

# TOXIC FREE

HOW TO PROTECT YOUR HEALTH AND HOME FROM  
THE CHEMICALS THAT ARE MAKING YOU SICK

- Find out how toxic chemicals in consumer products affect your health



- Save money on the rapidly rising cost of health care

FIND AND ELIMINATE THE TOXIC CHEMICALS IN YOUR  
HOME THAT ARE HARMING YOUR FAMILY TODAY,  
*from The New York Times' "Queen of Green!"*

## Debra Lynn Dadd

*Debra Lynn Dadd*

**Toxic Free: How to Protect Your Health and Home from the Chemicals  
ThatAre Making You Sick**



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From the THE BRAND NEW York Times'"Queen of Green" comes the ultimate guideline for finding and eliminating the toxic chemical substances in your home today. There is absolutely no longer any query that consumer items contain toxic chemicals harmful to our families. Queen of Green,"In Toxic Free of charge, Debra Lynn Dadd, hailed by THE BRAND NEW York Times as the " But how do we guard ourselves, and where perform we start? Or are you just looking to save money (and the planet along the way)?Are you suffering from unexplained headaches, exhaustion, or despair?From tips and do-it-yourself formulas to world-class analysis and in-depth exploration and description, this publication provides: a basic knowledge of how toxic chemicals in consumer items affect your health; discusses the concealed toxic chemicals already present in our homes, their varying degrees of danger, and precise, proven methods for getting rid of them from our lives in a price- effective, green way. Are you worried about the link between chemical substances in the home and the rising rate of cancer? all of the tools you have to remove these poisons from your home and body- beginning today; and helpful guides on how best to immediately spend less on home-care products, in addition to on the quickly rising cost of your wellbeing care.



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I was surprised to see all of the toxic chemicals we have been exposed to on a daily basis. GREAT book! Although a lot of people prefer to live in the "ignorance is certainly bliss" mentality, this reserve is for those who are proactive within their lives, and who aren't over-stressed by the pain of thinking. The book has ideas of how to eliminate toxic chemicals in our homes. Dadd recommends that the reader purchase zeolite online, presumably in powder form, instead of commercially available air flow freshener. She provides zero warnings to the reader for zeolite in the powder form. The writer also promotes liquid zeolite as though it is a proved detox. Liquid zeolite offers unproven health advantages and has even shown damaging wellness impacts to mice in some studies. For me, these claims by the writer are irresponsible. Regarding dry zeolite, she may as well have told the reader to make use of asbestos as an surroundings freshener and not mentioned the possibly lethal wellness impacts. A disclaimer must be added in the reserve regarding the usage of zeolite.[...]. We are also using as very much organic food as we can discover in a little town and supporting regional organic farmers. She provides great advice and assets to live a better life without toxins.]

**Beneficial Book** After hearing the author interviewed on public radio, I decided to buy this book. It is very informative and easy to read. If you or your loved ones suffer from any health issues this reserve is for you personally. What I liked was the info on solutions--how in order to avoid the toxic substances we encounter each day. The author's website can be a great resource as it lists manufacturers of products free from toxic substances. I have started patronizing these businesses and avoiding ones offering toxins in their products. This book is a must for anyone worried about toxic substances we encounter every day. What We HAVE NO IDEA Will Kill Us We live in a world of physical and psychological pollution. Everything is motivated by revenue motives, and very small concern for the health of individuals or the surroundings is definitely exercised by those selling products. migration of chemicals vs. Otherwise, I'd have given this book 4 celebrities for the nice information. Our daughter have been telling for several years to stop poisoning our anatomies and our life with toxic products; It'll drastically cleanse your instant environment of packaged poisons we buy every day to create our lives "better." Allow buyer beware! i wish the detox section had more detail and methods to detox but the remaining info is great. The author, Debra Dadd, of Toxic Free of charge fails to inform the reader that dry zeolite in powder form could cause Mesothelioma if the dust is inhaled, much like asbestos. From the products we use on our anatomies, ingest and use to get ready foods. The book discusses the toxic chemicals in atmosphere freshners, candles, perfumes etc.. Don't buy into the hype of zeolite. I hardly ever considered the mattress i rest on or the home furniture i sit on getting toxic. It covers toxic substances contained in our daily items and what they perform to your health. Also as a consumer to be more aware of the merchandise you purchase before you spend money on them and provide them into your house. Debra also has a terrific website to find plenty of information. but, not able to discover many alternatives (I thought), we did just as much as we could. Don't miss reading this book, especially if you have developing children in your house. A "HOW EXACTLY TO" book on toxic products. This book brought home the issues with the products we use and what we can do to avoid using those items. We have now use vinegar a whole lot and make our own soap.. This reserve is a superb resource... to detox but the remaining info is good. Wonderful information Toxic Free is a must have book for everyone that can read. The author promotes the usage of zeolite mineral in this book. Great reserve! I was expecting something even more scientific, that actually addressed the issue of concentrations of chemical substances vs. There needs to be much more awareness of toxic chemicals inside our lives and assist with helping us avoid them for better health. . Four Stars I love learning all I COULD ABOUT being toxic- free Not well-written I will have realized that We probably wasn't likely to like a reserve that had an adjective used as a noun in its name. Debra provides many websites to further your search for a toxic free life.. but I purchased it anyways. good refference Very good book Like a reference book Like a reference reserve. We ignorantly believe the content marketing blitz we absorb every day, while gradually exposing our cells to poisons which are producing rampant cancers, behavior disorders and low energy. amount of

acute and chronic harm of confirmed chemical. Lets just say that this book did not do that, and keep it at that. This book runs the entire gamete, very worthwhile read and can make you look at things you never considered to think about before reading it!! I really like this book!. I would recommend this book.



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