A Special Report:
Exposing the Dangers of NON-STICK COOKWARE

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Non-stick cookware has become enormously popular because of its convenience factor.

Non-stick cookware is now the most popular cookware in the United States. However, millions of people are unknowingly sacrificing their health to save a few minutes in the kitchen.

This is because non-stick cookware is made with a chemical called perfluorooctanoic acid (PFOA), which is sometimes called C8.

PFOA has been labeled a "likely" carcinogen by an independent scientific review panel that advises the U.S. Environmental Protection Agency (EPA)… however, the chemical is still being used in countless household products ranging from non-stick cookware to coated paper plates and microwave popcorn bags.

This chemical that may exist in much of your cookware is extremely pervasive. According to the EPA, it's been found in low levels in the U.S. environment and in the blood of the "general U.S. population."

It is a persistent chemical that's not easily broken down, and it has caused cancer, developmental problems, and other negative effects in laboratory animals.

Because of these revelations, the EPA has asked the eight major companies that manufacture PFOA to comply with a voluntary reduction program.

The companies have agreed to reduce PFOA emissions from their factories and reduce the content of PFOA and related chemicals in their products by 95 percent by 2010, and eliminate emissions and product content by 2015.[1]

This means that it will be years before this dangerous chemical is eliminated from the products you use in your home, which is why I wanted to get this vital information out to you right now. (Not to mention the fact that most people have already been using non-stick cookware for years.)

WHY I THREW AWAY MY **NON-STICK** POTS AND PANS, AND SUGGEST YOU DO THE SAME

I threw my non-stick pans out a long time ago and have never regretted it. I suspect that once you read the laundry list of health problems that have been linked to this dangerous substance, you'll want to throw yours away too.

To be fair, just keeping a non-stick pot in your kitchen will not harm you (although it WILL tempt you to use it). It is when the cookware is heated that the problems begin.

In studies of heated non-stick pans on conventional stovetops, commissioned by the consumer watchdog organization Environmental Working Group (EWG), it only took two to five minutes to reach temperatures producing dangerous toxins.

The coating begins to break down and release toxins into the air at only 446 degrees.[2]

Now, after about three to five minutes of heating, when the pans reach 680 degrees, they release **at least six toxic gasses**, including:

- Two carcinogens
- Two global pollutants
- MFA, a chemical deadly to humans at low doses

All the while, the manufacturer of the leading non-stick cookware brand, continues to claim that the coating does not pose a problem under "normal use." and say

> "Significant decomposition of the coating will occur only when temperatures exceed about 660 degrees F (340 degrees C). These temperatures alone are well above the normal cooking range."

Really?

EWG has posted results of a study conducted by a university food safety professor that found a generic non-stick frying pan reached 736°F in three minutes and 20 seconds when preheated on a conventional, electric stovetop burner. And temperatures continued to rise after the test was stopped!

The leading non-stick cookware meanwhile, rose to 721°F in five minutes under the same conditions.

But that's not all.

If you heat your non-stick cookware to 1000°F, a temperature that has been measured from stovetop drip pans, according to EWG, **the coatings will break down into a chemical warfare agent chemical warfare agent known as of the WWII nerve gas phosgene.**

On top of that, it's widely known that non-stick coatings that are chipped, scratched, or worn away release even more chemicals into your home's air!

Though you may not immediately recognize the effects of all of these gases being released into your home (though then again, you might -- see "polymer fume fever" described below), your pet bird might.

Birds have long been used by coal miners to determine whether the air in the mine was safe. If the air was toxic, the canary in the coal mine died, and signaled the workers that they needed to get out.

Perhaps we should all take a warning from the hundreds, or perhaps thousands, of pet birds in the kitchen that have died from breathing in fumes emitted by non-stick cookware.

A for the deadly illness arises in birds that are exposed to the fumes from non-stick cookware. The lungs of exposed birds hemorrhage and fill with fluid, leading to what must be an agonizing death from suffocation.

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So what are the fumes from your non-stick cookware doing to you and your family? First off, they may be causing a condition called “polymer fume fever.”

Even the manufacturer of the leading non-stick cookware brand acknowledges that fumes from non-stick cookware can sicken you. Though they’ve never studied the long-term effects of fume fever, based on a surveyof workers who complained of the illness, the symptoms are listed as fever between 100 and 104 degrees, chest tightness, shortness of breath, headache, cough, chills, and sore throat.[3]

Sounds an awful lot like the flu, doesn’t it?

But that’s not all.

In animal studies, PFOA, which is the chemical that makes non-stick pots and pans slippery and non-stick, posed health hazards including:

- Serious changes in organs including the brain, prostate, liver, thymus, and kidneys, showing toxicity.
- Death of several rat pups that were exposed to PFOA.
- Changes in the pituitary in female rats, at all doses. The pituitary controls growth, reproduction, and many metabolic functions. Changes in the size of the pituitary are considered an indication of toxicity.
- An association with tumors in at least four different organs in animal tests.
- An increase in prostate cancer in PFOA plant workers.

Other unrelated studies have also found evidence of birth defects in babies from PFOA-exposed workers. In 1981, two out of seven women who worked at a plant that manufactures non-stick cookware gave birth to babies with birth defects. The manufacturers then moved 50 women workers at the plant to reduce their exposure to PFOA.

PFOA has also been found to cause the immune system of mice to overreact to allergens. Mice given PFOA produced more allergen-specific antibodies, and experienced more constriction of their airways, when exposed to an egg allergen.[4]

PFOA IS ALL AROUND US... IN YOUR HOME, YOUR CAR AND EVEN YOUR MICROWAVE POPCORN

The potentially harmful effects of PFOA are heightened because exposure is so widespread. At least 90 percent of the U.S. population has PFOA in their blood, some at levels as high as those found in PFOA factory workers.

On average, most Americans have 4-5 parts per billion of PFOA in their blood.

The chemical is also extremely hardy in that it stays in the human body for years. According to EWG, even if all new exposures to PFOA were stopped, it would still take 4.4 years for your body to get rid of half of he PFOA that's accumulated in your organs and tissues.[5]

Of course, this is a bit of a moot point considering that PFOA is still being used in countless consumer products.

ÅProducts designed to repel soil, grease and water, such as carpet and furniture treatments

ÅFood wraps
ÅProtective sprays for leather, shoes, and clothing
ÅPaint
ÅCleaning products

PFOA is even found in your drinking water, and if you eat microwave popcorn, this is also a major cause for concern.

The U.S. Food and Drug Administration (FDA) found that microwave popcorn bags are treated with more grease-repelling fluorotelomer coatings than any other food wrappers. Many of these coatings contain mixtures of long-chain chemicals that can be metabolized to PFOA.[6]

A significant amount of the fluorotelomers transfer from the bags to the popcorn oil. Microwave popcorn bags are particularly dangerous because not only is the amount of fluorotelomers in the coatings high, but also because popcorn bags get very hot, heating to more than 200 degrees Celsius in a short time.

This significantly increases the chances of the fluorotelomers entering the food itself.

The FDA study found that PFOA could be present in millions of bags of microwave popcorn -- and that this alone could account for over 20 percent of the PFOA levels present in the average U.S. citizen.

DID **THE LEADING NON-STICK COOKWARE MANUFACTURER KNOW OF** RISKS ALL ALONG?

Maybe you still are holding on to the impression of non-stick cookware that I used to have: How could anything so pervasive and useful possibly be harmful? If it were, the government certainly would not allow this on the market. Besides, it is just too difficult and time wasting to stop using non-stick pans.

Well, if this is still your current thought process, it's time to reconsider. What really seals this issue is that the manufacturer of the leading non-stick cookware brand may have known about the risks for decades.

According to the Environmental Working Group, studies conducted by the top non-stick cookware own scientists over the last 50 years showed that when their product is heated it breaks down into 15 types of toxic gases and particles.[7]

The company reportedly first began studying their product's ill effects all the way back in the 1950s, after their workers started developing polymer fume fever. Further:

- In April 2006, multiple class-action lawsuits were filed against this manufacturer representing consumers in 20 states and the District of Columbia. It was charged with exposing millions of Americans to health risks from pans containing PFOA. (And that knew of the risks but failed to disclose them.)[8]

- In May 2006, the manufacturer said it received a subpoena from the U.S. Justice Department's Environmental Crimes Section to turn over documents about PFOA safety. This came just a month after the manufacturer settled a lawsuit -- with a fine of $10.25 million -- by the Environmental Protection Agency alleging that the company hid health data about PFOA for 20 years.

At this point you're probably wondering, so then, what can I cook with that won't take me an hour to get clean?

The best choice out there, in my opinion, and the one that I personally use, is enameled cast iron cookware.

This type of cookware is not only extremely durable and easy to clean (even the toughest cooked-on foods can be wiped away after soaking it in warm water), it is completely inert, which means it won't release any harmful chemicals into your home (your pet bird can breathe a sigh of relief!).

I recommend enameled cast iron cookware even above other types of cookware on the market, and here's why:

- Aluminum cookware is not recommended because aluminum is a strongly suspected causal factor in Alzheimer's disease.[9] (You can also be exposed to aluminum when the non-stick surface chips off a coated aluminum pan.)
- Stainless steel cookware is not recommended because all stainless steel has alloys containing nickel, chromium, molybdenum, carbon,This is especially true if the cookware is pitted due to extended use or storage of acidic foods. For those with nickel allergies, it's a particularly important problem.
- Copper cookware is not recommended because most copper pans come lined with other metals, creating the same concerns noted above. (Copper cookware must be lined due to the possibility of copper poisoning.)

Rest assured that I would only advise you to throw something out if I truly believed it were a threat to your health. And there is no doubt in my mind that non-stick cookware is not safe for your use.

Please do your health, and your family's, a favor, and immediately get rid of your non-stick pots and pans. The sooner you do so, the sooner your health will be protected!

FOOT NOTES

1. U.S. Environmental Protection Agency “Perfluorooctanoic Acid (PFOA) and Fluorinated Telomers” http://www.epa.gov/oppt/pfoa/

2. Environmental Working Group “Canaries in the Kitchen: Teflon Toxicosis” http://www.ewg.org/reports/toxicteflon

3. Clayton, JW. 1967. Fluorocarbon toxicity and biological activity. Fluorine Chemistry Reviews 1(2): 197-252.

4. Toxicological Sciences 2007 97(2):375-383

5. Burris, JM., Lundberg, JK., Olsen, G., Simpson, C and Mandel, J (2002). Determination of serum half-lives of several fluorochemicals: Interim Report #2. Study Sponsor: 3M Company, Corporate Occupational Medicine Department, US EPA AR226-1086.

6. FDA Science, “Characterizing perfluorochemical migration from food contact paper.” http://www.accessdata.fda.gov/scripts/oc/scienceforum/sf2006/search/preview.cfm?abstract_id=907&backto=author

7. Environmental Working Group “DuPont has known for 50 years” http://www.ewg.org/node/8302

8. Fluoride Action Network http://www.fluoridealert.org/pesticides/effect.pfos.classaction.htm

9. “Alzheimer’s Disease: There is Hope” Alzheimer’s Disease: There is Hope!