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Toxin Toxout: Getting Harmful Chemicals Out of Our Bodies and Our World (Hardback)

By Bruce Lourie

St. Martin's Press, United States, 2014. Hardback. Condition: New. Reprint. Language: English . Brand New Book. How do I get this stuff out of me? Bruce Lourie and Rick Smith, two of North America's environmental leaders, have been asked this question on an almost daily basis since the publication of their runaway international bestseller, *Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life Affects our Health*. Their answer? It's not as simple as we'd like, and it's not as easy as we'd hope. But it's too important to ignore. In *Toxin Toxout*, Lourie and Smith give practical and often surprising advice for removing toxic chemicals from our bodies and homes. There are over 80,000 synthetic chemicals in commerce today, and the authors use their outrageous experiments (they and their brave volunteers are the guinea pigs) to prove how easily our bodies absorb these chemicals. With trademark humor, they give us the good news about what is in our control, the steps we can take to help our bodies remove our toxic burden -- and what we can do to avoid it in the first place. Furthermore, Lourie and Smith investigate...

Reviews

Comprehensive manual! Its this sort of excellent read through. We have read through and i also am certain that i will going to read through once more again later on. You wont sense monotony at at any time of your time (that's what catalogs are for regarding in the event you question me).

-- Prof. Geraldine Monahan

This publication is wonderful. I could comprehended every thing out of this published e publication. You can expect to like the way the blogger write this publication.

-- Eliseo Rippin