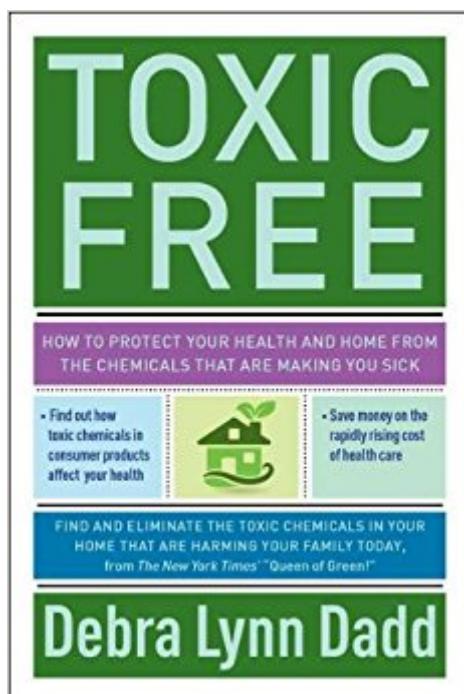


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Toxic Free: How To Protect Your Health And Home From The Chemicals That Are Making You Sick



Synopsis

From the The New York Times'"Queen of Green" comes the ultimate guide for finding and eliminating the toxic chemicals in your home today. There is no longer any question that consumer products contain toxic chemicals harmful to our families. But how do we protect ourselves, and where do we start?In Toxic Free, Debra Lynn Dadd, hailed by The New York Times as the "Queen of Green," discusses the hidden toxic chemicals already present in our homes, their varying degrees of danger, and precise, proven methods for eliminating them from our lives in a cost-effective, environmentally friendly way.Are you suffering from unexplained headaches, fatigue, or depression? Are you worried about the link between chemicals in the home and the rising rate of cancer? Or are you just looking to save money (and the planet in the process)?From tips and do-it-yourself formulas to world-class research and in-depth exploration and explanation, this book provides: a basic understanding of how toxic chemicals in consumer products affect your health; all the tools you need to remove these toxins from your home and body- starting today; and helpful guides on how to immediately save money on home-care products, as well as on the rapidly rising cost of your health care.

Book Information

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Customer Reviews

Debra Lynn Dadd, an internationally recognized consumer advocate specializing in identifying products that are safe and environmentally responsible, works as a consultant, lecturer, and writer

to promote healthy living.

After hearing the author interviewed on public radio, I decided to buy this book. It is extremely informative and easy to read. It covers toxic substances contained in our everyday products and what they do to our health. What I liked was the information on solutions--how to avoid the toxic substances we encounter every day. The author's website is also a great resource as it lists manufacturers of products free of toxic substances. I have started patronizing these companies and avoiding ones that include toxins in their products. This book is a must for anyone concerned about toxic substances we encounter every day.

We live in a world of physical and emotional pollution. Everything is driven by profit motives, and very little concern for the health of individuals or the environment is exercised by those selling products. We ignorantly believe the happy advertising blitz we absorb every day, while slowly exposing our cells to poisons that are producing rampant cancers, behavior disorders and low energy. Although most people prefer to live in the "ignorance is bliss" mentality, this book is for those who are proactive in their lives, and who are not over-stressed by the pain of thinking. Don't miss reading this book, especially if you have developing children in your home. It will drastically cleanse your immediate environment of packaged poisons we purchase every day to make our lives "better." Let the buyer beware!

Toxic Free is a must have book for every person that can read. The book has ideas of how to eliminate toxic chemicals in our homes. From the products we use on our bodies, ingest and use to prepare foods. The book discusses the toxic chemicals in air freshners, candles, perfumes etc. Debra gives many websites to further your quest for a toxic free life. I was surprised to see all the toxic chemicals we are exposed to on a daily basis. I never thought about the mattress i sleep on or the furniture i sit on being toxic. If you or your family suffer from any health issues this book is for you. Also as a consumer to be more aware of the products you purchase before you invest in them and bring them into your home. Debra also has a terrific website to find lots of information.

Our daughter had been telling for many years to stop poisoning our bodies and our life with toxic products; but, not able to find many alternatives (I thought), we did as much as we could. This book brought home the issues with the products we use and what we can do to stop using those products. We now use vinegar a lot and make our own soap. We are also using as much organic

food as we can find in a small town and supporting local organic farmers.

Very good book

This book was a suggest must read. I got it from the library and had to have a copy of my own.

This book runs the full gamete, very worthwhile read and will make you look at things you never thought to think about before reading it!

I really like this book! She gives great advice and resources to live a better life without toxins. I would highly recommend this book.

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