



## Fatal Conveniences™: Charcoal Grilling

### [00:00:00] Intro to – Charcoal Grilling | Fatal Conveniences

Everyone loves a backyard, cookout cooking over an open flame has been a part of human culture since we first discovered fire. In fact, this style of cooking has been key to our evolution and growth. As a society, cooking food provides nutrients and most importantly kills potential harmful microbes. However, grilling today looks a lot different than it used to. These new ways to grill food came with consequences, both to the environment and to our health. In this episode, we will dive into the negative effects of charcoal grilling, both to your body and to the atmosphere and how you can grill more responsibly so your food tastes amazing without any nasty carcinogens or unwanted chemicals.

### [00:01:01] Podcast Intro

Welcome to Fatal Conveniences™ where we address the things, we may be doing in our daily lives that are actually harming us. And in some cases slowly killing us, tap water, Teflon, caffeine, blue light, food additives, you name it. We dive into it. We take a critical look at everyday products that really are affecting us and our bodies and the environment and how we can avoid them and find a solution. So, let's dive in.

### [00:01:50] A brief history of grilling

A little history on grilling. Obviously, thousands of years ago, we developed fire, but as it modernized, Henry Ford actually was credited for inventing the modern-day charcoal, but it was actually an inventor by the name of Ellsworth Zwoyer, who first patented a design of the charcoal briskets in 1897. But it was then Ford who popularized the charcoal in the early 1900s, looking for ways to repurposed wood waste from his plants in 1919 Ford, adopted a process and invented by a chemist Orion Stafford who would then make clumps of fuel from saw dust and wood combined with tar and corn starch. Yes, tar and corn starch. These brickits were produced in a factory designed by Thomas Edison and ran by Ford's cousin. So interesting how all of these thing's kind of come together, Edison and Ford and the invention of charcoal grilling prior to World War II grilling.

As we know it today was only common when you were camping and had a picnic, but then after the war, there was a shift in which people started moving to suburbs and they took this peaceful, relaxing kind of outdoor thing as an entertainment in their backyards and communities. The modern-day charcoal grill came about in 1952 by the name of George Stephan Senior. His invention took off and cemented grills. As we



know them today, obviously the convenience summer months get outside, get people together. Grilling is just a great way for people to come together, neighborhoods, friends, et cetera, and you can sit outside and grill your food obviously, we know that convenience. In 2020, less than 40% of the grill owning Americans own charcoal grills. So, my point today here is to maybe use alternatives to charcoal. But if you want charcoal, there are some healthy alternatives and solutions that I will get into later, but here's where it gets interesting in terms of our health, why charcoal grilling is harmful.

### **[00:04:11] Why charcoal grilling is harmful?**

Cooking with charcoal has been linked to increased risks of cancer. Yes, that's true. The smoke from the charcoal cooking is not healthy to breathe, number one. So, if you are over that cooking, breathing that in, is like smoking. And there's some interesting things that happen when you cook, when you heat the charcoal, there's something called carcinogenic heterocyclical amines HCAs and poly citric hydrocarbons PAHS are released when you cook animal proteins at high temperatures. So that just happens when you are cooking flesh of another being the breakdown of amino acids, sugars and the creatine in the meat cause carcinogenic, heterocyclical amines, and polycyclic hydrocarbons. And especially when you can't control the heat per say the flame that's cooking that meat is detrimental to your health in laboratory experiments, HCAs and PHAs have been found to be mitogenic. That is the cause, changes in DNA that may increase the risk of cancer. HCAs have been linked to memory gland carcinogen in rats, the polycyclic hydrocarbons form from fats and juices that drip from the meat and create a smoke that then sticks to the meat. The longer the grilling, the more HCAs and PAHS, both carcinogenic doesn't sound so great, does it? PAHs are more likely to be absorbed through the skin than through the inhalation and are known to be linked to cancers such as lung cancer and breast cancer and childhood cancers. Do you hear me grilling meats and giving hot dogs and burgers to your children is increased and linked to cancer? Listen, there's ways to do this without increasing cancer risk, not to mention process meats like a hot dog already on their own linked to cancer by the process that they use for even making hot dogs. So, you are just adding to the fire of carcinogens and potential mitogenic DNA on consumption of these PAHs can be actively engaged in metabolic activation in human mammalian cells, which have adherence to genetic material, DNA and tissues leading to mutagens.

Again, if you want to dive down the rabbit hole, I have all of this research in the show notes. You don't have any direct studies on humans, however, but it clearly shows all of these things that show up in the meat itself. And then you are ingesting it because no one in their right mind is going to be saying yes to this study, knowing that they are consuming carcinogens. Okay. But we know now through all of these potentiation of cancers and mutagens and showing up in animal studies, that this is having a



detrimental effect. However, population studies on people in turn have found an increased risk of some cancers and people who eat larger amounts and larger quantities of grilled and well-done meats. Another reason you don't have to eat meat and certainly you don't have to over grill it or grill it. And this is talking about meat as well as poultry and chicken. And this may be common sense. Indoor grilling is connected to higher risks and higher amounts of producing carbon monoxide poisoning. And you definitely don't want that to be happening. So, I don't need to go deep into that, but if you get too much carbon monoxide, it replaces the oxygen in your red blood cells. You don't even know it's happening and it can kill you it's life threatening.

### **[00:08:55] Charcoal grills and the environment**

And just from the environmental perspective, charcoal grills typically generate three times as much greenhouse gas emissions than gas powered grills as well. So again, when you divorce yourself from nature and you do all of these things that have detrimental effects, it always, and without fail hurts the environment as well. Guess what? You are also the environment, right? So, you are a microcosm of the macrocosm. So, all of these things are intimately connected. And now today, the charcoal itself that you can buy is not from renewable sources and they can also have accelerants and chemicals that they have added in it so that they quote and quote burn better. So those are connected to fossil fuels, et cetera. And then again, you are breathing that in and that's going into the food that you are grilling.

### **[00:09:50] How to grill healthier?**

You can mitigate this stuff, maybe cook things first and then just do a final little grill and you can cook with a smaller flame. These kinds of things again, here I am talking about meat. I don't even think you need to eat it, but I know many of you are still going to, I am just trying to message to you that there is detrimental effects of using charcoal grills and high heat period and cooking meats and eating them. So, here's some alternatives, propane, natural gas, of course you can control the heat a little better, and it's a little healthier for you. Again, you want to lower the amount of intensity of the heat because that's altering things as well as the emissions that are coming off of that charcoal. So, you can certainly go to propane natural gas. It looks like electric itself is generally considered the best option for not only safety, but also the environment and also controlling the amount of heat so that you cannot have some of these higher heat mitogenic and carcinogenic responses. Also, there's some solar grills that are really cool. There's also some hydrogen powered grills. And also, if you still want to use charcoal grills, there's, what's called a flame disc that uses ethanol biofuels that can be recycled after use there's also, which is cool coconut shell charcoals. So, they are



briskets literally made from coconut shells. There's also a Thailand based company producing a variety of shapes that can be used. Listen, they go through a lot of coconut. So, they have excess coconut shells and it can be used in this way. So that's its number one, just don't eat meat in that variety in that way.

I have to say it because to me just burning that flesh at high heat creates all kinds of mutagenic responses. So just be careful and lower, the amount of meat that you are eating and all of you that are just blowing that comment off and not going to change anything. I get it, your choice I am not telling you what to do, it's on you. You have you to deal with, with whatever choices you make. There are smarter ways to cook and grill. That's what this is all about, lining yourself up so you don't undercut yourself or your life or your health when you are doing anything that seems to be a convenience. That seems to be fun, but you need to be aware so that you can line up your life. So, it works for you and not against you. Okay. Love you. Peace.

#### **[00:12:38] Podcast Outro**

That's it for today's fatal conveniences. Thank you so much for tuning in. If you want this valuable information and email form, you can sign up for my fatal conveniences newsletter at [fatalconveniences.com](https://fatalconveniences.com). I send out an in-depth breakdown of what we covered in each episode, every Monday after an episode airs. And if you make any changes in your life or home from these episodes, I want to see them, tag me in your Instagram posts and show me how you are avoiding these harmful products and making better choices. It's awesome to see the impacts these episodes have. And I love seeing how creative my audience is. Remember small changes can have a big impact. Oh, and if you haven't had a chance to check out the interview I released earlier in the week, here's what you missed:

#### **[00:13:34] Snippet – The Art of Persuasion & How to use it For Good – Jason Harris**

Character based selling is really what it's about. And persuasion has a bit of a stigma, like a dirty word. When you are being persuaded, someone's pulling the wool over your eyes or like twisting your arm. And the punch of that word with soulful is you can actually sell and persuade if you have good character and that's the soulful part. That's really why I felt like the book and having both built a company and learn through a lot of hits and misses, how values can really build a culture and personal character.