

The Hidden Dangers of Disposable Foodware

Maria Low



Moving Toward Sustainable Solutions



parts per million total organic fluoride. The following establishments—Arby’s, Burger King, Cava, McDonald’s, and Nathan’s—had the highest levels of fluoride and other chemicals. With these chemicals exposed, many businesses are considering upgrading their food containers.

INEVITABILITY OF CHEMICAL PRESENCE

Michael Hansen, Ph.D., a scientist, acknowledges that small amounts of chemicals are inevitable. He states, “No company should tell customers that their products are 100% free of chemicals.” He also notes that Consumer Reports’ tests show that achieving very low levels is possible and should be the goal for everyone.

ENVIRONMENTAL CONCERNS WITH PAPER CUPS

A recently published study about toxins raises environmental concerns. Seemingly, paper cups are coated with a thin layer of plastic to prevent leakage. The plastic lids are often made from polystyrene, while coffee cups consist of a complex mix of synthetic substances and chemicals, including processing aids for heat stabilization.



In today’s world, where convenience often trumps sustainability, fast food frequently relies on disposable items like paper plates, plastic cutlery, and cups. Among these, paper cups are particularly ubiquitous, especially for serving coffee and other hot drinks. However, the production and use of these seemingly innocuous containers raise significant environmental and health concerns.

CHALLENGES IN MANUFACTURING DISPOSABLE FOODWARE

For the most part, these items are not easy to manufacture, due to the various chemicals and substances mixed to create plates, bowls, cups, and food packaging for deli and fast foods.

TESTING FOR CHEMICALS IN FAST FOOD PACKAGING

Testing was conducted at several fast-food restaurants, focusing on food packaging for 100

EMERGING ALTERNATIVES TO TRADITIONAL CONTAINERS

Alternative containers are slowly emerging in the market, primarily for personal use. Plant materials such as corn, cassava, sugar cane, and soy are being used to create paper items. However, these cups often contain a few chemicals to ensure they can hold heated beverages.

Scientists caution that testing may not always detect all impurities in heated water and residue from paper products, as unintentional reactions can create new substances. A research group from India found 2,500 plastic particles in cups filled



with hot water and noted that acidic drinks can leach plastic from the cups.

REGULATIONS AND HEALTH RISKS IN EUROPE

Most of Europe has strict regulations regarding toxic chemicals in paperware and packaging. High levels of these chemicals have been found in breast milk, and their cumulative effects can impair brain function and bodily health. It takes a prolonged program to remove these chemicals from the liver, intestines, and brain.

SUSTAINABLE CHOICES AND THEIR LIMITATIONS

Currently, a more sustainable choice is glass made from sand. However, unrecycled glass bottles can have a higher environmental footprint. Many countries utilize stainless steel cups, but they can transfer heat to the palm of your hand.

THE IMPORTANCE OF PREVENTATIVE HEALTH MEASURES

The challenge lies in changing people's behavior and build-

ing new infrastructure. Young Living members are particularly concerned about their children and want to take preventative measures. An organic diet is essential; supplementation for detoxifying and maintaining a strong immune system is imperative. Be sure your supplementation includes Young Living Vitamin C, D, Magnesium, and balance your

pH with MultiGreen and NingXia Greens, and NingXia Wolfberry.

RECOMMENDED SUPPLEMENTS FOR DETOXIFICATION

Here's a list from the Essential Oil Desk Reference for toxic conditions:

- Longevity Softgel
- MultiGreen
- Life 9 Probiotic
- Magnesium
- NingXia Wolfberry (dehydrated and/or beverage)
- Tea Tree Oil
- Melrose Blend
- EndoFlex
- Citrus Fresh
- Frankincense
- Rosemary

Zinc supplementation is also recommended. Young Living Essential Oils can be used in capsules, beverages, and with food.

ESSENTIAL OILS FOR HEALTH AND WELLNESS

Consider using essential oils daily in a diffuser. Purchase a timer from the hardware store to avoid using up all your oils,

as they remain suspended in the air for a significant time. ■

Resource: *The Essential Oil Desk Reference* by Life Science

Learn more from Young Living members who make essential oils a part of their lifestyle:

Maria Low,
Member #10279,
yleo.aspirations@gmail.com

Kathleen Karlsen,
Member #1043288,
kathleenkarlsen@msn.com

Kasondra Grillo,
Member #29010370,
kasondra95@gmail.com

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