

Articles, Books and Videos on the Plastics

Articles:

The effects of Plastics on Human Health – The Minderoo-Monaco Commission on Plastics and Human Health

<https://annalsofglobalhealth.org/articles/10.5334/aogh.4056>

How Plastic Created One of the Most Dire Crises Humanity Faces Today

“The researchers found that the particles had begun to bioaccumulate in every organ, including the brain, as well as in bodily waste.” Thom Hartmann, Aug 29, 2023

<https://hartmannreport.com/p/how-plastic-created-one-of-the-most-598>

Microplastics infiltrate all systems of body, cause behavioral changes, August 30, 2023

Neuroscience, Pharmacy Professor Jaime Ross’ study finds ‘widespread’ infiltration, potential for serious health consequences, including Alzheimer’s

<https://www.uri.edu/news/2023/08/microplastics-infiltrate-all-systems-of-body-cause-behavioral-changes/>

The new Coal: Plastics role in Climate Change study

<https://www.beyondplastics.org/plastics-and-climate>

The Duluth Campaign to put a fee on plastic bags

<http://www.bagitduluth.org/>

A comprehensive overview of the harm from plastics

<https://only.one/pages/plastics-crisis>

From Gas Wells to Rubber Ducks to Incineration, the Plastics Lifecycle Causes ‘Horroric Harm’ to the Planet

[https://insideclimatenews.org/news/21032023/plastics-cradle-grave-toxic-research-](https://insideclimatenews.org/news/21032023/plastics-cradle-grave-toxic-research-lifecycle/?utm_source=InsideClimate+News&utm_campaign=412ea9c3c9-)

[lifecycle/?utm_source=InsideClimate+News&utm_campaign=412ea9c3c9-](https://insideclimatenews.org/news/21032023/plastics-cradle-grave-toxic-research-lifecycle/?utm_source=InsideClimate+News&utm_campaign=412ea9c3c9-)

[EMAIL_CAMPAIN_2023_03_25_04_00&utm_medium=email&utm_term=0_29c928ffb5-412ea9c3c9-328461368](https://insideclimatenews.org/news/21032023/plastics-cradle-grave-toxic-research-lifecycle/?utm_source=InsideClimate+News&utm_campaign=412ea9c3c9-)

Ocean plastic pollution

<https://plasticoceans.org/the-facts/>

https://plastics.oceana.org/?_ga=2.15180918.1524395739.1661302386-172237196.1661302386

A growing plastic smog, now estimated to be over 170 trillion plastic particles afloat in the world’s oceans

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0281596>

75% of the people want a worldwide ban on single use plastics.

<https://www.yahoo.com/news/75-people-want-single-plastics-000351848.html>

<https://www.dataforprogress.org/blog/2023/3/27/voters-express-concern-about-plastic-pollution-strongly-support-mitigation-proposals>

Chemical Pollution is now threatening earth’s life support systems.

<https://chemtrust.org/news/global-chemical-pollution/>

Dr. Landrigan’s report on plastic harm to children and fetuses

<https://ecori.org/pediatrician-scientist-describe-health-risks-and-solutions-to-countrys-plastics-problem/>

Widespread chemical contamination of recycled plastic pellets globally (IPEN)

US Plastic Waste Export Data

<https://ipen.org/documents/widespread-chemical-contamination-recycled-plastic-pellets-globally>

<https://ipen.org/news/new-global-studies-show-health-threats-throughout-plastics-supply-chain>

IPEN is a non-profit, public interest organization doing excellent work on the health effects of plastic. Their accessible, factual reports are a good place to start for more information.

[the International Pollutants Elimination Network \(IPEN\)](#) , [An Introduction to Plastics and Toxic Chemicals](#) as well as [Plastics, EDCs, and Health](#).

Microplastics in Human Fetus

<https://globalnews.ca/news/7537031/microplastics-human-placenta-fetus-study/>

How Microplastics travel globally

<https://news.cornell.edu/stories/2021/04/atmospheric-travel-scientists-find-microplastic-everywhere>

Chemical Additives in Plastics Cause Disease and Death

<https://www.endocrine.org/topics/edc/plastics-edcs-and-health>

Link between prenatal exposure to various endocrine-disrupting chemicals and the rising prevalence of a potentially cancer-causing liver disease in children.

<https://scitechdaily.com/rates-of-childhood-liver-disease-are-rapidly-rising-scientists-may-have-discovered-why/>

Phthalates and attributable mortality: A population-based longitudinal cohort study and cost analysis - Phthalate exposures were associated with all-cause and cardiovascular mortality with societal costs approximating \$39 billion a year.

<https://www.sciencedirect.com/science/article/abs/pii/S0269749121016031>

<https://www.hsph.harvard.edu/news/features/the-big-3-why-phthalates-should-be-restricted-or-banned-from-consumer-products/>

Switching to phthalate and paraben-free personal care products could reduce the risk of developing breast cancer, according to new research.

https://www.ehn.org/phthalates-and-breast-cancer-2659605676.html?vgo_ee=KZwQ0AGRoPXVgqrvRptWO6QBhaVudnIA%2FR4hy9livYQSjg%3D%3D%3AlwHuXZCSmuzlSiUy%2FyFePNi2POBfnlhd

Chemical Additives Cause Brain Cell Damage

https://newatlas.com/science/bpa-chemicals-plasticizers-damage-brain-cells/?itm_source=newatlas&itm_medium=article-body

Microplastics in human veins

<https://www.dailymail.co.uk/sciencetech/article-11701855/Microplastics-live-human-VEINS-time.html>

Multiple Human Health Risks from Plastic Chain of Production

<https://earthworks.org/resources/plastic-health-the-hidden-costs-of-a-plastic-planet/>

<https://www.newsweek.com/plastic-food-packaging-can-contain-hundreds-chemicals-that-cause-cancer-infertility-study-1713640>

Microplastics in Beverages and Food

<https://www.statista.com/chart/18299/how-we-eat-drink-and-breathe-microplastics/>

<https://www.theguardian.com/environment/2018/mar/15/microplastics-found-in-more-than-90-of-bottled-water-study-says>

The Effects of Plastics on Plant Growth in Soil.

<https://www.ehn.org/plastic-in-farm-soil-and-food-2647384684/earthworm-impacts>

<https://nph.onlinelibrary.wiley.com/doi/full/10.1002/ppp3.10071>

<https://qz.com/2150031/plastic-use-in-agriculture-is-contributing-to-climate-change/>

Microfiber pollution from clothing

<https://www.cbsnews.com/baltimore/news/maryland-calls-on-epa-to-address-microfiber-pollution/>

Plastic Recycling Doesn't Work

<https://www.msn.com/en-us/foodanddrink/foodnews/plastic-recycling-doesn-e2-80-99t-work-and-will-never-work/ar-AAXSmkG>

<https://www.nationalgeographic.org/article/whopping-91-percent-plastic-isnt-recycled/>

<https://www.forbes.com/sites/christophermarquis/2022/07/12/beyond-plastics-the-myths-and-truths-about-recycling-and-potential-solutions/?sh=cceea4bc30c9>

Polystyrene Fact Sheet: 8 reasons to ban Styrofoam

<https://www.beyondplastics.org/fact-sheets/polystyrene>

<https://www.beyondplastics.org/fact-sheets/tag/styrofoam>

<https://greendiningalliance.org/2015/10/8-reasons-to-ban-styro-foam/>

Cutlery

<https://www.conserve-energy-future.com/environmental-impact-plastic-cutlery-and-solutions.php>

<https://www.forbes.com/sites/lauratenenbaum/2019/07/16/plastic-cutlery-is-terrible-for-the-environment-and-we-dont-need-to-have-it-delivered/?sh=7c93c1e34019>

<https://www.beyondplastics.org/publications/perils-of-pvc-pipes>

Car Tires are Big microplastic polluters

<https://friendsoftheearth.uk/sustainable-living/tyres-and-microplastics-time-reinvent-wheel>

Myths about reusable bags and covid

<https://www.nrdc.org/experts/victoria-rome/paper-or-plastic-neither-grocery-shopping-during-covid-19>

<https://www.nrdc.org/resources/recycling-lies-chemical-recycling-plastic-just-greenwashing-incineration>

Definitions of biobased, biodegradable and compostable

<https://plasticsolutionsreview.com/bioplastics-clarification-page/>

Alternatives to Throwaway Plastic Articles:

<https://www.breakfreefromplastic.org/we-choose-reuse/>

Tips on embracing reusables

<https://www.beyondplastics.org/actions/join-reuse-revolution>

<https://www.breakfreefromplastic.org/2021/04/29/what-we-waste-report-top-asian-countries-with-sharpest-decline-of-market-share-of-refillables-in-the-beverage-industry-identified-in-landmark-global-report/>

https://www.beverage-digest.com/articles/677-coca-cola-southwest-beverages-tests-returnable-glass-bottles-in-texas?utm_source=Sailthru&utm_medium=email&utm_campaign=Issue:%202022-06-15%20Waste%20Dive:%20Recycling%20%5Bissue:42430%5D&utm_term=Waste%20Dive:%20Recycling

Books:

Landrigan, Philip J., Landrigan, Mary M. *Children and Environmental Toxins. What Everyone Needs to Know* (Toxic chemicals can damage babies and children at the lowest detectable levels.)

Erica Cirino, *Thicker Than Water, The Quest for Solutions to the Plastic Crisis* (Island Press, 2021)

Susan Freinkel, *Plastic: A Toxic Love Story* (Houghton Mifflin Harcourt, 2011)

Dr. Shanna H. Swan's book: *Countdown: How Our World is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race*, Scribner, New York, 2020

Colin Woodward. *Ocean's End: Travels Through Endangered Seas*. New York: Basic Books, 2000.

Videos:

Excellent webinar by Dr. Jenny Davies on the harmful health effects of plastics

https://www.youtube.com/watch?v=13_0OwCGDFE&list=PLFSvnb8zc03D_5WySL4R1DnWI0LMcTVty&index=3

Plastics Impact on Human Health by Dr. Landrigan. Dr. Landrigan helps to demonstrate that plastics are not the safe, inert materials many take them and many of those chemicals are known toxins associated with cancers, and hormonal disruptions that increase the likeliness of early puberty, infertility, and obesity, as well as neurological issues like autism and ADHD. There are thousands more chemicals used in plastics about whose potential impacts we know little to nothing at this point because they have never been tested.

<https://www.beyondplastics.org/events/plastics-human-health-1-12-23>

Judith Enck and guest research speakers on The Effects of Microplastics on Our Health

<https://www.youtube.com/watch?v=gLKV8wcKn1E&t=230s>

Plastic Wars, Season 2020, Episode 8

<https://www.pbs.org/wgbh/frontline/film/plastic-wars/>

Plastics Industry Insiders Reveal the Truth About Recycling | "Plastic Wars" | <https://www.youtube.com/watch?v=zfrN-P2VCIk>

How the Plastics Industry Used Recycling to Fend Off Bans | "Plastic Wars"

| <https://www.youtube.com/watch?v=9jkUPahh7to>

Video on plastic pollution by Oceana.org/plastics

<https://www.youtube.com/watch?v=Yomf5pBN8dY>

<https://www.youtube.com/watch?v=AaEiBK2a2as> <https://www.breakfreefromplastic.org/films-and-documentaries/>

<https://www.plasticpollutioncoalition.org/ppc-webinar-031622>

Plastics: Earth Super Polluters hosted by Impacts of Plastics A-Z

<https://www.youtube.com/watch?v=AaEiBK2a2as>

Host a Screening of the Story of Plastic

<https://www.breakfreefromplastic.org/films-and-documentaries/>

The Story of Plastic Trailer

<https://www.youtube.com/watch?v=37PDwW0c1so>

The Global Plastic Treaty – What You Need to Know

<https://www.plasticpollutioncoalition.org/ppc-webinar-031622>

Dr. Kara Lavender Law on Plastic Pollution in the Ocean

<https://www.youtube.com/watch?v=KP04G1wJEqY>

Plastics Recycling is a Lie. April 18, 2022