

# ***Kent Brown Fitness Newsletter***

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kentbrownfitness.com

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## ***Plastic Planet***

Wild caught ocean seafood is no longer a guaranteed better option over farm raised seafood. The world's oceans are now filled with tiny bits of plastic, created from our garbage. This plastic trash is consumed by the creatures of the sea. Toxic chemicals are created when plastic particles interact within the body tissue of the host animal.

Additionally, the plastic containers we use everyday leech chemicals that mimic estrogen into the liquids we consume. Our world is drowning in a sea of plastic garbage.

We must stop this. We can start with small items like those tiny plastic water bottles. Refuse to use plastic shopping bag and trash bags. Remove the plastic from your prepackaged produce at the supermarket - leave the plastic in the store. Let the store handle the waste product.

Make a conscience effort to no longer use plastic to store and transport your food. Let the food makers know that plastic is not an acceptable

material to house our food. It is time for us to stop eating plastic or to at least minimize the amount of plastic we consume.

It is just a matter of time before the FDA finally acknowledges that plastic food containers are helping to poison the planet. So why not become an innovator? Start now because it will take time to remove plastic from your food cycle. Our kitchen cabinets are filled with plastic. You know that glass, iron, steel, copper, aluminum, tin, paper and wood all make better utensils and containers.

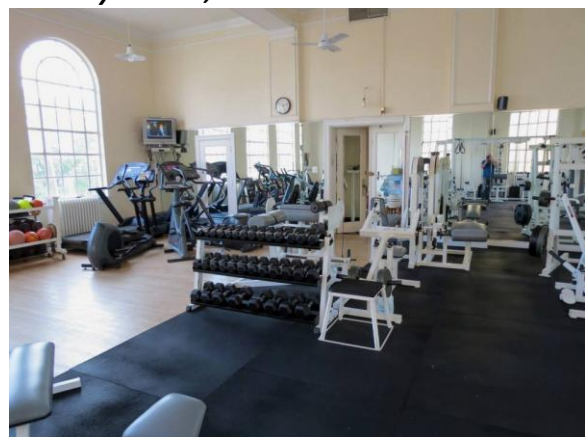
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## ***Fitness Training***

*The Center*

*4321 Wisconsin Avenue NW*

*Tenleytown, DC*



*and other location in the DMV*