



THE TRUTH ABOUT PLASTIC

TIPS TO REDUCE EXPOSURE & USE OF
DANGEROUS PLASTICS

key cellular
NUTRITION



The Truth about Plastic

It's estimated that the average person has over 1,000 times more chemicals from plastic in their body than any other toxin. Plastic chemicals are usually excreted from the body within a day, so they don't typically accumulate like other toxins. But the amount of exposure to chemicals we have is so great that we have an abundance of them in our bodies at any given time. As you can imagine, this creates a lot of health problems!



“I saw a friend at a store last week who I hadn't seen in a while. She didn't recognize me so I started looking at pictures! Lowered inflammation and fewer toxins looks good on people! These are my before and after pictures. I am sleeping better, have more energy, buying new clothes, and have any overall sense of wellbeing.”

–Shelly C.

WHY AVOID PLASTIC?

Some of the major plastic chemicals to avoid are BPA and phthalates. Here are some ways these chemicals are affecting our health:

- Scientists refer to them as obesogens (which basically means they're making us fat).
- They're known as hormone disruptors. Your body recognizes BPA as estrogen and can create estrogendominant type issues in the body as well as hormonal imbalances of all different kinds.
- They are linked to many forms of cancer.
- They can cause childhood developmental abnormalities and behavioral problems.
- They can contribute to infertility issues and miscarriages.

In the Cellular Health Accelerator, we focus mainly on the fact that these plastic chemicals can cause hormonal imbalances. We want your hormones to be balanced, but if you are consistently taking in a hormone disruptor like BPA, you likely aren't getting that balance.



HOW TO AVOID PLASTICS

Unfortunately, plastics are everywhere! Plasticware, foods we eat that come wrapped in plastic...they are all throughout our world. The average person is consuming about 5 grams of plastic per week - about the size of a credit card!

We need to address this overconsumption of plastic chemicals from a USAGE standpoint. It's important to begin paying closer attention to the amount of plastic in our everyday lives and removing it as much as possible.

Here are a few first steps to take in removing plastic chemicals from your everyday life:

- Store food in glass rather than plastic tupperware.
- Drink your water out of glass bottles/jars rather than plastic bottles.
- Opt for loose leaf tea instead of tea bags when you can (or find tea bags made from natural materials).
- Avoid heating up your food and drinks (i.e. a child's bottle) in plastic.
- Swap out your non-stick cookware for more natural cookware. (This can be done gradually if budget is an issue).

Hopefully these tools are helpful for you to start removing toxic plastic chemicals from your everyday life. Remember, PROGRESS over perfection here, just like everything else!

It's nearly impossible to remove all plastics from our lives, especially all at once, but taking it a little bit at a time will be extremely helpful to your body in the long term.

Dr. Bill Cole, DC

KEY CELLULAR NUTRITION





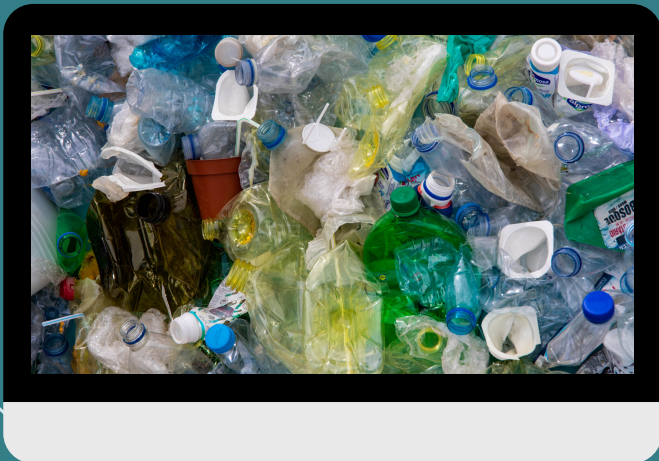
"I am AWAKE again. Everything is clear in my mind and I don't feel like a prisoner in my own body anymore. I was crazy toxic and the detox took everything I had to stick with it. But I got what I came here for and then some"

–Jen V.



Hello all! My win for today. Here is my cupboard that, as of yesterday, was filled with plastic food storage containers. Today, it is the new home of many new glass food storage containers. I have let myself get overwhelmed by things that I need to replace in my life.... cleaning products, personal care products, etc.. but at least I'm starting. Baby steps.

-Tammy H.



Are you worried about toxins in your body?

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