while voting to destroy mankind!

Mark as Spam | Posted On 5/26/2024 2:47:43 PM
Like | Dislike

stevejs
Joined On 11/26/2019 6:33:08 AM
Add as Friend | Send Message

Great article - but I do have a question. It states to boil tap water for 5 mins to remove 95% of microplastics - Where does the plastic go? If it just goes out with the steam then it will be in the air and then in your lungs... I am trying to make things simple so I have put-in a whole house water filter comprising a 20 inch, 5-micron carbon block filter and I hope this is sufficient to remove most things in the water.

Reply | Mark as Spam | Posted On 5/25/2024 4:51:10 AM
Like | Dislike

CMT367
Joined On 10/16/2018 8:46:43 AM
Add as Friend | Send Message

I raised the same question in a previous Mercola post re: boiling water w/microplastic content, pointing out the same thing you did...what i advised water-boilers to do is "don't breathe the steam coming off the water being boiled AND open your windows, start the exhaust fan...

Mark as Spam | Posted On 5/25/2024 5:25:27 AM
Like | Dislike

JohninND
Joined On 10/29/2020 4:57:00 PM
Add as Friend | Send Message

I've been wondering the same thing myself.

Mark as Spam | Posted On 5/25/2024 8:54:33 AM
Like | Dislike

trun87114
Joined On 7/3/2012 10:54:53 AM
Add as Friend | Send Message

Opening the windows and avoiding the steam might be good for you but it's still releasing micro plastics into the air that we all breathe.

Mark as Spam | Posted On 5/25/2024 5:46:56 PM
Like | Dislike

wareagle82
Joined On 1/25/2022 10:01:46 AM
Add as Friend | Send Message

if you think plastic is bad, imagine life without it. Instead of blaming the substance, how about a little attention to how it's used and disposed of? Otherwise, this sounds like the anti-gun argument that fixates on inanimate metal objects while ignoring human behavior.

Reply | Mark as Spam | Posted On 5/25/2024 8:59:43 AM
Like | Dislike

Mr.AK
Joined On 6/22/2006 6:58:33 PM
Add as Friend | Send Message

LOL! Some of us are old enough that we don't have to imagine a life without plastic — and screens. We had one and and it was fine. Things have not changed for the better in every way.

Mark as Spam | Posted On 5/25/2024 9:04:33 AM
Like | Dislike

sue2613
Joined On 6/6/2015 8:25:09 AM
Add as Friend | Send Message

We could find a way to replace plastic. I don't know what silicone is made of, but it can replace many plastics. I have reusable silicone food storage bags, as well as beeswax storage bags. At least we should eliminate plastics to hold food. Limit plastics to things that we only touch occasionally, such as a bucket with a metal handle. A lawn hose can be made of rubber rather than plastic.

Mark as Spam | Posted On 5/25/2024 10:17:34 AM
Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

The $1.2 million Tom Ford Plastics Innovation Prize recently announced its three winners, who are using seaweed to design sustainable, biologically degradable alternatives to thin-film plastic. One of the award winners, Notpla, has created Natural Polymers Group, a network of innovators who are creating nature-based plastic substitutes to address the global problem of plastic pollution. The group is calling on UN treaty makers to recognize natural polymeric materials as a key tool in the fight against plastic and to include them in their definition of non-plastic substitutes. naturalpolymersgroup.com (2023).--

Mark as Spam | Posted On 5/25/2024 2:11:20 PM
Like | Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
Add as Friend | Send Message

Everything that plastic is used for can be made of hemp instead of petrochemicals. That's a nonsense what you just said. So we're supposed to be happy that we are being polluted? Hemp is biodegradable and our entire economy can run on hemp products and we'd have all the good uses of plastics without all the contamination.

Mark as Spam | Posted On 5/25/2024 3:33:14 PM
Like | Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Exactly! Guns do not kill anymore than a rock or knife or arrow does, it takes a human using it to become deadly.

Mark as Spam | Posted On 5/26/2024 3:03:07 PM
Like | Dislike

Mr.AK
Joined On 6/22/2006 6:58:33 PM
Add as Friend | Send Message

There is an even more sinister phenomenon going on... the sudden appearance of synthetic biology and self-assembling programmable nanorobots in everyone's bloodstream — coincidental with the rollout of the vaccines. It's in the skytrails and water as well — all of us have been infected with nanotechnology. Look up Dr. Ana Mahalcea's page on Substack. Why aren't more people talking about this???

Reply | Mark as Spam | Posted On 5/25/2024 9:00:29 AM
Like | Dislike

RIchardJr
Joined On 5/11/2023 11:57:57 PM
Add as Friend | Send Message

Concur. The bulk of the "environmental" microplastic ingestion is from nanoparticle-sized toxic metals mixed with polymers, including graphene which is just another way to deliver similar contents to the death jabs into our systems, while changing the PH in our soil, spoiling our water, killing our trees, plants and insect/birds and reducing the amount of sun (and Vitamin D) that we receive. This is more evident here in the Pacific Northwest where they do stratospheric injections daily and there is more moss, mushroom and other fungi in abundance (even more than historic)....we are one of the highest concentrations because the winds carry the chemical cocktails across other areas of the U.S. -- the particulate matter can be suspended in air for longer periods using EMF, which gives the clouds a a pronounced appearance but enables the poison to then fall in other places.

Our lungs are constantly being bombarded with these and there are documented evidences this has been done for decades -- enough proof for a state, as you point out, to actually pass a law banning it over their area (which won't prevent the chem trails from being sprayed elsewhere to float over them). There are even copies of contracts with private vendors (much of this is done by the military) to "subcontract" the spraying -- save the argument that no one who understands what they're doing would intentionally spray chemicals on people. WE live in mad times.

Reply | Mark as Spam | Posted On 5/25/2024 7:52:50 AM
Like | Dislike

PithHelmut
Joined On 5/23/2011 12:07:53 AM
Add as Friend | Send Message

The cause needs to be looked at. The cause to all the poisonings. And maybe that is where the madness occurs, that few look at causes. All that's looked at is effects or results. The cause is the money system - the money is deliberately made scarce when it needn't be, but few would even listen to alternatives. Money doesn't have to be done through creating artificial scarcity (ie: debt) but since it does, it makes good people do bad things. And none of us are exempt from its grip.

Mark as Spam | Posted On 5/25/2024 3:47:22 PM
Like | Dislike

gib8468
Joined On 4/26/2023 6:16:24 AM
Add as Friend | Send Message

Gui, Dr. Mercola's article points the finger at plastics which we all know are ubiquitous in the environment. I wonder what you think about Dr. Anna Mihalcea's theory that bigger sources of contamination are geo-engineering as well as Covid-19 injections and similar sources. Dr. Mihalcea has published many articles to this effect based on evidence seen in her own medical practice. Here's an example from this week (May 25). She says, in part: "I have discussed extensively that the scientific community is gaslighting everyone by claiming that microplastics are from environmental pollution from degraded plastics. The polymers found are the same seen in the blood polyethlene and polyvinyl alcohol.

But remember, these same microplastics were found in the placenta, but also in the Moderna patent and the chemical signatures in C19 injected and uninjected blood: Damning New Research Study Finds Self Assembly Plastic Polymer Nanoparticles In Every Placenta These same polymers are mentioned in geoengineering patents: Smart Dust, Biosensors, Polymers For Geoengineering And The Multinational Corporations That Manufacture Them If have previously shown that there are correlations between the chemicals found from geoengineering operations and the C19 shots: Chemical Analysis Comparison of Hydrogel Filaments from C19 Shots and Environmental Geoengineering Sources - Project What Happened to Humanities Blood?

Microplastics - aka Nanotechnological Self Assembly Polymers - Are Everywhere - Poisoning Our Biosphere, Food Supply And Humans . . . And how come the entire biosphere is being contaminated with these microplastics? Because it is sprayed via chemtrails, otherwise there is no way you would find the same polymers in snow on the highest mountains on earth and even in the Arctic. GEOENGINEERING OPERATIONS ENDANGER ALL LIFE ON EARTH." open.substack.com/pub/anamihalceamdphd/p/more-evidence-that-all-of-lif.. .

Reply | Mark as Spam | Posted On 5/25/2024 7:43:53 PM
Like | Dislike

averilbaveril
Joined On 6/15/2010 12:30:15 PM
Add as Friend | Send Message

How does boiling water eliminate plastic? Does it evaporate it? In that case, wouldn't we be inhaling them? I'd really like to understand the mechanism here.

Reply | Mark as Spam | Posted On 5/25/2024 9:06:12 PM
Like | Dislike

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