



Styrofoam Awareness

By Cindy Mahealani Sellers author of *"You Don't Have To Hurt Anymore"*

Styrofoam (Styrene) is used extensively in the manufacture of plastics, rubber and resins. Everyone is exposed to Styrofoam! Studies have shown that 100% of all humans tested have Styrofoam in the tissue of their bodies! Exposure to Styrofoam creates health effects like irritation of the skin, eyes, and upper respiratory tract, gastrointestinal problems, nervous system, depression, headache, fatigue, and weakness and can cause harmful effects on kidney function and blood.

Styrofoam is classified as a human carcinogen by the EPA and by the International Agency for Research on Cancer. The process of making polystyrene pollutes the air and creates large amounts of liquid and solid waste. Polystyrene foam is often dumped into the environment as litter. This material is notorious for breaking up into pieces that choke animals and clog their digestive systems. Styrofoam is the most hazardous when burned due to 57 chemical byproducts that are released during the combustion of Styrofoam.

Studies have shown that every Styrofoam cup or plate can take between 400 to 1000 years to break down! Beloveds, what are you choosing to pay for? You can refuse to purchase this non sustainable, toxic substance ever again! It is now on the beaches, and the shores of our rivers. It is sticking to the boats in the Marinas. Go see for yourself! Will you help to stop this now? Refuse Styrofoam for your health and the health of our world! Some cities and countries have already outlawed Styrofoam. Has yours?

It is the time to start a healing revolution and be the change we choose to see in the world. If not you, then who? If not now, the when? Mahalo!