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Is your cookware killing you?

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Some cookware is better than others and some is just plain toxic

Teflon cookware is probably the all-time worst of all cookware. Johns Hopkins Medical Center says the chemical PFOA, used in manufacturing Teflon, is now found in the bloodstreams of nearly everyone in the U.S. Early studies suggest that high PFOA blood levels in humans are linked with cancer, high cholesterol levels, thyroid disease and reduced fertility. Teflon surfaces break down and end up in your food and when heated to high temperatures, emit fumes which cause flu-like symptoms in humans (AKA: polymer fume fever) and can be fatal to birds. *Manufacturers have to eliminate PFOA from all cooking products by the year 2015.*

Aluminum cookware is one of the most common cookware to use, but can be very toxic as this heavy metal is absorbed into all food cooked in it. The aluminum released into foods during cooking ends up in your body. Excess aluminum has been associated with estrogen-driven cancers and Alzheimer's Disease.

Copper cookware is the choice of many because it conducts heat so well. Copper cookware releases copper into the food to be eaten and usually also has nickel in the coating, which is another toxic heavy metal and can be very allergenic.

Cast iron cookware is very durable but iron is constantly leaching into the food, changing the enzymes in it. Iron can reach toxic levels in the body with regular use and becomes a pro-oxidant which causes stress, oxidation and eventually disease.

Ceramic, enamel, and glass cookware are manufactured with lead. Lead gives these wares shock resistance and color uniformity. The level of lead in each product is set by the manufacturer. *Never cook with anything labeled "for decoration only".*

Stainless steel cookware is made from a metal alloy consisting of mostly iron and chromium along with differing percentages of molybdenum, nickel, titanium, copper and vanadium. But even stainless steel allows other metals to leach into the foods. The principal elements in stainless that have negative effects on our health are iron, chromium and nickel.

Titanium cookware seems to pose the least health risks and doesn't react with food while cooking. Part of a good cancer prevention plan is to ditch all others and buy high quality titanium cookware. Premium titanium cookware is more expensive but inferior cookware will actually cost more over time.