



Healthy Cookware

When using aluminum cookware your body can accumulate toxic metals that can cause exhaustion and mental foginess. There are layers of aluminum in all stainless steel cookware which will eventually leach into the food. So avoid stainless steel cookware.

Healthiest Cookware Suggestions for:

- Baking: Use glass baking dishes, glass baking sheets or cast iron muffin pans.
- Frying: Use old style cast iron frying pans
- Saucepans: Use white enamel-coated cast iron pans
- Tea Water: Use heat-resistant glass teakettles
- Toaster-Oven: Use small Pyrex glass dish to bake

Yours for health naturally,

Dr B

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