

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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*'You are where you are
because you have
chosen to be where you
are!'*

Harry Brown

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Good day dear woman reader!

I have to break my promise of bringing you the famous subject about Iwater. My dear friend Anne Drolet has had a death in her family on top of my being totally absorbed in a training I enjoyed very much and we have decided to postpone our interview to a later date.

This month instead, I bring you information that everybody should know because our kitchens are full of a convenient product our progress has brought us but its usage may jeopardize our health greatly and I will pass along some important discovery about plastics.

Here is some precious information sent by John Hopkins Hospital that has been circulated by: Walter Reed Army Medical Center.

Here is the important warning:

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

And here is why:

'Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us.'

He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics release dioxins into the food and ultimately into the

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cells of the body. Instead, he recommends using glass, Corning Ware or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what's in the paper. It's just safer to use tempered glass, Corning Ware, etc.

He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. Also, he pointed out that Saran wrap is just as dangerous when placed over foods to be cooked in the microwave. As the food is naked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.'

I can only hope you will spread this important information. I wish you a healthy life in all your daily habits for after all is said and done, we are the only ones that have power on a daily basis on what we put in our mouth and in our minds.

NEXT MONTH: Hopefully, the curative properties of Iwater.

I WISH YOU A WARM MONTH OF NOVEMBER reminding us that Spring is on its way.

Warmly:

Pauline Houle - Therapist – author

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