

(3-17-24)

THE PLASTIC PEOPLE!

-The American Society of Plastic Surgeons (ASPS) reported that its members performed a total of 15,595,955 cosmetic surgical procedures in 2020...

-Research by Medical Accident Group found that 65% of people they polled regretted their surgery...

-83% of people who had had plastic surgery wouldn't consider having any form of cosmetic procedure again.

-Young women were more likely to express interest in cosmetic surgical procedures than young men...

-The 2018 Plastic Surgery Statistics Report found that 92% of all cosmetic surgical procedures were performed on women...

-Exposure to cosmetic surgery advertising was correlated with increased approval of cosmetic surgical procedures...

-In fact...the more media consumption in general...the more surgery..

-Young women who are more influenced by media messages are more likely to be dissatisfied with their bodies...

-More social media use is associated with greater body dissatisfaction and greater intentions to undergo cosmetic surgical procedures...

-A study of 400 university students in 2017 found that more than half took one or more "selfie" style images per day

[**Conclusion:** People that end up plastic...externally...are already showing signs of being plastic, internally!]

Mail (March 15, 2024):

Scientists identify 16,000 plastic chemicals used in products like water bottles,

teething toys and blood bags- and at least 4,200 deemed 'highly hazardous' to human health...

Thousands of plastic chemicals used in everyday objects are hazardous to human health, according to a new database of all known plastics.

This resource, released Thursday by the Norway-based PlastChem Project, catalogues 16,000 different plastic chemicals that are currently in production - more than have ever been described before.

Out of the total, at least 4,200 raise concerns because they pose significant health hazards to people and the environment - and only 980 are regulated.

...Some of 15 highest priority chemicals in the report include PFAS, the so-called 'forever chemicals' that have been linked to thyroid cancer liver damage, and low infant birth weight.

Another class of hazardous chemicals identified in the report is phthalates, which mimic hormones in the body and decrease testosterone, research has shown.

Bisphenols, too, are known to disrupt the human endocrine system by mimicking estrogen.

We're finding hundreds, if not thousands, of plastic chemicals in people now and some of them have been linked to adverse health outcomes,' report co-author Jane Muncke, managing director of the Swiss nonprofit Food Packaging Forum, told Reuters.

Fertility issues, heart disease, and cancer are among some of the issues linked to the chemicals contained in plastics."

Zenodo.org (March 14, 2024):

"This record contains the PlastChem report 'State of the science on plastic chemicals...'...

-Turkish scientists who said they recently discovered microplastics inside the human **brain**. Some of the particles were found deep inside the tissue of cancerous brain tumors.

<https://www.denverpost.com/2024/03/17/colorado-pfas-forever-chemicals-ban-products/>

"An attempt to ban all "forever chemicals" in Colorado failed. What will it take to finally get rid of PFAS?"

New bill takes aim at harmful chemicals found in cookware...makeup..."

Guardian (March 14, 2024):

Most US sandwich baggies contain toxic PFAS 'forever chemicals', analysis says...They are called "forever chemicals" because they do not naturally break down, and are linked to cancer, liver problems, thyroid issues, birth defects, kidney disease, decreased immunity and other serious health problems...."

Scientific American (March 13, 2024):

What Does Plastic Do to the Endocrine System? Mounting evidence shows the endocrine-disrupting chemicals in plastics are harmful to human health...plastic contains endocrine-disrupting chemicals (EDCs) that could wreak havoc on certain messaging systems in the human body...over 1,000 industrial chemicals used today are suspected EDCs...aside from a small percentage of substances that are regulated, plastic producers aren't required to disclose the chemical ingredients they use..."

C Environ. Sci. Technol, March 5, 2024

"Plastic Food Packaging from Five Countries Contains Endocrine- and Metabolism-Disrupting Chemicals

Our findings demonstrate that most plastic food packaging contains endocrine- and metabolism-disrupting chemicals...A chemical disruption of the endocrine system contributes to a wide range of adverse health effects, including reproductive, developmental and metabolic disorders, and cancer...MDCs promote obesity, type 2 diabetes, or other metabolic disorders, thereby contributing to the increase in...disease..."

Nature.com (March 6, 2024):

"Landmark study links microplastics to serious health problems...People who had tiny plastic particles lodged in a key blood vessel were more likely to experience heart attack, stroke or death during a three-year study."

NY Times:

A study in the journal Environmental Science & Technology in 2022 found that patients with inflammatory bowel disease had a significantly higher amount of microplastics in their feces than those without the disease. A small University of Hawaii study published last November cataloged the growing presence of microplastics in the placentas of new mothers.

And a paper published on Thursday in the New England Journal of Medicine reported that people who had microplastics in their cardiovascular systems were at heightened risk for complications from heart attacks and strokes.

The researchers found that microplastics had become embedded in the fatty plaque that clings to the walls of blood vessels...

...immune cells that come in contact with microplastics die three times as quickly than those that do not...

Mail (March 12, 2024):

Alarm over forever chemicals as scientists find 'clear' proof the toxic chemicals lurking in our blood can harm the heart...

Toxic chemicals lurking in cookware, make-up and toiletries might be harming the heart, another study suggested today...Scientists have for years warned about the dangers of...PFAS...Dubbed 'forever chemicals' because they can linger in the environment for hundreds of years, they have been linked to everything from cancer to infertility...researchers [suggest] that the impact of PFAS on human health could be even greater than suspected...'there may be no safe levels below which exposure is without health hazard'... "

AJC.com (March 16, 2024):

What are PFAS or 'forever chemicals', and why are they in Georgia's drinking water?

Health.com (March 15, 2024):

Bottled Water Contains Hundreds of Thousands of Microscopic Plastic Pieces, Research Shows

Nanoplastics, which are about 100,000 times smaller than a sheet of paper is thick, are even smaller and potentially more damaging than microplastics.

The bottled water you drink may contain hundreds of thousands of microscopic pieces of plastic, new research shows...

They...have been found virtually everywhere on Earth, from the far reaches of the Arctic to the lining of human placentas...

Nanoplastics are less than 1 nanometer in size—a sheet of paper is about 100,000 nanometers thick, and a strand of DNA is 2.5 nanometers—and experts believe that if ingested, these bits of plastic can cross the blood-brain barrier, which protects the brain from toxins.

The new study, published in January in the Proceedings of the National Academy of Sciences, estimated a human may consume as many as 370,000 nanoplastic particles in one liter of bottled water...

They found that the water harbored an average of 240,000 pieces of plastic, 90% of which were nanoplastics. The remaining 10% were microplastics, about a thousand times larger than nanoplastics.

...'The concern with the nanoplastics in particular is that they have been found in human lungs and blood,' Phoebe Stapleton, PhD, an associate professor of pharmacology and toxicology at Rutgers University who co-authored the new study...

'Cells are able to take in plastics, especially nanoplastics, internalize, and bring them into the cells,' Stapleton told Health. 'There has been some evidence of oxidative stress, changes to DNA and inflammation due to those particle-cell

interactions."

<https://pubs.acs.org/doi/abs/10.1021/acs.estlett.4c00081>

Environ. Sci. Technol. Lett. 2024, February 28:

"Our results showed that NP precipitation efficiency increased with increasing water hardness upon boiling...[up to 90%]...Even with soft water...boiling can still remove more than 25% of NPs..."

Filtration devices (e.g., stainless steel filters which are frequently used when drinking tea) are also recommended to retain NMP-incrustants [crystals] when boiled water is consumed..."

February 28, 2024: American Chemical Society...

"Boiling and filtering calcium-containing tap water could help remove nearly 90% of the nano- and and microplastics present."

VeryWellHealth.com:

"Last month, a study made headlines for revealing that a typical liter of bottled water contains **nearly a quarter million plastic particles - 10 to 100 times more than previously estimated...**

Previous research indicates that exposure to these micro and nanoplastics may be associated with health effects like liver and gastrointestinal toxicity...

Although the health effects of micro and nanoplastics are still being studied, current research suggests they can cause oxidative stress, reproductive abnormalities, gastrointestinal dysfunction, and increased mortality.

Adkins said that other research suggests microplastics appear to affect the ability of red blood cells to carry oxygen, cause the death of human embryonic kidney cells, and alter the permeability of the intestine...

All that evidence is just based on the physical properties of the plastic, and doesn't even consider the additives or adsorbed contaminants that may be released from it

-The study, published last month in Environmental Science & Technology Letters, showed that boiling tap water and then filtering it can remove nearly 80% [or more] of the nanoplastics and microplastics (NMPs) present..."

The Boiling Trick Works Best on 'Hard' Water

Li and his colleagues gathered hard and soft tap water samples from Guangzhou, China, and added varying concentrations of nanoplastics and microplastics. They then boiled the water samples for five minutes and allowed them to cool...

Boiling hard tap water creates limescale, a chalky white deposit primarily composed of calcium carbonate...As the water increases in temperature, [calcium carbonate] undergoes a chemical reaction and precipitates out of the water, forming...little crystals. These solid particles wrap and clump around the tiny plastic particles, making them a lot larger, Li said. As a result, they become big enough to filter out.

In hard tap water samples that contained 300 milligrams of CaCO₃ per liter of water, the researchers were able to use the boil-and-filter technique to remove up to 80% of free-floating NMPs [nanoplastics and microplastics], including polystyrene, polyethylene, and polypropylene...

[Micro Mesh Stainless Steel...Tea strainer]

[Studies have found that using **white paper filters**, 20-40% of the filter's dioxins [extremely toxic] can leach into your drink. - linked to birth defects, cancer, and reproductive and developmental disorders...]

EnviroNews World News, October 17, 2019:

"CAUTION ADVISED: Study: Tea Bags Leaching off Billions of Microplastic Particles into Herbal, Green Teas...some plastic tea bags leached as much as "11.6 billion microplastics and 3.1 billion nanoplastics into a single cup..."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10389239/#:~:text=People%20who%20drink%20tea%20frequently,and%20PET%20plastic%20tea%20bags.>

Int J Surg. 2023 Mar; 109(3): 515–516.

"...polypropylene is frequently used in manufacturing tea bags [some bags are even

made out of nylon]...In tea bags additionally available are fluorine compounds, arsenic, radium salt, aluminum, copper, lead, mercury, cadmium, barium, nitrates, and many more...

People who drink tea frequently are continually dosing themselves with billions of plastic particles, some of which may be tiny enough to enter human cells. Most paper tea bags also have plastic fibers used in the sealant in addition to these nylon and PET plastic tea bags...

According to a recent study, each cup of tea produced by one plastic tea bag steeped at brewing temperature included roughly 11.6 billion MPs and 3.1 billion nanoplastics (NPs)...

tive and inflammatory imbalance was brought on by exposure to NPs and MPs...

To avoid all of these issues, one can also utilize a cloth-based tea bag..."

Plastic:

"...from Greek *plastikos*...'capable of being molded into various forms...'"

"Hence 'capable of change or of receiving a new direction' (1791)..."

"'false, superficial' (1963)..."

(*Etymology Online*)

Exodus 23:2 Thou shalt not follow **a multitude** to do evil; neither shalt thou speak in a cause to decline **after many** to wrest judgment:

Proverbs 1:10 My son, if sinners entice thee, consent thou not.

Genesis 7:1 And the LORD said unto Noah, Come thou and all thy house into the ark; for **thee have I seen righteous** before me in this generation.

Job 31:34 Did I fear a great multitude, or did the contempt of families terrify me, that I kept silence, and went not out of the door?

Proverbs 24:21 My son, fear thou the LORD and the king: and meddle not with them that are **given to change**:

Hosea 4:16 For Israel slideth back as a backsliding heifer...

2 Chronicles 30:8 Now be ye not stiffnecked, as your fathers were, but yield yourselves unto the LORD...

2 Kings 17:14 Notwithstanding they would not hear, but hardened their necks, like to the neck of their fathers, that did not believe in the LORD their God.

Nehemiah 9:16 But they and our fathers dealt proudly, and hardened their necks, and hearkened not to thy commandments,

Jeremiah 7:26 Yet they hearkened not unto me, nor inclined their ear, but hardened their neck: they did worse than their fathers.

Pliable:

"...late 14c., 'easy to be bent, readily yielding to force or pressure...'....from Old French ploiable 'flexible, bendable'..."

(Etymology Online)

Psalms 12:1 Help, LORD; for the godly man ceaseth; for the faithful fail from among the children of men.

2 They speak vanity every one with his neighbour: with flattering lips and with a double heart do they speak.

3 The LORD shall cut off all flattering lips, and the tongue that speaketh proud things: