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WHY DID I GET CANCER?

PODCAST HOST | NATIONALLY KNOWN HEALTHY
LIVING EXPERT | BREAST CANCER THRIVER

REDUCE USAGE OF PLASTIC IN KITCHEN.

Plastic is such an easy go-to in the kitchen, from food packaging to utensils to storage containers. Plastic is also not biodegradable.

Use of plastic in kitchen can pose a number of risks to our health and the environment. Some plastics, such as BPA and phthalates, can leach harmful chemicals into our food. These chemicals have been linked to health problems such as cancer, reproductive issues, and developmental problems in children.

Honestly, until I got cancer, I never even thought about toxins lurking in my kitchen! As you know, I'm on a quest to ditch the toxins in my life. It's easy to get overwhelmed, so I'm focused on changing one item a week. 😊

This week, I'm ditching plastic wrap! 🙄

Below are my recommended product links:

1. Charles Viancin

👉 <https://amzn.to/457QgsR>

2. Silicone Bowl Lids Blue Set of 5 Reusable Suction Seal Covers for Bowls, Pots, Cups.

👉 <https://amzn.to/3YF4Fuk>

3. 10 Pieces Bowl Covers Reusable in 5 Size Stretch Cloth Fabric Bowl Covers

👉 <https://amzn.to/3qvTtU6>

