

“If it’s God’s will, it will happen and nothing will stop it. If it’s not, God has a better plan. Have peace knowing this.”

- **Proverbs 16:9**

WOW! I don’t often quote the Bible, but this verse really hit me like no other. I’m living proof that if it’s God’s will, nothing will stop it. I’m about to embark on a new chapter in my book of life and I have zero doubt about who’s writing the story, who’s turning the pages and who’s in control. I’m glad I was able to just “*Give it to God*” and He showed me, beyond a reasonable doubt, who’s truly in the driver’s seat. Guess what? It’s NOT me! I’ve truly learned that I need to just walk by faith, especially when I can’t see what’s ahead of me. Trust doesn’t come easily, but recent events have taught me that no matter what lies ahead in the next chapter, God is not only leading me to where I’m supposed to be, but is also waiting for me to get there. It’s not easy to leave a life I’ve known for more years than I’d like to count, but I know, with 100% certainly, I’m on the right path. The journey of 424 miles truly begins with a single step and I’ve learned that when things are meant to be, they happen quickly. Nothing can stop what is coming in many ways, so I’m just not questioning it. As you embark on your own journey and go through the days to come, remember that faith truly makes all things possible, love makes all things easy and hope makes all things work. My wish for each of you is that you have all three of those things: faith, love and hope, as you begin and end each day. And while you’re at it, stay humble, work hard and be kind! Live by faith, not by sight!

Yours in health,

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Is Your Cookware Safe?



I think we all know we need to eat food that’s good for us and I’m still thrilled by the change to the food pyramid I wrote about in January. But while we may be eating the right things, there is something that can ruin it. Cooking in toxic pots and pans can destroy even the healthiest of diets. I hope that people are waking up to the dangers of some of the cookware out there, but it seemed to be a good time to raise awareness. Cookware is actually one of the most overlooked health decisions in your home. The safest approach isn’t extreme, it’s simple: Invest in quality materials, avoid coatings when possible, and replace anything worn. Small upgrades today can reduce daily chemical exposure for years to come.

The good news is that the cookware industry seems to be waking up to the dangers of nonstick chemical surfaces. The bad news is there is plenty of unsafe products out there. My goal this month is to alert you of some of the hidden dangers in your cookware and what you need to know to protect your health and make better cookware decisions.

As I mentioned above, most of us focus on what we eat, but rarely think about in what we cook it. Surprisingly, everyday pots and pans can impact health more than you realize. From “*forever chemicals*” to heavy metals, the type of cookware used really matters.

I’m going to break it down simply, with no fear tactics, just facts and smarter choices.

The Biggest Concern: “Forever Chemicals” (PFAS)

Many nonstick pans are coated with chemicals known as PFAS (perfluoroalkyl and polyfluoroalkyl substances), often called “*forever chemicals*” because they don’t break down easily in the body or the environment.

Why this matters:

- PFAS can accumulate in the body over time
- They have been linked in studies to:
 - Hormone disruption
 - Immune system effects
 - Certain cancers
 - Reproductive issues

Even worse, these chemicals may transfer into food during cooking, especially with wear and tear.

Nonstick Cookware: Is it Safe or Not? Modern nonstick pans (like Teflon) are PFOA-free and are generally considered safe *when used correctly*. However, there are still important risks:

Overheating

- Above 500°F, coatings can break down and release toxic fumes.
- These fumes can cause what's become known as "*Teflon flu*" (causing flu-like symptoms).

Scratches & Wear

- Damaged coatings may release particles or chemicals into food.
- Older pans (pre-2013) may contain more concerning compounds than more recent products.

Bottom line: Nonstick isn't "*toxic*" by default, but misuse of it definitely increases its risk.

Other Cookware Risks You Might Not Know. Try to Avoid Them.

Aluminum (non-anodized)

- Can leach into food, especially acidic dishes
- Long-term exposure is still debated, but in my opinion, the jury is already out and the verdict is GUILTY.

PLEASE GET ANYTHING ALUMINUM OUT OF YOUR LIFE, INCLUDING POTS, PANS, DEODORANTS WITH ALUMINUM AND ALUMINUM FOIL. Use parchment paper instead. Aluminum can penetrate the blood/brain barrier and is thought to be one of the causes of Alzheimer's Disease.

Low-Quality Ceramic

- Some coatings may degrade or contain hidden additives

Copper (unlined)

- Can leach metals into food if not properly coated

Plastic & Non-Heat Safe Materials

- Can release microplastics and endocrine disruptors when heated. While you really shouldn't be using a microwave to heat or cook your food, NEVER EVER heat food in a microwave in a plastic container. The dangers of microplastics are becoming more well known.

What are Some of the Healthiest Cookware Options? If you want to reduce toxic exposure, these are widely considered much safer choices:

- **Stainless Steel**
 - No coating, no chemical leaching
 - Durable and long-lasting
 - Great for most cooking methods
- **Cast Iron (or Enameled Cast Iron)**
 - Naturally nonstick when seasoned
 - Adds small amounts of iron (a bonus for some)
 - Extremely durable and I think makes food taste great
- **Glass (Bakeware)**
 - Completely inert (won't react with food)
 - Ideal for baking and storage

Experts consistently rank glass and stainless steel among the safest choices. I personally use mostly stainless steel and cast iron.

What About Ceramic "Non-Toxic" Pans? Ceramic cookware is often marketed as a safer alternative, but:

- It's only safe if truly PFAS-free
- Coatings can wear down faster than traditional pans
- Quality varies widely by brand

Look for verified certifications, not just marketing claims.

Simple Tips to Make Any Cookware Safer. You don't need to throw everything out. Just use smarter habits:

- Avoid high heat with nonstick pans
- Never preheat an empty pan
- Replace scratched or peeling cookware
- Use wood or silicone utensils
- Ventilate your kitchen while cooking

The safest approach:

- Use stainless steel, cast iron, or glass for most cooking
- Keep nonstick for low-heat, occasional use
- Replace old or damaged pans

Final Takeaway: Cookware isn't something most people think about, but it's definitely a daily exposure point worth considering. Quality cookware isn't cheap, but it's worth the investment. Small positive changes in your kitchen can lead to long-term health benefits, without sacrificing any convenience. Sometimes the biggest differences and come from simple and small changes. If you have any questions, please reach out.

Have a wonderful month.