If you drink water in plastic bottles you're also ingesting the plastic || Part 2 of 3 Transcript

(Transcripts are generated by AI and may contain errors)

Bottled Water and Microplastics

drinking bottled water does it have some drinking bottled water does it have some consequences well let's talk this consequences well let's talk this morning with hyperbaric centers of X's morning with hyperbaric centers of X's dr. al Johnson this morning and dr. if dr. al Johnson this morning and dr.

Plastic Exposure and Safer Alternatives

Hyperbaric Therapy Uses and Recovery

if I'm drinking bottled water I'm you know I'm drinking bottled water I'm you know people they add spring water it's good people they add spring water it's good for me but but there are there some for me but but there are there some consequences to that there K it depends consequences to that there K it depends on what kind of plastic it's bottled in on what kind of plastic it's bottled in and whether it's been heated up how much and whether it's been heated up how much use saline that bottle manipulate it to use saline that bottle manipulate it to pop those little crystals off and and pop those little crystals off and and stir it up so what this article is it's stir it up so what this article is it's out of Australia and they were looking out of Australia and they were looking at micro plastic particles that's in at micro plastic particles that's in bottled water and calculate how much we bottled water and calculate how much we actually in over a year which is you actually in over a year which is you know a hundred thousand particles they know a hundred thousand particles they claim they're small enough that you can claim they're small enough that you can absorb them in your system the big absorb them in your system the big question is is you know what really do question is is you know what really do they do and they're doing further they do and they're doing further studies to figure that out and that's studies to figure that out and that's sometimes where we scratch our heads sometimes where we scratch our heads because we're just delving into because we're just delving into something in a very preliminary level we something in a very preliminary level we don't know yet if you know some of these don't know yet if you know some of these might have consum you know consequences might have consum you know consequences and effects that we don't know about and effects that we don't know about yeah exactly I see patients all the time yeah exactly I see patients all the time that have sensitivities to different that have sensitivities to different chemical products and plastic is a chemical products and plastic is a chemical product and someone have chemical product and someone have problems with and the safest thing to do problems with and the safest thing to do is to drink glass bottled water and in is to drink glass bottled water and in the story when your water in glass the story when your water in glass bottles instead of the plastics now they bottles instead of the plastics now they do have the harder plastic that gives do have the harder plastic that gives off less particles and is safer but even off less particles and is safer but even with cooking like foods the microwave with cooking like foods the microwave suits in a plastic container even though suits in a plastic container even though they say microwave safe they won't melt they say microwave safe they won't melt but the heat makes the plastic a little but the heat makes the plastic a little more pliable gives awful people more more pliable gives awful people more chemicals so I should suggest everybody chemicals so I should suggest everybody you know take their food out of the you know take their food out of the plastic if you're going to microwave it plastic if you're going to microwave it put it in glass put it in glass and cook it that way what are some of and cook it that way what are some of the things you do at the hyperbaric the things you do at the hyperbaric centers of Texas oh there we treat all centers of Texas oh there we treat all kinds of different problems that arise kinds of different problems that arise from damage to the body whether it's from damage to the body whether it's wounds which hospitals used to treat wounds which hospitals used to treat open diabetic wounds we treat strokes as open diabetic wounds we treat strokes as Kircher are treated all over the world Kircher are treated all over the world fairly quickly after it happens to rehab fairly quickly after it happens to rehab the tissues that have been damaged the tissues that have been damaged glucose and oxygen they're the two glucose and oxygen they're the two things that heal tissues so whether it's things that heal tissues so whether it's strokes things that that have or you get strokes things that that have or you get from automobile accidents or work from automobile accidents or work encephalitis or you get brain damage encephalitis

or you get brain damage from infections or you have sports from infections or you have sports injuries concussions concussions injuries concussions concussions resolved really fairly quickly with resolved really fairly quickly with hyperbaric normally concussions take 14 hyperbaric normally concussions take 14 days on average to resolve their cinemas days on average to resolve their cinemas with hyperbaric and new studies out with hyperbaric and new studies out showing three to five hours that's one showing three to five hours that's one hour a day of hyperbaric and the hour a day of hyperbaric and the symptoms are resolved so it's quite symptoms are resolved so it's quite amazing and gets kids back to the school amazing and gets kids back to the school quicker headaches gone excellent quicker headaches gone excellent question thank you question thank you sounds good Emily appreciate your time sounds good Emily appreciate your time this morning thank you doctor this morning thank you doctor thank you that is dr. al Johnson from thank you that is dr. al Johnson from the hyperbaric centers of Texas we talk the hyperbaric centers of Texas we talk about those microplastics gross topic about those microplastics gross topic pieces of plastic might end up in our pieces of plastic might end up in our bodies because of the food beverages and bodies because of the food beverages and the air that we breathe even interesting the air that we breathe even interesting stuff thank you doctor stuff thank you doctor