



★★ SAFE COOKWARE ★★

GUIDE

Is Your Cookware Making You Sick?

A Safer Cookware Guide for Health-Conscious Home Cooks

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Healthy Cooking Coach

But these terms are often just marketing. Most modern nonstick cookware still contains PTFE, a synthetic compound that breaks down under high heat and contributes to environmental and health concerns.

Tip: If it says “PFOA-free” but doesn’t explicitly say “PTFE-free,” it still likely contains Teflon-like chemicals.

The Problem with Nonstick Claims

Look for cookware that:

- Uses non-reactive materials
- Contains no coatings, glazes, or aluminum
- Allows for waterless, oil-free cooking
- Heats evenly and preserves nutrients
- Is durable and long-lasting

A Safer Cookware Alternative — That You Can See for Yourself

After years of trying just about every pot and pan on the market, I’ve found a cooking system that checks all the boxes for safety, performance, and nutrient protection. It’s the one I use in my own kitchen every day and share in my cooking classes.

Here's what makes it different:

- Crafted from implant-grade stainless steel (316Ti)
- No coatings, glazes, aluminum, or synthetic linings
- Allows for waterless, oil-free cooking
- Heats evenly and cooks at lower temperatures to save energy
- Helps retain up to 93% of your food's nutrients
- Built to last a lifetime
- Cuts cooking time in half

Try the Baking Soda Test

Here's a simple way to test for metal leaching at home:

You'll need:

- 1 cup water
- 1 teaspoon baking soda
- Your pot or pan

Instructions:

1. Simmer the mixture in your cookware for 15 minutes
2. Let it cool and taste the water
3. If it tastes metallic, that's leaching

Book Your Free Virtual Cooking Demo

Curious about what safer cookware really looks like in action?

Join me for a free, no-pressure virtual cooking demo where you'll learn:

- How to prepare meals that nourish, not pollute
- How to test your current cookware for leaching
- What to look for in your next cookware investment
- A peek at the system I trust most in my own kitchen



<https://meetings.hubspot.com/hannah-romanowsky>

Final Thoughts

Your kitchen is the heart of your home — and your cookware is the foundation of every meal you make. Choosing safer tools for cooking is one of the most powerful steps you can take toward a healthier, more radiant life.

Clean food deserves clean cookware.

With joy and nourishment,

Hannah Romanowsky

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References & Further Reading

Stainless Steel Leaching Study:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4284091/>

Release of Nickel and Chromium:

[https://jandonline.org/article/S0002-8223\(98\)00004-2/fulltext](https://jandonline.org/article/S0002-8223(98)00004-2/fulltext)

Aluminum and Alzheimer's:

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Non-Stick Chemicals & Thyroid Disease:

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Bird Deaths from Teflon:

<https://www.ewg.org/research/canaries-kitchen/teflon-kills-birds>

PFAS and Health Effects:

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Copper and Alzheimer's Risk:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4030141/>

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Iron from Cast Iron and Brain Health:

<https://newsroom.ucla.edu/releases/ucla-study-suggests-that-iron-247864>

Toxic truth? The cookware craze redefining 'ceramic' and 'nontoxic'

https://www.theguardian.com/lifeandstyle/2025/jun/09/ceramic-nontoxic-cookware?CMP=oth_b-aplnews_d-1