

Subject: Cancer Update  
PLEASE DO NOT IGNORE - READ IT ALL!!  
This is not just for women:  
From Johns-Hopkins  
Bottled water in your car is very dangerous!

On the Ellen show, Sheryl Crow said this is what caused her breast cancer. It has been identified as the most common cause of the high levels of dioxin in breast cancer tissue.

Sheryl Crow's oncologist told her: women should not drink bottled water that has been left in a car. The heat reacts with the chemicals in the plastic of the bottle which releases dioxin into the water.

Dioxin is a toxin increasingly found in breast cancer tissue. So please be careful and do not drink bottled water that has been left in a car. Pass this on to all the women in your life. This information is the kind we need to know that just might save us!

Use a stainless steel canteen or a glass bottle instead of plastic!

LET EVERYONE WHO HAS A WIFE / GIRLFRIEND / DAUGHTER KNOW PLEASE!

This information is also being circulated at Walter Reed Army Medical Center  
No plastic containers in microwave.  
No water bottles in freezer  
No plastic wrap in microwave.

A dioxin chemical causes cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers... This especially applies to foods that contain fat.

He said that the combination of fat, high heat, and plastic releases dioxin into the food and ultimately into the cells of the body...

Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food.. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else.

Paper isn't bad but you don't know what is in the paper. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons...

Also, he pointed out that plastic wrap, such as Saran wrap, is just as dangerous when placed over foods to be cooked in the microwave.. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food.

Cover food with a paper towel instead.

This is an article that should be sent to anyone important in your life!