



NON-TOXIC HOME Kitchen Cookware Guide

We are not separate from our environment. This is why taking care of these spaces through eliminating unnecessary toxins is so important. We willingly give our energy to properly sourcing our food, thus how we prepare our meals deserves the same care and attention.

THE ISSUE WITH NON-STICK

Non-stick pans are common in many kitchens because they can be quite easy to clean. However, they have a great price - the chemicals (PTFEs) that make them non-stick can also be toxic to humans.

All you need is a natural (walnut) scrubby sponge and you're set!

WHAT ARE PTFES?

Polytetrafluoroethylene or PTFE is the chemical found in teflon. It is also found in many other common household products like nail polish, car wax, house paint, some cosmetics, and shaving cream.

Exposure to PTFEs can cause flu-like symptoms and a build up in the lungs following exposure to fumes produced from over-heating Teflon products.



AVOID

All PTFE based
non-stick pans

Teflon



CHOOSE INSTEAD

Stainless Steel

Cast Iron

Ceramic Coated Cast Iron

TOXINS & OUR HEALTH

Toxins of all kinds need to be processed and eliminated by our bodies on a daily basis. Exposure to toxins impacts our digestive system by altering enzyme activity which can lead to the body's inability to detoxify these substances. Chemical and toxic metal exposure can also create blood sugar dysfunction. Choosing non-toxic cookware is a perfect Gentle Leap to supporting your body-mind.

Sources:

"Hazardous Substances Data Bank (HSDB)." U.S. National Library of Medicine, National Institutes of Health, toxnet.nlm.nih.gov/cgi-bin/sis/search2/r?db=hsdb:@term:@rn9002-84-0.

"Household Products Database - Health and Safety Information on Household Products." U.S. National Library of Medicine, National Institutes of Health, householdproducts.nlm.nih.gov/cgi-bin/household/brands?tbl=chem&id=306&query=ptfe&searchas=TblChemicals&prodcat=all.

"Environmental Factors Student Guide." Nutritional Therapy Association, 2019.

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