

the story of stuff

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The Story of Microfibers

Film Summary

This film explores the world of polyester. It argues that almost every person in today's world uses them in their clothes, thus creating higher demand for the stuff used to make polyester. The increase in demand has made companies look for old things such as plastic bottles to manufacture polyester. It seems to be a great idea of changing trash into something that most people like; however, it solves one problem and leads to another. As people wash clothes small, some very tiny pieces of microfibers wash off and drain. They accumulate in large numbers and end up reaching rivers, lakes, and oceans. Upon reaching the sea, they act like sponges and absorb other pollutants surrounding them, thus forming toxins full of pesticides, motor oil, and chemicals from industries. The fish accumulates this toxin in their stomachs, and they end up getting into humans. The movie ends by calling up individuals to make clothes safe for the environment, saving the ocean and humans from toxins.

Personal Reflection

After watching this movie, I realized that the plastic pollution crisis that humans face worldwide reflects the lifestyle we live in the present day. Many companies have taken advantage of the plastic economy without knowing the long-term impacts on people's health. It is our role to go back to demonize plastics to solve the problem. The process will entail explaining how plastics get into the human body to individual consumers, employees, employers, government agencies, and companies dealing with plastics. Also, advocating for the use of natural fibres rather than synthetic fibres will be a significant step to solve the problem that will end up creating a healthy environment for both marine lives and humans

The Story of Microbeads

Film Summary

This film explores plastic microbeads, defined as small nasty bits of plastic companies put in personal care products such as hand soap, body washes, and toothpaste. They are added for texture even though there is a lack of proof that they help in any way. Microbeads are designed to be drained, and since they are so small, they cannot be trapped and end up in water bodies. Once they get in the water, they get consumed by fish and other animals and return to humans in the Sussi. The reason why companies use plastic microbeads is that they are cheaper than natural exfoliates. Also, it is an excuse to sell more products as they run out quicker than natural exfoliates. Some companies have started removing microbeads from their products and some countries. The movie ends by urging all individuals to take action to take out microbeads from personal effects, water bodies, and humans' bodies as we do not need them.

Personal Reflection

My reflection for this film is that I have learned that even though microbeads are very tiny plastic particles, they pose a threat to both the marine and human environment. I have to campaign against all the products made using microbeads, as I have learned that they find a way of getting back to humans. Therefore, to curb the problem, everyone must avoid using and buying personal products that contain microbeads. Also, we should campaign for the ban of products that contain microbeads as they threaten human health and advocate for the manufacture of products that contain natural exfoliates.

The Story of Cosmetics

Film Summary

This movie explores the persistent consumption of care products that entails toxic chemicals. Some of these products include sunscreen, lipsticks, and baby shampoo. It reveals

that these products contain chemicals that can lead to cancer or other health problems such as asthma, damaged sperms, and learning disabilities as they get inside the body through skin, hair, or lips. The root cause of this problem is that the industry's safety panel has passed less than 20% of cosmetics' chemicals. However, some are carcinogens, while other neurotoxins and reproductive toxins have been proven to disrupt animal brain development and reproduction. The filmmaker says that after having a toxicity test on her body, she discovered that her body contains mercury, triclosan, flame retardants, and lead.

Furthermore, it turns out that people's choices when they purchase these products are the problem. Also, companies and governments who decide what to put on the shelves contribute primarily to this problem since the products are not correctly labelled. Therefore, people choose meaningless claims on a bottle even though the manufacturer decides what goes in the bottle. Another issue is that the FDA does not even assess these products or their ingredients as they have set up a committee that self-polices their ingredients and products. The film ends by calling the individuals to demand the removal of toxic chemicals from these products through different resources that are available online. The resources can help people identify the best choices available in the store even though the most appropriate action is the people should work to change the system.

Personal Reflection

This film has revealed the truth about the chemicals that are present in personal care products. My knowledge about the chemicals present in cosmetics products has been enlightened. Indeed, the toxins present in them cause significant harm to human health. Like the filmmaker, I would call upon the government to formulate laws that will force the companies to put safe products on the market. As individuals, we can avoid using all these products that contain toxins and embark on using natural products only to avoid health problems. Finally, it is essential to make the safest and healthiest choices when using these products.

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