

Most of you probably know this already but just in case you are not aware, read below. Chlorine is also absorbed through the skin, so swimming in pools that are treated with Chlorine and bathing and taking showers in city water that has been treated with Chlorine is equally harmful. You can purchase inexpensive shower heads that remove this harmful chemical and there are alternatives for treating your swimming pools. In the event you are not aware the CDC (center for disease control) is heavily backed by Clorex so they are not going to tell you these things. It is up to us to educate ourselves.

Baby Carrots

The following is information from a farmer who grows and packages carrots for IGA, METRO, LOBLAWS, etc-- large supermarket chains.

The small cocktail (baby) carrots you buy in small plastic bags are made using the larger crooked or deformed carrots which are put through a machine which cuts and shapes them into cocktail carrots - most people probably know this already.

What you may not know and should know is the following:

Once the carrots are cut and shaped into cocktail carrots they are dipped in a solution of water and chlorine in order to preserve them. (this is the same chlorine used in your pool).

Since they do not have their skin or natural protective covering, they give them a higher dose of chlorine.

You will notice that once you keep these carrots in your refrigerator for a few days, a white covering will form on the carrots. This is the chlorine which resurfaces.

At what cost do we put our health at risk to have esthetically pleasing vegetables?

Chlorine is a very well-known carcinogen, which causes **Cancer**. I thought this was worth passing on.