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

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Microplastics in Drinking Water

20 away from seven o'clock good morning 20 away from seven o'clock good morning to you to you are eating plastic are drinking it on a are eating plastic are drinking it on a regular basis regular basis on average we ingest between 74 thousand on average we ingest between 74 thousand and a hundred and twenty-one thousand and a hundred and twenty-one thousand micro plastic particles each year if you micro plastic particles each year if you drink bottled water add another nine drink bottled water add another nine thousand plastic particles to that to thousand plastic particles to that to that number Micro plastic particles that that number Micro plastic particles that can't be good to talk about the can't be good to talk about the potential severity of that dr. al potential severity of that dr. al Johnson of hyperbaric Centers of Texas Johnson of hyperbaric Centers of Texas joining us on the wake-up call dr. great joining us on the wake-up call dr.

Health Risks and Plastic Bottles

Choosing Safer Containers

Avoiding Heat and Plastic Exposure

Bacteria, Filtration, and Storage

great to have you good morning to have you good morning so is this yet another thing we can put so is this yet another thing we can put on the scary list and alert everybody by on the scary list and alert everybody by running through the streets or is it you running through the streets or is it you know not much to see here move along I know not much to see here move along I mean on the surface it doesn't sound mean on the surface it doesn't sound good on a completely scary list either good on a completely scary list either as we look at health we're discovering as we look at health we're discovering all kinds of things that may affect our all kinds of things that may affect our health and want to be as healthy as health and want to be as healthy as possible in our choices and so over a possible in our choices and so over a period of time we've gotten different period of time we've gotten different chemicals out of the plastic bottles chemicals out of the plastic bottles that we drink out out so it's not that we drink out out so it's not leaching the more carcinogenic chemicals leaching the more carcinogenic chemicals but the softer plastics do deteriorate but the softer plastics do deteriorate and you get those little particles now and you get those little particles now what eventually happens and and what the what eventually happens and and what the long-term effects is we don't know at long-term effects is we don't know at this point so we we don't know the this point so we we don't know the health concern here which is a little health concern here which is a little bit surprising I think that I mean bit surprising I think that I mean plastic particles have been around for plastic particles have been around for years and just on the extreme it's like years and just on the extreme it's like asbestos fibers we didn't know what they asbestos fibers we didn't know what they did for years either until they produced did for years either until they produced you know cancer 20 years later 30 years you know cancer 20 years later 30 years later so I don't put that be scary it later so I don't put that be scary it just if we're really health minded then just if we're really health minded then it's best to use glass bottled water or it's best to use glass bottled water or the real hard plastic water bottles the real hard plastic water bottles those are the safest and says the softer those are the safest and says the softer ones that you squeeze and pinch and bust ones that you squeeze and pinch and bust the little particles off of or that heat the little particles off of or that heat up and give off different chemicals so up and give off different chemicals so that that's the message at this time so that that's the message at this time so you talked about the the softer plastics you talked about the the softer plastics out there and I think everybody that's a out there and I think everybody that's a parent is familiar with the bpa-free parent is familiar with the bpa-free that we see on labels and in different that we see on labels and in different plastics is there one that we can kind plastics is there one that we can kind of keep an eye out for is there a type of keep an eye out for is there a type of plastic or a rating of plastic that of plastic or a rating of plastic that we need to kind of make sure we don't we need to kind of

make sure we don't have in our cupboards or refrigerators have in our cupboards or refrigerators well at this point the study didn't well at this point the study didn't point to any particular ones but the point to any particular ones but the food grade plastic you've gone and food grade plastic you've gone and researched the food grade plastics and researched the food grade plastics and and they are the least outgassing give and they are the least outgassing give off the least particles to our knowledge off the least particles to our knowledge at this point now the other thing I tell at this point now the other thing I tell my patients that are very sensitive to my patients that are very sensitive to chemical odors and fumes and really chemical odors and fumes and really health mind it is you don't microwave in health mind it is you don't microwave in plastic even though it says microwavable plastic even though it says microwavable but you take the food out put it in but you take the food out put it in glass and microwave it in glass because glass and microwave it in glass because you heat up the plastic and it changes you heat up the plastic and it changes the composition degrades it and you the composition degrades it and you really don't know what you get good really don't know what you get good point and another thing we should talk point and another thing we should talk about too is bottled water that has been about too is bottled water that has been heated up in likes to the car over you heated up in likes to the car over you know a hot afternoon or that's been you know a hot afternoon or that's been you know in the in the hot garage is there I know in the in the hot garage is there I mean some people will say that is a myth mean some people will say that is a myth as far as the severity of breast cancer as far as the severity of breast cancer that it increases that those chances that it increases that those chances what what say you as far as heated what what say you as far as heated bottled water in the car well yeah you bottled water in the car well yeah you don't like that to happen because that don't like that to happen because that does affect it now to what effect it is does affect it now to what effect it is on you as an individual and long-term on you as an individual and long-term and we don't know at this point that the and we don't know at this point that the real health minded concern person I real health minded concern person I encourage them that as we said they used encourage them that as we said they used glass bottled water glass bottled water and then you don't have to ask that and then you don't have to ask that question and wait around be concerned question and wait around be concerned about it about it you're there with the glass and that's you're there with the glass and that's safe yeah and I guess another thing we safe yeah and I guess another thing we talk about you know when people are talk about you know when people are using the when they're you know working using the when they're you know working out or running and they use their water out or running and they use their water bottles I know of one person in bottles I know of one person in particular that never washes it out this particular that never washes it out this kind of rinses it out and there's kind of rinses it out and there's bacteria and things I'm sure other bacteria and things I'm sure other things that's a whole other discussion things that's a whole other discussion to talk about exactly and if you use you to talk about exactly and if you use you know have reverse osmosis and filtered know have reverse osmosis and filtered water at home you're taking out the water at home you're taking out the chlorine so then that does enhance the chlorine so then that does enhance the chance of bacteria if you store water chance of bacteria if you store water because it doesn't have the because it doesn't have the antibacterial factor of the chlorine antibacterial factor of the chlorine unit so that water that goes through unit so that water that goes through that process is meant to be consumed that process is meant to be consumed right away and it's best through yes right away and it's best through yes wash those out those bottles out clean wash those out those bottles out clean them if you use them for them if you use them for in store water for any length of time in in store water for any length of time in them dr. al Johnson joining us from the them dr.

What Hyperbaric Oxygen Therapy Does

Conditions Treated with Hyperbarics

Doctor's Background and Clinical Experience

Website Info and Closing Remarks

al Johnson joining us from the hyperbaric centers of Texas will talk to hyperbaric centers of Texas will talk to you if we can real quick because my you if we can real quick because my co-host buddy is a huge fan of the co-host buddy is a huge fan of the hyperbarics as I am when you're maybe on hyperbarics as I am when you're maybe on a plane flying back from a conference a plane flying back from a conference and somebody goes hyperbarics what is and somebody goes hyperbarics what is that all about what's your best pitch that all about what's your best pitch would say you it's the one thing in would say you it's the one thing in medicine that heals tissues that have

medicine that heals tissues that have been damaged tissues need oxygen and been damaged tissues need oxygen and glucose and with a true hyperbaric glucose and with a true hyperbaric chambers you increased oxygen to the chambers you increased oxygen to the tissues 10 times so you healed tissues tissues 10 times so you healed tissues that have been damaged like from stroke that have been damaged like from stroke you healed tissues that have been you healed tissues that have been damaged from infections encephalitis damaged from infections encephalitis were affects the brain traumatic brain were affects the brain traumatic brain injury concussions sports injuries toxic injury concussions sports injuries toxic exposures I see a lot of people with exposures I see a lot of people with mold exposure from their homes where mold exposure from their homes where they get neurological symptoms where they get neurological symptoms where they can't think they get fatigue they they can't think they get fatigue they get numbness tingling gastrointestinal get numbness tingling gastrointestinal problems all that is due to a toxin that problems all that is due to a toxin that the mold produces that neural the mold produces that neural SiC they're called mycotoxins now you go SiC they're called mycotoxins now you go to my website and find out more about to my website and find out more about all this that Johnson Medical Associates all this that Johnson Medical Associates dot-com or hyperbaric centers of Texas dot-com or hyperbaric centers of Texas comm how did you how long have you been comm how did you how long have you been involved and how did you find out about involved and how did you find out about it and I mean was one of the things I'm it and I mean was one of the things I'm sure you were curious about and wanted sure you were curious about and wanted to jump into and finally you did yeah to jump into and finally you did yeah well for years I've been in the medicine well for years I've been in the medicine business for thirty years dealing with business for thirty years dealing with environmental factors on health and back environmental factors on health and back in the 80s we had pesticide exposures in the 80s we had pesticide exposures which affect the nervous system we had which affect the nervous system we had solvents before MSDS sheets were really solvents before MSDS sheets were really out and available that people got out and available that people got exposed to affect the nervous system I exposed to affect the nervous system I was looking at ways to heal this because was looking at ways to heal this because there isn't a medication that actually there isn't a medication that actually heals the system of the nervous system heals the system of the nervous system or the body they all assist in fighting or the body they all assist in fighting infections changing metabolic processes infections changing metabolic processes but they don't heal and hyperbaric but they don't heal and hyperbaric oxygen that's you know raising 100% oxygen that's you know raising 100% oxygen under pressure in a chamber is oxygen under pressure in a chamber is the only thing that really heals the the only thing that really heals the tissues and they started working with tissues and they started working with cerebral palsy kids which were the prize cerebral palsy kids which were the prize of oxygen at time of birth and they were of oxygen at time of birth and they were getting better and so I said well why getting better and so I said well why won't this work on people with other won't this work on people with other types of oxygen deprivation or our types of oxygen deprivation or our neural system system injury looked at neural system system injury looked at the literature around the world and sure the literature around the world and sure enough around the world they were using enough around the world they were using it for that so there's a whole host of it for that so there's a whole host of literature outside the United States literature outside the United States that supports the use of hyperbaric in that supports the use of hyperbaric in stroke and encephalitis in sports stroke and encephalitis in sports injuries in toxic exposures so have injuries in toxic exposures so have Texans as a whole discovered and embrace Texans as a whole discovered and embrace the the hyperbaric benefits ORS have the the hyperbaric benefits ORS have been kind of a slow-moving process that been kind of a slow-moving process that gradually they kind of come around it's gradually they kind of come around it's a gradual process things in medicine a gradual process things in medicine move kind of slowly is you probably know move kind of slowly is you probably know it was 10 years before doctors accepted it was 10 years before doctors accepted a theory of h pylori bacteria causing a theory of h pylori bacteria causing ulcers ulcers ulcers so the people that have experienced it so the people that have experienced it but think outside the box are saying how but think outside the box are saying how can I get healed and go through and do can I get healed and go through and do hyperbaric they are always amazed that hyperbaric they are always amazed that what is accomplished with it I had one what is accomplished with it I had one young man that had an unusual stroke young man that had an unusual stroke that was like 40 years of age his left that was like 40 years of age his left side was paralyzed he'd been through side was paralyzed he'd been through rehab for three months said I think I rehab for three months said I think I feel like my lake wants to work but I feel like my lake wants to work but I just can't get it going putting in just can't get it going putting in hyperbaric 30 minutes later he's moving hyperbaric 30 minutes later he's moving that leg that's a dramatic story but if that leg that's a dramatic story but if those cells are there ready to be those cells are there ready to be rehabbed on a stroke there's a dead area rehabbed on a stroke there's a dead area then around that stroke there's a idle then

around that stroke there's a idle cells which have been damaged and so cells which have been damaged and so that's what the hyperbaric help feel that's what the hyperbaric help feel amazing dr. great go ahead and give the amazing dr. great go ahead and give the website again if you could yes its website again if you could yes its Johnson Medical Associates calm or Johnson Medical Associates calm or hyperbaric centers of Texas calm very hyperbaric centers of Texas calm very good dr. Johnson great to have you on good dr. Johnson great to have you on the show have a great weekend and Happy the show have a great weekend and Happy Father's Day for plies thank you you do Father's Day for plies thank you you do have a healthy one absolutely dr. al have a healthy one absolutely dr. al Johnson