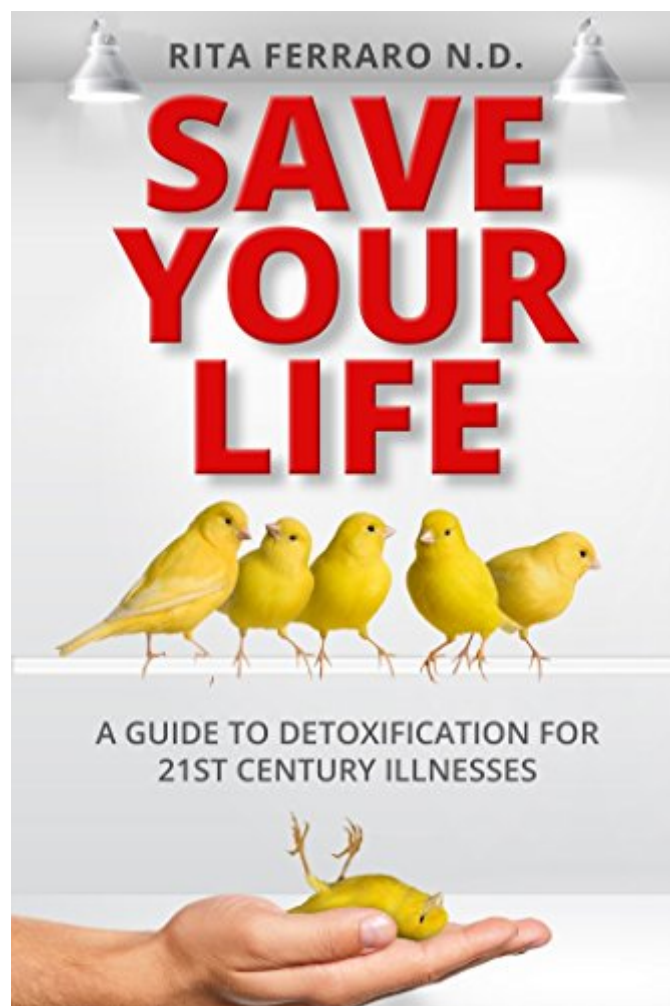




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# SAVE YOUR LIFE A GUIDE TO DETOXIFICATION FOR 21ST CENTURY ILLNESSES



## Synopsis

**SAVE YOUR LIFE A GUIDE TO DETOXIFICATION FOR PEOPLE WITH CHRONIC ILLNESSES** such as Lyme disease, chronic fatigue, multiple chemical sensitivity, ME, Lupus, heart disease, autism, mercury poisoning, cancer, etc. It is designed as a guide, somewhat like a cookbook not only to inform the individual with chronic illness but to share the protocols that steer you on the road to recovery. Rita Ferraro ND has spent 20 years compiling and researching the safest procedures that yield the best results. Rita suffered with chronic fatigue, multiple chemical sensitivity, lyme disease, interstitial cystitis, depression and anxiety. Her passion is not only to educate people about chronic illnesses but her book is a call to action. This generation is a human experiment. Consumer products are being used on people that have not been tested for toxicity. This century has seen the most chronic illness than any other. One in 66 boys will be born with autism. One in five women will become chemically sensitive . A baby is born with over 300 toxins delivered via the umbilical chord from the mother. This is an epidemic ignored by the American Medical Association and Big Pharma. Los Alamos, NM has started production of Plutonium again. Rita Ferraro ND provides hope and wit in writing a well thought out book they is so very needed. This book is one of its kind."A fantastic treatise on overcoming 21st century illness . It takes 50 years for a good idea to become medicine. With the average age of my clients between 40 and 60 years old, we need this information NOW! There is a difference between knowledge and wisdom. This book reflects wisdom of one who has overcome.Michael PayneLiving Well Today International

## Book Information

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## Customer Reviews

I was going to browse and get back to the heavy reading later, instead I read the whole book! Imagine a medical page turner and I'm not even chemically sensitive or at least I thought I wasn't. Rita Ferraro has given a thorough guide to self-care, and to a degree diagnosis, with an abundance of steps to clean up our bodies no matter where we are on the spectrum. She has shared systems to detox all kinds of body parts, steps to neutralize our physical environments, myriad ways of ingesting the right vitamins at the right time, nitty-gritties of what to expect in these processes, and even how and why we should make our family's suppositories toddlers included all in a way that can be comprehended, and tested for measurable results. Thank you! This is a book for every household and I've got three I'm sending it to immediately!

This is an important work from an impressive woman with several decades of research, personal experience and intelligent insight backing her findings. Advice like this best comes from an author with fierce conviction, a well-informed point of view and a sense of the high stakes of personal health and wellness. That's Rita Ferraro. The book -- and author -- have earned the 5-star reviews.

This book is of a woman's 20 year journey from hell and back. She shares her story with candor and with grace. As an acupuncturist and herbalist for 14 years, I have never seen so much information written in a step by step guide on detoxification. I will integrate this treasure into my practice. and recommend it to my patients. Thank you to Rita Ferraro.

Wow. Wow. Wow. Rita KNOWS what she is talking about and she shares it with smarts, wisdom and her wonderful wit. She has been to hell and back with her environmental illnesses, she survived and has returned with information that can save all of our lives. Because it's not only those of us who are suffering from specific diseases, but ALL of us who must learn to detoxify continually from all the environmental attacks we are being submitted to. She is the canary in the coal mine who

lived to tell the tale so we can all benefit from the vast medical research she did during her own harrowing experience. She fought hard for her life and won. That courage shines again in her willingness to tell the truth with intelligence, love and a sense of humor. Rita Ferraro has written the book we all need to survive these trying, toxic times.

Rita Ferraro writes like she's your best friend: she wants the very best for you and she tells you just like it is. She's lived it, she's learned it the hard way and now she's laying it out for the rest of us. If you or someone you know has Multiple Chemical Sensitivity or Environmental Illness, or if you know that detoxification is key to good health, this short book is a must-read.

Like so many of us who are dealing with or have friends and family dealing with illness, it's such a relief to have this well written, thought-out, safe guide to healing and preventing illness. Thank you Rita for not only sharing your story but putting it in this comprehensive book for others so that they would not have to go through the pain and suffering you did. I love that you explain it is not a one size fits all, but there is something for everyone on their journey to healing that can perhaps save one's life.

As a healer and body worker I understand the importance of healing from within. Though I am not a doctor, I am constantly sharing with my clients the knowledge I have and use for myself and my family. This book can be extremely helpful for people who want to take a wholistic approach but don't know where to start. The most powerful knowledge is that which comes from experience and Rita Ferraro N.D. has done an amazing job piecing together this valuable knowledge that can be beneficial for you and your family and friends!

You can tell the author is enthusiastic about helping you recover from EI and MCS. Her writing is candid and her step-by-step approach takes the fear out of healing yourself. The information is also useful for those wishing to do detox for general health.

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