

Dangerous Chemicals in the Wrapper: Dr. Mercola Reveals Another Good Reason to Avoid Fast Food

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Fast food is bad for you, but did you know that even its packaging can harm you? Fast food wrappers use perfluoroalkyls, synthetic chemicals that prevent grease, oil, and water from leaking through the wrappers. You can ingest these chemicals when they are transferred to your food and show up as contaminants in your blood, [Dr. Joseph Mercola](#) explains.

The Dangers of Perfluoroalkyls

You and your family are constantly exposed to dangerous perfluoroalkyls, including perfluorooctane sulfonate (PFOS) and perfluorooctanoic acid (PFOA). The CDC's Fourth National Report on Human Exposure to Environmental Chemicals said that Americans of all ages have been tested for 12 different types of perfluorinated compounds (PFCs). Common sources of perfluoroalkyls include:

- Air
- Drinking water
- Dust
- Microwave popcorn
- Stain-proof clothing
- Flame retardants
- Non-stick cookware
- Cord blood and breast milk
- Carpet and fabric protectors

Dr. Mercola says that perfluoroalkyls are part of an expanding group of substances called “gender-bending” chemicals. They affect your sex hormones, disrupt your endocrine system, and cause various health dangers such as:

- **Infertility** – The journal, Human Reproduction, last year revealed that PFOA and PFOS drastically increased chances of infertility. PFOA increased infertility risk by 60 to 154 percent, while PFOS increased the risk by 70 to 134 percent.
- **Thyroid disease** – An Environmental Health Perspectives study showed that PFOA can disrupt your thyroid function. People with the highest PFOA concentrations were more than twice as likely to acquire thyroid disease compared to

those with the lowest PFOA concentrations. If left untreated, thyroid disease can lead to infertility, heart disease, osteoporosis, and muscle weakness.

- **Cancer** – Animal tests found that PFOA led to tumors in the mammary glands, testicles, pancreas, and liver of animals. PFOA plant workers became prone to prostate cancer.
- **Immune system problems** – Swedish studies revealed that PFCs have a negative effect on your immune system. The Environmental Working Group (EWG) reported that PFOA decreased all immune cell subpopulations in the thymus and spleen. It caused immuno-suppression.
- **Increased LDL cholesterol levels** – Children and teens with higher PFOA levels acquired higher levels of total cholesterol and LDL or “bad” cholesterol. On the other hand, PFOS have been shown to increase total cholesterol, including both LDL cholesterol and HDL or “good” cholesterol.

Protect Yourself from Perfluoroalkyls

The first step is to avoid eating fast food or foods sold in grease-proof packaging. You get not only insufficient nutrition, but also the toxic burden of chemicals in the wrapper.

Prepare homemade meals with fresh and organic products like organic fruits and vegetables, grass-fed beef, and organic chicken.

Dr. Mercola advises ditching the major sources of perfluoroalkyls in your home, like non-stick cookware. Every time you cook with it, you either inhale the chemicals or mix them in your food. See EWG’s listing of common products that contain perfluorinated compounds.