

Plastic: harmful to our bodies and the environment

Plastic is everywhere

No matter where we are we can see some form of plastic. Plastic water bottles, plastic bags, packaging and food wrappers are some of the most common. Because plastic are made from many chemicals they can cause harm to our bodies.

Endocrine Disruptor

Plastic can negatively affect our hormone system. Plastic particles and chemicals leach (transfer) into food and drink from the containers they are in and become endocrine disruptors. The endocrine system is responsible for the hormones in the body. Hormones control things like blood sugar, reproductive organs and body growth/energy production.

Below are some of the conditions that the chemicals in plastic can cause:

- nervous system damage
- cancer
- unexplained fatigue
- acne
- insomnia
- allergies
- mood swings
- hair loss
- memory issues



Water Bottles in an Infrared Sauna

Staying hydrated before, during and after an infrared session is key to a good treatment. Keep in mind when you are choosing a water bottle to bring into the sauna with you that it will be subjected to high temperatures. When plastic is exposed to heat it releases more BPA (chemicals) into the water inside. Using a plastic water bottle in the sauna could increase the toxins in your body which could lessen the benefit that you are looking to receive.

Clean water is only one piece of keeping unwanted toxins out of this beverage. When water is poured into a plastic container we are adding hundreds of potentially harmful substances to the water. These substances come from the ingredients of plastic.

Researchers found that college kids who drank from reusable water bottles showed 2/3 increase of BPA in their urine.

Recommended Water Bottle for Infrared Saunas

We recommend a stainless steel water bottle to use in an infrared treatment. It keeps the water cold and does not leach toxins into your water. Just be aware that the outside of the bottle may get warm.

If you are looking for a water bottle we have 2 styles available at Get Salty & Lit.

\$20 +tax
each



Unfortunately only 9%
of plastic water
bottles are recycled

Help the environment



Plastic is one of the largest causes of ocean pollution. Plastic water bottles take hundreds of years to breakdown and when they start to breakdown it leaks toxins into the water.

Waterways get clogged with food wrappers, packaging and plastic bags. Finding alternatives for disposable water bottles, plastic bags and plastic straws and recycling are basic things that we all could be doing to help the environment.

It is estimated that Americans buy 50 billion plastic water bottles annually. A 24 pack of water costs \$3.69 and would last the average person 6 days if they are drinking a recommended amount of water. 5 cases of water a month would cost \$18.45. A Stainless Steel water bottle is between \$20-\$45. This allows people to save money and the environment at the same time :)

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