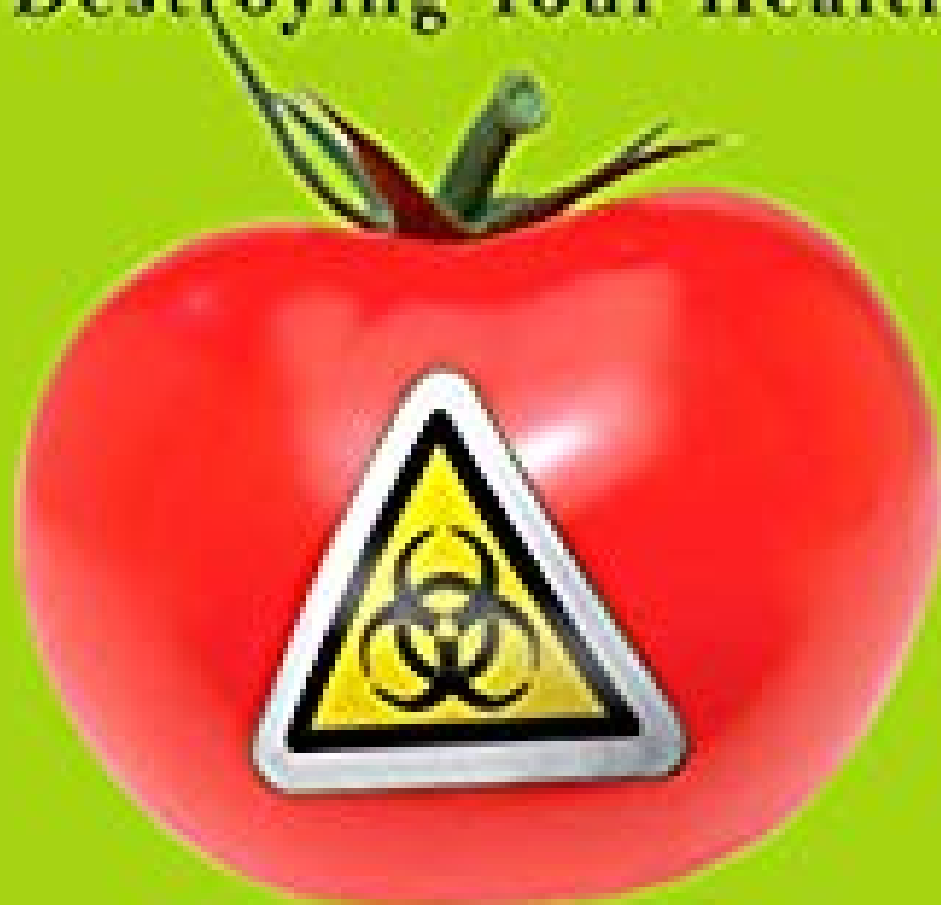


RANDALL FITZGERALD

# The Hundred-Year Lie

How to Protect Yourself  
from the Chemicals That Are  
Destroying Your Health



"A frightening wake-up call . . . If **FAST FOOD NATION** made you consider some serious lifestyle changes, *The Hundred-Year Lie* will inspire you to go ten steps farther." — *Boston Herald*

*Randall Fitzgerald*

## **The Hundred-Year Lie: How to Protect Yourself from the Chemicals That Are Destroying Your Health**



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In a devastating exposé *Silent Spring* in the tradition of *Fast Food Country*, investigative journalist Randall Fitzgerald warns how thousands of man-made chemicals in our food, water, medicine, and environment are making human beings the most polluted species on the planet. A hundred years ago, when Congress enacted the Pure Food and Drug Act, Americans had been promised “better coping with chemistry. Fitzgerald provides overpowering evidence to shatter this myth, and many others perpetrated by the chemical, pharmaceutical, and processed food items sectors.” The common American carries a "body burden" of 700 synthetic chemicals; Chemical substances in tap water can cause reproductive abnormalities and hermaphroditic birth; . . . Think about this: . One research of lactating women discovered perchlorate (a toxic element of rocket gasoline) in virtually every mother's breast milk. When confronted with this national wellness crisis, Fitzgerald presents informed and practical ideas for what we can do to carefully turn the tide and live healthier lives.



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Great information! I actually order products from Amazon nearly every single day and never leave reviews. Personally I think so passionate about the information in this publication that I wanted to leave a review. Fascinating and important subject, questionable studies cited. The Hundred-Year Lie: How exactly to Protect Yourself from the Chemicals That Are Destroying YOUR WELLBEING by Randall Fitzgerald is an approachable book that highlights what he calls the "body burden" of chemicals that people all carry (42). When authority figures and institutions fail us, when the resulting apocalyptic scenarios problem our capability to cope, we have five thousand years of historic wisdom about meals and medication to fall back upon. Very eye starting book! How can we navigate our in the past to a wholesome and less toxic future? Also, I have come to the conclusion that unless the general population stands up and says prevent, we are forced to continue putting it into the drinking water. I became employed in the water treatment field in April '03, prior to this I did so not know or value what was placed into the water system. However, I have since learned how lousy this could be on an individuals health. It is highly regulated. Not only that, but most of the nations so. For anyone just studying the chemical dangers that threaten us, this is a fantastic resource. This book is really worth reading for anyone worried about how Fluoride affects our daily life. Great browse. He argues that the slew of health problems Americans have problems with, including cancer, heart disease, mental disease, and others, may all become traced back again to the large number of synthetic (and mainly untested) chemicals we face in everyday life." These were intended to either eliminate something, protect something, clean something, or mask the symptoms of something.. However the again, it could. It's therefore thrilling when an writer actually knows how to write in a manner that stimulates the reader, however gives important information A Sobering Awakening!. "Certainly, we are all so contaminated that if we had been cannibals our meat will be banned from human intake. ^s we will see partly II, entrenched institutional forces within the economy and federal government cooperate to keep carefully the public largely unacquainted with the degree to which a toxic threat exists within their foods and medications. What thrust us as a culture and as individuals onto this slippery slope? For the expense of around \$6 I could potentially help a friend or relative avoid harmful chemicals and possibly help them live a longer healthier existence!. Eat Organic Foods.Go through and Indication the Declaration. An excellent well written reserve that exposes the corruption of the FDA, our battles with diet and food and why things are the way they are with regards to USA food. The writer, Randall Fitzgerald, is an investigative journalist. 1.""By willingly participating in the dangerous synthetics paradigm we've implicitly agreed to a social contract in which we are each playing the role of guinea pig in an ongoing chemical and genetic experiment.2. Some of us might mutate and evolve effective immune system defenses. He is particularly interested in synergies, that is, the combined results from our bodies being exposed to multiple chemicals at once. After the genie of consciousness is set loose, once denial is usually penetrated and the simple truth is spoken, none of us is have a justification to play the innocent victim anymore.t consider the prospect that a few of these chemical substances will survive longer compared to the species who created them." How do we become therefore toxic?""As we will explore within the next chapter, "disease industries" have sprung up in response to the health ravages of synthetic chemical substance foods, but what they offer as remedies for symptoms merely become extra toxic body burdens for all of us to bear.""Our nations waste^water treatment plants are simply too unsophisticated to eliminate synthetic chemicals before drinking water is recycled back into the environment. Nor can our municipal water treatment plants, regardless of the usage of chlorine, neutralize all of these synthetic chemicals before we beverage the plain tap water or bathe ourselves in it. This reserve is one of many that I read on this topic. The simple answer is that people should use the results of pet tests in biomedical analysis as suggestive of damage or of safety rather than as predictive. Everyone should browse this reserve to be better educated about the chemicals all around us. We are mainly failures, however, when it comes to the prevention of disease and disease and in understanding the importance of using diet to enhance the effectiveness of our immune systems.3. Synthetic chemicals have seared into character a

apparently immortal stamp. Whether they are pesticides or pharmaceutical drugs, what most of these ; synthetic chemicals set loose among us have as a common factor is the identification of experiencing been conceived by chemists and birthed in laboratories to become "magic bullets..5." "One of the more apparent recurring patterns that emerges from reading the Slippery Slope Index is definitely how often harm is inflicted on human being health due to insufficient testing of fresh chemicals, especially assessment of the long-term health effects." "Given that we know animal studies may incorrectly imply the absence of risk in humans and that animal assessments showing harm may not indicate a real risk to people, where does that leave us regarding health issues from chemical exposure?ft beverages and beers are created with municipal plain tap water, which means we are slowly and cumulatively drugging ourselves in multiple ways." "Protecting ourselves from what we don't know could harm us sometimes takes a leap of faith into self-reliance. This book opened my eyes to a lot more than what I acquired already researched by myself." "For those of you who choose to believe that government or market or technology will rescue us in the near future, consider the following explanations why that hope may be naive: 1. We cannot completely rely upon authorities at any level to safeguard us. Detox with Saunas. Below are key excerpts from the reserve that I came across particularly insightful: "An impact of this contamination is that people are now among the most polluted species in the facial skin of this planet," contends Paula Baillie-Hamilton, an Oxford-educated doctor in Britain who's among the leading authorities on toxins in food. Love this book This book is filled with good tidbits....3. We can not completely rely upon science to predict what's healthy or dangerous." "There exists a straightforward three-step process you or anyone can initiate u become serious about protecting your health. medicine, and environmental choices.. 2. Lots of references in the index. Develop a detox strategy for yourself to get rid of the toxins detected within your body. Highly recommended! We can not rely upon manufacturers to put our health above income..1. Study the Labels... Some of us will sicken or die in this experiment. Replace Home Pesticides..." "As a result of a century of innovations in artificial chemical manufacturing, we have inherited a practically indestructible residue of toxins in the surroundings. Drink Wheatgrass juice.8.4. Do Intermittent Fasting.. We were holding some of the questions that haunted me as I undertook the study for this book. Right now we mi;...6." "Nevertheless, broadly speaking, the evidence indicates that most normally occurring foods and medications are healthy for us, as they have already been for our species for thousands of years, while many if not most synthetic chemicals in foods and medications pose some health risk. Limit your exposure to synthetic chemicals of all types at all times. The end of the reserve helps provide readers with alternatives, highlighting the worthiness of wholesome eating, holistic medicine, and pressuring businesses to be more transparent with the chemicals they devote our items.7. Choose Nutritious Organics.... Compile a Personal Toxins List... Reading just like a can't-put-it-straight down murder mystery, it's chock-full of sourced, credible information that makes you question HOW what's occurred was allowed to happen. Exposure to a few toxins, or to a wide range of molecules from a number of synthetics, might not trigger illness or disease in you." A Book That Leaves You Breathless and Wondering about What's Next This book, written in 2006 and published in 2007, includes all the things you want you'd known when they were happening, so maybe--just maybe--had we known them at that time, we might have had a means of stopping them. In retrospect, buying this reserve was just the end of my suspicions that something awful was heading on with the chemical substance industry, and that something worse is probably to arrive the future. Excellent information within an readable format.9. Decade by decade, the author pinpoints what new health hazards were released, and highlights the horror that a person who was able to have stopped these chemicals from destroying our food system, didn't.In the end, what we realize is that people were lied to, and continue being lied to even while the many destructive, individual chemicals are taken to light. The just question is how lengthy can mankind live like this before there is no help or wish? The ultimate word is that you can bring it all home and work to detoxify yourself, and to avoid as much chemicals as possible, however the ongoing question is how lengthy do you

have even to do that, if the program that is supposed to watch out for you is actually viewing out for Wall structure Street and the bottom line? Must Read then move it on! This book is written in everyday language that any lay person can understand. C Get yourself examined to determine your chemical substance body burden. I enjoy all of the authors research! Later in the timeline, he also gives you the stats on the ever increasing disease, bacterial outbreaks and ever declining health of Americans. It really is an upsetting read however, it needs to be examine by everyone. On your own health as well as your children and grandchildren. Great introductory read regarding environmental toxicity. This book is an excellent introduction on the toxic environment that surrounds us. Every chance I reach inform people about the ill effects of Fluoride I do. It's not only very informative, but it empowers you with suggestions on how you can best protect yourself and your family. ""9 PRACTICAL STEPS YOU CAN TAKE. I have spent lots of time making small changes in my life during the last few years to try and avoid chemicals that these large businesses expose us to in order to increase their revenue. Focusing on those within our food, drinking water, and pharmaceuticals, Fitzgerald demonstrates how the chemicals we face are damaging our health. Others folks will decide to no longer play this deadly game. An excellent well crafted publication that exposes the corruption of the .. Medical research just can't predict who is susceptible to which chemicals, at which dosage levels, or how synergies produce toxic conditions in the body These risk-factor uncertainties through the normal course of our lives constitute a kind of biological Russian roulette that each of us takes on with this bodies every day based on our meals. In the intro, he highlights how his years of journalism taught him to recognize patterns and find the main of complex problems (Fitzgerald 2). Everyone should read! I feel so highly about trying to spread the info that's in this publication that I often speak to family and friends about the book and if they show curiosity in reading it I buy them a used duplicate and send out it to them. ""Our tradition treats medical emergencies and the symptoms of illness and disease fairly well for a while, thanks to remarkable technological developments in medical technology. The many disturbing and fasinating chapter may be the one where in chronological purchase the author timelines the usage of chemicals in our food supply.2. It's one I have always made sure I have as a reference. Five Stars good Five Stars very good, many thanks Four Stars good book and great overview



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