

“Non-toxic” is the buzz word today, but when did you last check how non-toxic your food was?



Dedham, Massachusetts Nov 15, 2021 ([Issuewire.com](https://www.issuewire.com)) - Remember the good old days when you could pick products based on appearance or sale price? Now that we know the importance of using non-toxic products, it's hard to choose because the packaging claims and ingredient lists are nothing less than cryptic puzzles. Things are even more confusing when it comes to food. Besides choosing the right ingredients, cooking it in a safe vessel is equally important. There are so many choices and so many

unknown materials from which they are made. Miriams Earthen Cookware – a US-based cookware brand set out to bring a change and make it easy to get non-toxic pots and pans.

Additionally, there are several contributing factors to the contamination of your food. Let us start from the beginning.

What causes your food to become toxic?

The contamination of food starts right from the moment crops are grown. Many fertilizers and herbicides used to grow crops faster have dangerous toxins like polonium-210 in phosphate fertilizers and glyphosate in herbicides that are linked to life-threatening diseases. ([Source](#))

BVO (brominated vegetable oil), Polysorbate 60 (imitation cream), Diacetyl (artificial butter), Chlorine Dioxide (flour bleaching agent), and parabens (preservatives) are widely used chemicals in processed foods. Lasting exposure to these causes detrimental effects on organs and body functions, resulting in diseases like cancer. ([Source](#))

To avoid these toxins, we need to choose organic foods, refrain from GMOs, and stop eating processed foods altogether. Although it's true that some of the toxins are broken down to an extent while cooking, have you considered the toxins leaching from the cooking pot?

How non-toxic is your current cookware?

If you are cooking in a pot made from metals, ceramics, or yours is coated with enamels, glazes, or non-stick polymers like Teflon (PFOA or GenX) then it is time you get suspicious about what may be leaching into your food.

All metals are innately reactive which is not an issue when repurposing any metal for a thousand different purposes - except for cooking food. Why so? That's because food is a biochemical entity and metals leach toxins when heated, and not even extreme heat, just the cooking temperature! These [toxins react to food's nutrients](#) and form toxic compounds that are ingested with food, accumulate in blood, cells, and tissues; and form the foundation for serious illnesses.

In the same way, [ceramics](#), which is less than 10% natural clay, the rest being metal oxides and hundreds of chemicals, also contaminate food. The glazes and enamels are even worse. Because besides toxic chemicals, they may also contain heavy metals like lead and cadmium, and we are aware of the damage these can cause to the body, even when exposed to trace amounts.

Lastly, the non-stick coatings could be even more dangerous for they have a key ingredient that is a proven carcinogen – [PFOA](#). The latest iteration of it is GenX, which is not widely tested but early studies have shown that it has similar effects on the body as PFOA.

Simple home test to check your cookware's toxicity

Is there a way to find out if your cooking pot is leaching without having to pay for expensive lab tests? Yes, there is – this [alkaline baking soda test](#) can be done at home with a glass of water and some baking soda:

—Boil 1 glass of water in any pot, when it starts boiling add 1/2 tsp of baking soda. Boil for 5-7 more mins. Turn the stove off.

—Wait till cool enough to taste then taste the water (take a sip). If you taste metals, that's what you're eating! If water has a rubber/paint taste, it's the chemicals from enamel/glaze.

As a control, stir 1/2 tsp of baking soda into 1 glass of water take a sip — you will taste just the baking soda. When done in MEC, the taste of the water will be similar to the taste of water in a glass cup.

Baking soda is high on the pH scale (alkaline), with a pH value of 8. Most of the foods we eat are alkaline — an ideal diet is said to be at least 80% alkaline. If your pot leaches while cooking baking soda, unfortunately, it does the same with most of the food you cook!

Did your favorite cookware turn out toxic? Oh no! But wait, we have a better option.

Where can you find truly non-toxic cookware today?

The market is loaded with claims of healthy and non-toxic cookware, but have you ever heard of any cookware brand that backs its claim with certified test results? We know of one that does.

[Miriams Earthen Cookware](#) (MEC) makes pots and pans from lab-tested primary clay with no additives, chemicals, glazes, or enamels. How come their cookware is 100% non-toxic? There are several steps involved in achieving this.

First of all, MEC harvests clay from non-industrialized and unfarmed secluded lands. They dig at least 20-30 feet below ground where pollutants and tailings are least likely to reach.

Then, they send a sample for [testing in a reputable state lab](#) for the complete composition. Once fully convinced that the clay is absolutely free from toxins, a batch of clay is brought to the MEC workshop.

Cookware makers who are using a machine-based manufacturing process require the use of chemicals like drying agents, plasticizers, elasticizers, feldspar, glass, etc. In contrast, the MEC makers are resolute of not using any additives or chemicals and use the clay in its purest form. Therefore, they throw clay on a potter's wheel and shape it into usable pieces using skillful hands – a process that requires more labor but hey, it is totally worth it when our health is at stake.

Lastly, these individually handcrafted pieces are fired to 1750-2000 d F, which is adequate since there are no impurities and additives to fuse into the clay. This is how a truly non-toxic pot is made!

Does MEC cookware pass the alkaline baking soda test? Yes, they do, but it's always best to test it yourself. Go on, [order a MEC pot](#) and test it yourself before you start using it to cook non-toxic food for your family.



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