

GOOD, BETTER, BEST — START WHERE YOU ARE



The Hormone-Safe Kitchen Swap Guide

The one room where the most exposure hides — and the one where the best move is free.



Start at good. Work toward best.

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Heat is the whole story

If you only ever change one room, change this one. Not because your kitchen is dangerous, but because it's where the same exposure repeats three times a day, every day, for decades. Repetition is what turns a small thing into a real one.

The kitchen is where heat meets plastic, and that's the combination that matters most for your hormones. Chemicals sit fairly still inside a cold container. Add heat, or fat, or acid, and they start moving into whatever is touching them — which, in a kitchen, is dinner.

Which is why the most effective swap in this guide costs nothing. Not a pan. Not a subscription. Just this: nothing hot goes into plastic. Not the leftovers, not the soup, not the takeout container you were about to microwave. Do that and you've done the biggest thing on the list.

Everything else is ranked good, better, best, because I'd rather you make six "good" changes this month than one "best" change you resent. Pick one row. Start where you already are. Let "best" be what you buy when the current one wears out.

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HOW TO USE THE LADDER

- 1 Find where you already are.**
Every row has a rung you're standing on. Start by naming it honestly.
- 2 Move up one rung.**
One rung, one row, this month. Not the whole ladder in a weekend.
- 3 Buy "best" at replacement time.**
When something wears out — never at panic time.
- 4 Skip what doesn't apply.**
No nonstick in the house? That row is already done.



WHAT ACTUALLY DRIVES EXPOSURE

- 1 Heat.**
The single biggest factor. Warm food moves more chemical out of a container than cold food does, every time.
- 2 Fat and acid.**
Tomato sauce and oily leftovers pull far more than dry rice ever will.
- 3 Time.**
An hour sitting warm in a container is a different exposure than a minute in one.
- 4 Wear.**
Scratched, cloudy, sticky or pitted means the surface is already coming off. That is your replacement signal.

1 Cookware

REPLACE AT END OF LIFE

What's actually happening. Scratched nonstick can shed its coating into food, especially over high heat. Intact nonstick used at moderate temperature is a much smaller issue than the internet suggests. The wear is the problem, not the whole category.

How to know it's time. Flaking, deep scratches, or a surface that has gone tacky and stopped releasing. That's your signal — not the calendar, and not a headline.

GOOD → BETTER → BEST

GOOD	Ceramic-coated pans
BETTER	Stainless steel
BEST	Cast iron or carbon steel

2 Food Storage

WHERE THE LEFTOVERS LIVE

What's actually happening. Plastic leaches more when it holds warm, fatty, or acidic food — which describes most of what actually gets stored. Cloudy, stained or warped containers have already been through more heat than they were built for.

What people get wrong. Emptying the whole cabinet in one afternoon. Move the containers that hold hot leftovers first. The ones holding dry crackers can wait indefinitely.

GOOD → BETTER → BEST

GOOD	BPA-free containers
BETTER	Glass with plastic lids
BEST	Glass with silicone lids

3 The Heat Rule

FREE — AND THE BIGGEST ONE

What's actually happening. Heat is what drives chemicals out of plastic and into your food. This single rule does more than any purchase in this guide, and it costs nothing at all.

Where it slips. The microwave is the obvious one. The quieter ones: hot food decanted straight into a container, plastic wrap laid over a steaming bowl, and takeout that arrived hot in the same container you then reheat it in.

GOOD → BETTER → BEST

GOOD	No microwaving in plastic
BETTER	No hot food in plastic at all
BEST	Glass or steel for anything warm

4 Water

COOKING COUNTS TOO

What's actually happening. Tap water can carry contaminants that don't cook or boil off. And it isn't only what you drink — it's the pasta water, the rice, the coffee and the ice, which is most of what your family takes in from the tap.

GOOD → BETTER → BEST

GOOD	Filter pitcher
BETTER	Faucet-mount filter
BEST	Under-sink or reverse osmosis

SKIP THE HYPE — WHERE I'D SAVE YOUR MONEY

- **Replacing sealed plastic you never heat.** If it never gets warm, it isn't the priority.
- **Premium “detox” cookware** that won't tell you the actual materials.
- **Anything promising to “remove toxins”** from your body. That's not how this works.

5 Cans & Receipts

THE TWO NOBODY MENTIONS

What's actually happening. Can linings and thermal receipts are common everyday sources of BPA and BPS. Receipt paper transfers on contact, and hand sanitizer or lotion on your fingers makes that transfer worse rather than better.

GOOD → BETTER → BEST

GOOD	Rinse canned foods
BETTER	Choose jarred, or "BPA-free"
BEST	Fresh or frozen — and decline the receipt

6 Utensils & Prep

CHEAPEST ROW TO FIX

What's actually happening. Plastic tools shed the most when they're scraped against a hot pan. If a spatula has a melted edge or a nick where it met the skillet, that material went somewhere — and it wasn't the dishwasher.

GOOD → BETTER → BEST

GOOD	Replace the meltiest offenders first
BETTER	Wood and silicone
BEST	Stainless and wood

DO THESE THREE THIS WEEK — THEY'RE FREE

- ☐ Nothing hot goes into plastic — ever
- ☐ Move the leftover containers first — crackers can wait
- ☐ Decline the receipt



FREE WEEKLY NEWSLETTER · IN THE SADDLE

This is one room.
I walk the rest of the house.

Every week I take one more piece of this — the swap I made, the one I decided wasn't worth it, and the clinical reason behind both.

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