If you drink water in plastic bottles you're also ingesting the plastic || Part 1 of 3 Transcript

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Intro

a new study says if you drink bottled a new study says if you drink bottled water you could be doubling how many water you could be doubling how many micro plastic particles you actually micro plastic particles you actually ingest and we are joined now by dr. al ingest and we are joined now by dr. al Johnson from the hyperbaric centers of Johnson from the hyperbaric centers of Texas and dr. Johnson I think there was Texas and dr.

Is there an answer

Avoiding plastic

Microwaving

Johnson I think there was a study that came out last week that a study that came out last week that said over the course of a year the said over the course of a year the average person ingests about the as much average person ingests about the as much plastic that's contained as a credit plastic that's contained as a credit card I did had you seen that yes I had card I did had you seen that yes I had and we get small particles of plastic and we get small particles of plastic and all kinds of things that have been and all kinds of things that have been packaged in plastic and nurses study packaged in plastic and nurses study that we were referring to came from that we were referring to came from Australia where they were looking at Australia where they were looking at bottled water mainly in plastic that bottled water mainly in plastic that would shed these small particles that would shed these small particles that you ingest when you drink the water or you ingest when you drink the water or you know what food look good or so forth you know what food look good or so forth right yeah you know I guess is there an right yeah you know I guess is there an is there an answer to get to this to is there an answer to get to this to move away from this is it to go back to move away from this is it to go back to glass that's the answer I dealt with glass that's the answer I dealt with people with different sensitivities people with different sensitivities toxic exposures for over 30 years and toxic exposures for over 30 years and the patients that really have problems the patients that really have problems with chemicals in the environment I with chemicals in the environment I recommend they do use glass bottled recommend they do use glass bottled water that is the safest and then of water that is the safest and then of course I mean you know a lot of the course I mean you know a lot of the stuff that we're ingesting we don't even stuff that we're ingesting we don't even really think about it because it's really think about it because it's actually getting into the food during actually getting into the food during you like you said during the production you like you said during the production and packaging process there's really no and packaging process there's really no way to avoid that except avoiding way to avoid that except avoiding processed and prepackaged foods right processed and prepackaged foods right exactly and one of the biggest things exactly and one of the biggest things though is when people microwave in the though is when people microwave in the plastic container so if you have plastic container so if you have packaged food and it's been cold then packaged food and it's been cold then the plastic doesn't degrade is rapidly the plastic doesn't degrade is rapidly and you take it out and then you might and you take it out and then you might if you microwave or cook it you cook it if you microwave or cook it you cook it in glass or stainless steel cookware and in glass or stainless steel cookware and you avoid a lot of that so that's my you avoid a lot of that so that's my message is a black bottled water or and message is a black bottled water or and don't microwave or heat things up in don't microwave or heat things up in plastic plastic plastic I've always I've often thought that you I've always I've often thought that you know anytime I've Eve if you've ever know anytime I've Eve if you've ever made the mistake of microwaving made the mistake of microwaving something in plastic it'll pull out that something in plastic it'll pull out that carton and you look at it you kind of carton and you look at it you kind of got a wonder okay well how much does got a wonder okay well how much does that is gonna be in my system now and that is gonna be in my system now and like you said I mean there's there's like you said I mean there's there's health problems that can be a result of health problems that can be a result of all this correct well yes all this correct well yes you know they've known for a long time you know they've known for a long time there's different chemicals

in plastics there's different chemicals in plastics that affect human health that affect human health they've taken BPA out a lot of the they've taken BPA out a lot of the plastics and so they've tried to make plastics and so they've tried to make them safer they're still working on we them safer they're still working on we don't know the full effects of it and don't know the full effects of it and when patient asked me you know what's when patient asked me you know what's the safest thing to do use glasses the the safest thing to do use glasses the message there we go my guest today from message there we go my guest today from the hyperbaric centers of Texas dr. al the hyperbaric centers of Texas dr. al Johnson and doctor thank you so much for Johnson and doctor thank you so much for your time this morning we certainly your time this morning we certainly appreciate it and glass is probably appreciate it and glass is probably gonna cost a little bit more but never gonna cost a little bit more but never spend a little bit more money is never spend a little bit more money is never too much to be on the safe side of too much to be on the safe side of things for sure you're welcome have a things for sure you're welcome have a healthy day you preciate it you do the healthy day you preciate it you do the same