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To Remove Immediately From Your Kitchen

by Nathan Crane



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Did you know that your kitchen, where most of the cooking and eating takes place, has hidden toxins that can be health threatening?

Here's the thing: many substances found in your home, specifically in your kitchen, are probable and known carcinogenic substances.

In other words, they can cause cancer over time and may put your health and life at risk.

Just take for example the Swedish chimney sweeps who were diagnosed with scrotal cancer due to excessive exposure to soot.¹

You don't want to be in their shoes.

That's why as early as possible, it's important to completely get rid of all possible products that contain toxins in your home to help reduce your cancer risk and help your body heal.

In this e-book, you'll discover 17 toxic chemicals found in the kitchen--- especially above and below the sink, in the fridge, on cookware and cooking modalities, and in the pantry--- that you should remove if you want to live a healthy, cancer-free life.

If you want to dive deeper into detoxing and healing while learning from world leading health experts, Doctors, and cancer conquerors, make sure to attend the Conquering Cancer Summit to learn more about taking back your health.

To begin, let's look into chemicals found above and below your sink at home.



¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3780661/>

Above and Below the Sink

The sink is one of the most often used fixtures at home. Therefore, it should be kept safe and non-toxic.

However, there are products millions of people use every day as part of the sink that are carcinogenic.

By simply removing these products, and replacing them with organic, non-toxic, chemical-free products you will be on the right path towards greater health and healing.

These include the following 4 chemicals below:

Toxin #1 Methylisothiazolinone

Methylisothiazolinone or MCI is a preservative commonly found in dish soaps, detergents, and even conditioners, shampoos, body wash, and lotion.

This active ingredient works against fungi, yeasts, and bacteria.

However, exposure to a high concentration of MCI may cause endocrine disruption. It can cause chemical burns, allergic reactions, and other alarming health issues, including cancer. ²

In the 1980s and 1990s, people who used leave-on products with MCI like body creams experienced skin allergies.

Because of that, the European Commission Scientific Committee on Consumer Safety banned the use of MCI in leave-ons.

While it can still be used as an ingredient in dish soap, detergents, shampoos, shower gels, and other rinse-off products, the minimum concentration for MCI should be at 0.0015% at a ratio of 3:1 of MCI.



² <https://www.safecosmetics.org/get-the-facts/chemicals-of-concern/methylisothiazolinone/>

To protect yourself from the risk of getting cancer due to high exposure to MCI, always check labels to ensure you're using products that do not have this ingredient.

It's best to use natural and organic products for your daily hygiene.

Toxin #2 Triclosan

Triclosan, which is actually a registered pesticide, is an antibacterial agent added to soaps, hand cleansers, dishwashing liquids, and even toothpaste and tooth whitening products.



This chemical is used to prevent or reduce bacterial contamination and get rid of odors.

As an endocrine-disrupting chemical, triclosan lowers the body's estrogen (female hormone) and androgen (male hormone) levels, as well as thyroid hormone levels, increasing the risk of cancer.

In 2016, the United States Food and Drug Administration (FDA) banned the use of triclosan in hand soaps. This is after companies failed to prove that triclosan was safe and effective to use in these products.³

Even with the FDA ban and high risk of the ingredient, there are many products that still contain this toxic chemical today.

In 2017, over 200 scientists and medical professionals agreed that triclosan was a source of toxic and carcinogenic compounds such as dioxins, chloroform, and chlorinated anilines.⁴

These compounds can lead to inflammation in the colon, which could lead to colon cancer.⁵

³ <https://www.fda.gov/news-events/press-announcements/fda-issues-final-rule-safety-and-effectiveness-antibacterial-soaps>

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5644973/>

⁵ <https://www.umass.edu/news/article/triclosan-common-antimicrobial-ingredient>

Three more studies published in the Environmental Health Perspective and Applied Toxicology Journal also showed that repeated exposure to triclosan may promote the spread of breast cancer cells, especially for women.^{6 7 8}

This is alarming.

To help protect yourself against the risk of cancer, always read the labels and avoid buying and using soaps with triclosan. Instead, just wash your hands with organic soap and warm water.

For non-personal care products, look for clues like ‘antibacterial,’ ‘fights odors,’ or ‘fights germs,’ as triclosan may be present.

Toxin #3 **Sodium lauryl sulfate**

Sodium lauryl sulfate, commonly referred to as SLS, is a foaming agent found in most personal care products such as hand soaps, shampoos and even body washes.

It's also the same chemical found in many floor cleaners, detergents, and spray cleaners to remove residues and oil stains.

SLS has been linked to endocrine disruption, neurotoxicity, organ toxicity, skin irritation, and even cancer.

During the manufacturing process, SLS is converted to sodium Laureth sulfate. This produces 1,4-dioxane ---a human carcinogen suspected to be toxic to the kidneys and respiratory system.



To keep yourself safe from the risk of cancer, it's highly advisable to use shampoos, body washes, hand soaps, and toothpaste brands labeled as SLS-free - and create homemade cleaners from water and vinegar, or water, alcohol and essential oils.

⁶ <https://ehp.niehs.nih.gov/doi/full/10.1289/ehp.11200>

⁷ <https://analyticalsciencejournals.onlinelibrary.wiley.com/doi/abs/10.1002/jat.1316>

⁸ <https://analyticalsciencejournals.onlinelibrary.wiley.com/doi/abs/10.1002/jat.1736>

Toxin #4 Formaldehyde



Have you ever wondered about the weird smell from a brand new cabinet?

It could be formaldehyde.

Formaldehyde is a strong-smelling and flammable chemical used in plywood, particleboard, pressed wood, flooring and other building materials.

It's also used as a preservative in medical laboratories and mortuaries and can be found in disinfectants and fungicides.

Expert agencies including the National Toxicology Program (NTP), International Agency for Research on Cancer (IARC), and U.S. Environmental Protection Agency classify formaldehyde as a “probable human carcinogen.”⁹

This means that prolonged exposure to formaldehyde through inhalation and skin absorption may cause myeloid leukemia in humans.

Studies have also shown that people with high exposure to formaldehyde, such as embalmers and industrial workers, are more at risk of cancer of the nasal cavity, paranasal sinuses, and nasopharynx.

To minimize or completely protect yourself from Formaldehyde, avoid the use of all plywood and presswood in your flooring and cabinets.

If your flooring and cabinets are already made of pressed wood, NASA released a study showing that having one plant per 100 sqft of living space will drastically reduce the off gassing of VOCs from chemicals in the home like Formaldehyde.

To reduce your exposure, add a few living plants to your kitchen area, and a high powered air purifier like a Vollara Air and Surface Pro can make a world of difference to clean up the chemicals in the air as well.

⁹ <https://www.cancer.org/cancer/cancer-causes/formaldehyde.html>

Personal care products may also contain small amounts of formaldehyde. If you are concerned about getting exposed to it, go for natural and organic products as often as possible.

In the Fridge

Most people think that as long as they keep their foods and drinks in the fridge, nothing can go wrong. However, many cancer-inducing toxins could be found hiding in your fridge.

The foods you grab from the grocery store may also contain harmful chemicals that could pose a cancer risk to you and your family's health.

Therefore, only buy foods and beverages that are safe for your family. But how can you know what these are?

Below are 4 chemicals you should be on the lookout for and avoid when shopping for foods.

Toxin #5 **Glyphosate**

Glyphosate is a widely used herbicide sprayed on conventional food crops today.

It can also be found in the form of injections, sponge bars, sprays, and wiper or droplet applicators.

This chemical is used to kill certain plants and grasses, control plant growth, prepare crops for harvest, and ripen fruit.

When mixed with other chemicals like arsenic, chromium, cobalt, lead, and nickel, the mixture becomes 1,000 times more toxic than glyphosate on its own.¹⁰

The International Agency for Research on Cancer (IARC) considers glyphosate as carcinogenic to humans.¹¹



¹⁰ <https://www.sciencedirect.com/science/article/pii/S221475001730149X>

¹¹ <https://link.springer.com/article/10.1007/s00204-017-1962-5>

The International Agency for Research on Cancer (IARC) considers glyphosate as carcinogenic to humans.¹¹

A 2009 study in France discovered that glyphosate-based herbicides disrupt the endocrine system and damage the DNA, increasing cancer risk.¹²

Another study published in Environmental Health Perspectives in 2005 found that glyphosate is toxic to human placental cells.

People who have been exposed to it for 18 hours or more, even at lower doses, are at worse risk of its toxicity.¹³

To prevent too much exposure to these carcinogenic chemicals, consider buying foods from the grocery store that are 100% organic, and even better, growing some of your vegetables organically at home.

Toxin #6 Eugenyl methyl ether

Eugenyl methyl ether, also known as methyl eugenol, is added in ice creams, jellies, baked goods, non-alcoholic beverages, and relishes to make them more delicious.



The problem is, methyl eugenol is recognized as a carcinogen under California's Proposition 65 law. This is after rats that inhaled the chemical were shown to have an increased risk of cancer.¹⁴

Similarly, in 2018, the USDA withdrew authorization of the use of methyl eugenol as a food flavoring for the same reason.¹⁵

In another study of food supplements published in the Scientific Research Journal, scientists agreed that methyl eugenol is both genotoxic and carcinogenic.

¹⁶

When buying foods for the family, make sure to read the labels and avoid those that list eugenyl methyl--- also called "artificial flavors".

¹² <https://www.sciencedirect.com/science/article/abs/pii/S0300483X09003047>

¹³ <https://ehp.niehs.nih.gov/doi/10.1289/ehp.7728>

¹⁴ <https://oehha.ca.gov/media/downloads/cnr/methyleugenolig080718.pdf>

¹⁵ <https://www.federalregister.gov/documents/2018/10/09/2018-21807/food-additive-regulations-synthetic-flavoring-agents-and-adjuvants>

¹⁶ <https://www.scrip.org/journal/paperinformation.aspx?paperid=8380>

Caramelized sugar, cooked fruit, cotton candy flavors, fruity flavor, pineapple odors, are all synthetic chemicals. Avoid synthetic flavoring at all costs.

To stay healthy and live longer, stay away from processed foods, beverages, and sauces. Instead, prepare your own food from scratch and choose 100% whole foods and organic products.

Toxin #7 **Myrcene**

Myrcene is a flavoring and aroma agent widely used in the production of alcoholic and non-alcoholic beverages, chocolates, baked goods, and meat products.

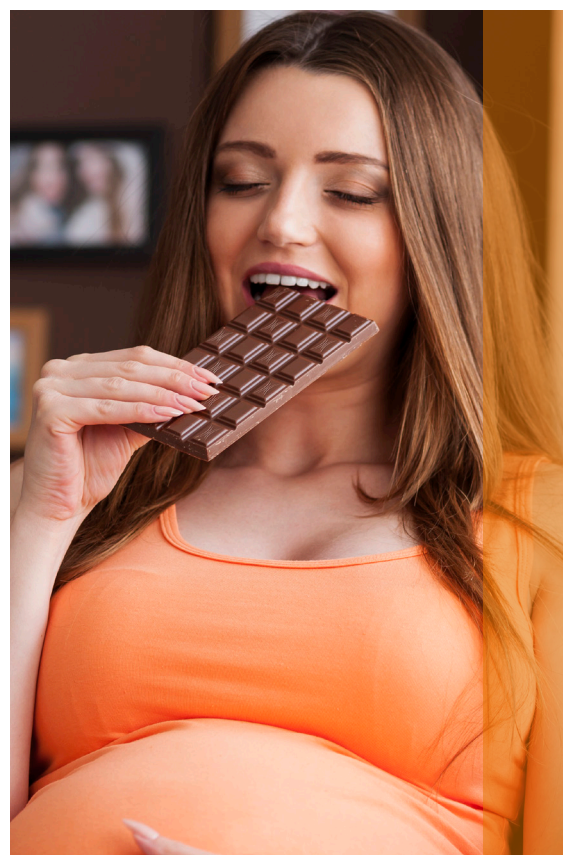
While myrcene has a long list of medical benefits in its natural form, including improved sleep and muscle relaxation...

A 2010 National Toxicology Program report states that male rats and mice who were given high doses of myrcene got kidney and liver cancer.¹⁷

Because of that, the Food and Drug Administration (FDA) removed myrcene from its list of approved additives in 2018.

Until more research is conducted, you can keep yourself safe from getting cancer by avoiding synthetic myrcene.

In addition to eating a well-balanced and non-toxic diet, you should also be cautious of dangerous chemicals when you're cooking.



Toxin #8 **N-nitroso**

The majority of Americans love processed meat. Think ham and bacon, salami, and Frankfurters. Aside from their cheapness, these are also easier to prepare.

However, growing studies have shown that eating high amounts of processed meats is unhealthy and may result in cancer over time.

¹⁷ <https://pubmed.ncbi.nlm.nih.gov/21415873/>



That's because processed meat contains cancer-causing chemical toxins, including N-nitroso.

N-nitroso is formed from sodium nitrate, an additive that's used to improve flavor, prevent bacteria growth, and preserve the reddish color of the meat.

¹⁸

When a processed meat product is exposed to high heat, such as when grilling sausages and frying bacon, nitrosamines are formed. ¹⁹

Nitrosamines are the most widely studied N-nitroso compound. Studies have shown that it is carcinogenic and may pose a cancer risk to the brain, lungs, kidneys, stomach, and liver. ²⁰

In fact, an animal study by Cancer Prevention Research showed that Nitrosamines can form bowel cancer in rats. ²¹

In another study published in the journal Carcinogenesis, nitrosamines are shown to increase the risk of bowel and stomach cancer in humans. ²²

Processed foods such as ham and bacon are easy to cook and prepare, not to mention they also taste good. However, they are unhealthy and can put you at risk of debilitating health problems such as cancer.

If you want to prevent cancer, avoid processed meats and replace them with delicious options like sauteed organic tofu or tempeh.

Cookware and Cooking Modalities

Even the healthiest diet might pose health problems like cancer if you're cooking with toxic pots and pans.

Similarly, the way you prepare your food matters. Some cooking methods may degrade nutrients and turn them into toxins.

¹⁸ <https://www.ncbi.nlm.nih.gov/pubmed/9306073>

¹⁹ <https://www.ncbi.nlm.nih.gov/pubmed/22062097>

²⁰

²¹ <https://pubmed.ncbi.nlm.nih.gov/20530708/>

²² <https://pubmed.ncbi.nlm.nih.gov/8631138/>

Here are some chemicals to avoid to get the best out of your foods and live your life cancer-free.

Toxin #9 Perfluorooctanoic acid

Perfluorooctanoic acid (PFOA), also known as C8, is a man-made chemical found in certain non-stick pans, microwave popcorn bags, and food packaging.

It has been used in the process of making Teflon and similar chemicals (known as fluorotelomers) to resist heat, oil, stains, grease, and water.

According to a 2007 Oxford review, PFOA can cause cancer, damage the liver and immune system, and disrupt hormones.²³

Animal experiments also show that high doses of PFOA may lead to cancer.²⁴

In 2013, a study of people who lived near a PFOA-related chemical plant in Ohio were seen to have an increased risk of testicular and kidney cancers.²⁵

You don't want this to happen to you!

To avoid cancer, cook using pots and pans that are made from safer materials like cast iron, glass, ceramic and stainless steel and throw out all teflon pans.



Toxin #10 4-Methylimidazole

Roasting coffee beans and grilling meat make foods more delicious.

However, roasting and grilling could form carcinogenic compounds in your foods, such as 4-methylimidazole (4-MEI).

If you're drinking cola, beer, eating cooked meat and drinking roasted coffee you're exposing yourself to 4-MEI.

²³ <https://academic.oup.com/toxsci/article/99/2/366/1679065>

²⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1867999/>

²⁵ <https://ehp.niehs.nih.gov/doi/10.1289/ehp.1306615>



That's because it undergoes caramel coloring production, which gives foods their distinctive brown color. This process forms 4-MEI.

In 2011, California included 4-MEI on its list of probable carcinogens.

In another study published in the International Journal of Occupational and Environmental Health, researchers discovered that 4-MEI causes cancer in animals.

This is due to high exposure to caramel colorings in amounts that exceed federal restrictions.²⁶

To reduce cancer risk, avoid eating prepackaged foods, cooked meats, roasted coffee, cola and beer.

As much as possible, avoid those that use caramel colors, specifically Caramel III and IV. You can also identify caramel as 150, 150c, or 150d on labels.

Toxin #11 Tripotassium phosphate

Tripotassium Phosphate (TKP) is a food additive that you can find in meat, cereals, sauces, cheeses, and whipped cream.

It is used to adjust food acidity, prevent lump formation, extend shelf life, and improve food texture and appearance.

TPK has been approved by the FDA as generally safe for consumption. However, abnormal phosphate levels may trigger an increased risk of cancer.

In 2013, Seminars in Nephrology reported that phosphate-rich diets can harm the kidneys and lead to cancer.²⁷

Another report from BMC Cancer also linked high phosphate levels with thyroid cancer, lung cancer, esophageal cancer, skin cancer, and pancreatic cancer.²⁸



²⁶ <https://www.tandfonline.com/doi/abs/10.1179/1077352512Z.00000000031?journalCode=yjoh20>

²⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5797670/>

²⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3664604/>

Toxin #12 Benzophenone

Benzophenone has commonly been used as a UV blocker in plastic packaging for foods and beverages. It can also be found in inks used on some food packaging materials.

In the United States, it is illegal to use it in food or food packaging, though you can still find it in sunscreen, lip balm and nail polish.



That's because benzophenone is classified as a carcinogen and an endocrine disruptor.

A two-year experimental study in rats and mice showed evidence of carcinogenic activity of benzophenone, primarily adenoma.²⁹

In fact, a 2018 study conducted in zebrafish indicated that benzophenone can damage the central regulation of hormones. It can disrupt thyroid hormones and may result in agonizing health concerns, especially for women.³⁰

To avoid exposure to benzophenone, steer clear of goods that contain the words benzophenone (for example, benzophenone-2) or BP# (for example, BP2).

Pantry

It's good to have a fully-stocked pantry. But do you know which of your stored foods are safe and which could be full of toxins?

Below are 6 chemicals possibly lurking in your pantry you want to remove to help prevent or heal cancer.

²⁹ <https://pubmed.ncbi.nlm.nih.gov/17187913/>

³⁰ <https://pubs.acs.org/doi/10.1021/acs.chemrestox.0c00461>

Toxin #13 Pyridine

Pyridine is a colorless liquid found in cooked bacon, fried chicken and even tobacco smoke.

It has also been used as an artificial flavoring agent in foods.

However, pyridine is classified as carcinogenic by the International Agency for Research on Cancer.

In fact, the National Institute for Occupational Safety and Health (NIOSH) agrees that 1,000 ppm of pyridine can likely result in cancer or even death.

In 1995, the Agency for Toxic Substances and Disease Registry reported two epileptic patients who developed liver and kidney damage after consuming pyridine.³¹

It's necessary to be cautious about consuming products that contain pyridine, or any artificial flavorings. To make sure you're 100% safe, only prepare organic, natural and whole foods for your family.



Toxin #14 Ethyl acrylate



Ethyl acrylate (EA, which was recently banned by the FDA for use in foods, has been used as a flavoring agent, and still used on pills for their shiny coating and in frozen food packaging.

While exposure to EA can be occupational, it can also be toxic to the lungs, liver, kidneys, and gastrointestinal system.

In fact, people who are exposed to EA vapors experience lethargy, drowsiness, nausea, headaches, and convulsions.

³¹ <https://www.atsdr.cdc.gov/toxfaqs/tfacts52.pdf>

Apart from that, it is also damaging to the eyes, skin, and throat.³²

Moreover, researchers found that exposure to ethyl acrylate may lead to colorectal cancer over time.³³

In 1986, the National Toxicology Program (NTP) discovered that ethyl acrylate can cause tumors and long-term stomach damage in rats.³⁴

As a consumer, you need to be careful about the foods you eat and prepare for the family.

Frozen foods should be replaced with fresh whole foods and supplements are better replaced or outperformed by their natural sources such as herbs, fruits, vegetables and berries.

Toxin #15 BPA

BPA or bisphenol A is an industrial chemical found in epoxy resins and polycarbonate plastics.

Epoxy resins are used to coat food cans, water supply lines, bottle tops, and other metal products, while polycarbonate plastics are commonly used in food and beverage storage like water bottles.

Although BPA makes plastics and metals tough and shatter-resistant, growing research has found that using BPA in these plastic containers is dangerous to health, as it's a carcinogenic chemical.

While the FDA has said that it's safe at low levels...

...it may seep into your food, especially when heated, and could pose health risks over time, including prostate and breast cancer.³⁵

It could also be detrimental to the brain development of children.



³² <https://www.safecosmetics.org/get-the-facts/chemicals-of-concern/2978/>

³³ <https://www.epa.gov/sites/default/files/2016-09/documents/ethyl-acrylate.pdf>

³⁴ <https://pubmed.ncbi.nlm.nih.gov/12748689/>

³⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4783235/>

If you're worried about using containers with BPA, the best is to avoid the use of plastics altogether.

Especially do not use plastics when heating because BPA may leach into foods.

Instead, use stainless steel, glass, or porcelain as alternative containers.

As much as possible, avoid canned foods, too.

Toxin #16 Styrene

Styrene is a chemical used to make plastic packaging, disposable cups, and containers.

In 2011, the U.S. National Toxicology Program classified styrene as a possible human carcinogen.

Styrene is known to cause cancer when it comes into contact with the eyes or skin, or when it is ingested or inhaled.



An Oxford study in 2011 revealed that styrene induced lung cancer in many strains of mice, breast cancer in rats, forestomach tumors in rats and mice, and liver tumors in mice.³⁶

An occupational study in 2010 also found that workers exposed to styrene had higher chances of lymphohematopoietic cancers, including leukemia and lymphoma.

It can also lead to cancers of the pancreas and esophagus.³⁷

To reduce your risk of exposure to styrene and protect yourself from cancer, simply avoid using plastic wraps and disposables. Instead, go for safer alternatives like biodegradable products or glass containers.

³⁶ <https://academic.oup.com/mutage/article/26/5/583/1034286>

³⁷ <https://academic.oup.com/mutage/article/25/6/617/1339144?login=true>

Toxin #17 Sodium benzoate

Sodium benzoate is an FDA-approved preservative used in processed foods and beverages to extend shelf life.

Foods including soda, bottled lemon juice, pickles, snacks, jellies, salad dressing, soy sauce, and other condiments contain it.

It's a GRAS (Generally Recognized As Safe) product, which means that experts believe it's safe when taken as directed.

The FDA allows sodium benzoate in foods and beverages by only up to 0.1% weight, and it must be listed as an ingredient.

However, one major issue about sodium benzoate is its tendency to convert to benzene, a recognized carcinogen, when combined with vitamin C (ascorbic acid).

Benzene can also form when sodium benzoate is combined with citric acid and heat, although to a much lesser extent.



Test-tube studies found that the higher the sodium benzoate concentration, the more free radicals are produced. Free radicals can harm your cells and put you at risk of chronic diseases, including cancer.³⁸

According to a study released by the National Library of Medicine in 2016, sodium benzoate can cause tissue inflammation, which promotes cancer growth.³⁹

To avoid the risk of getting cancer, start by carefully checking product labels to ensure that they do not exceed the FDA standards. And remember, avoid eating processed foods and opt for products that are natural and organic.

Preventing or healing from cancer requires diligence in your health, and it can not hurt, and actually only benefit you, by removing all of these chemicals, processed foods, and preservatives from your kitchen.

³⁸ <https://pubmed.ncbi.nlm.nih.gov/24693251/>

³⁹ <https://pubmed.ncbi.nlm.nih.gov/28229641/>

Once removed, replace them with 100% organic solutions with no chemicals, no preservatives, and only whole food and natural sources.

To learn more about the natural ways to prevent and heal cancer, join us at the Conquering Cancer Summit.

This is a multi-day event with loads of valuable information from expert practitioners, doctors, and cancer conquerors to help you start your journey to a cancer-free life.

If you or someone you know has cancer and wants to heal, now is the time to take charge of your life.

Make sure to attend the Conquering Cancer Summit to learn more about what you can do to take back your health and live a healthy, vital, and vibrant life.

Nathan Crane



Nathan Crane is an award-winning author, inspirational speaker, plant-based athlete, Amazon #1 bestselling, and 20x award-winning documentary filmmaker.

Nathan is the Director of the Health and Healing Club, Host of the Conquering Cancer Summit, and Director and Producer of the documentary film, Cancer; The Integrative Perspective.

In 2005, at only 18 years old, Nathan began his health, healing, and spiritual journey, eventually overcoming a decade of brutal teenage addiction, house arrest, jail, and challenging times of homelessness to become an international author, filmmaker, and speaker dedicated to health, healing and conscious awakening.

Nathan has received numerous awards for his contribution to health, healing, and personal development including the Accolade Film Competition 2020 Outstanding Achievement Humanitarian Award and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field, Nathan has reached millions of people around the world with his inspiring messages of hope, healing, and transformation.

His website is NathanCrane.com