



# LIVING IN THE CHEMICAL AGE

*How an Ounce of Prevention Can Protect  
Your Family from a World of Toxins*

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FOREWORD BY MARK HYMAN, MD

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## Living in the Chemical Age: How an Ounce of Prevention Can Protect Your Family from a World of Toxins



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re a mom concerned about her children or a citizen hoping to positively make use of your consumer power, Janet's But the exponential changes happening inside our society have an effect: More poisons are invading our lives than ever before. The easiest method to prevent damage from toxins would be to prevent them--and Janet Newman, Ph.D. Living in the Chemical Age is an eye-opening look in how we can live much less polluted lives. and explores everyday ways to prevent them.D. In this essential instruction, Janet identifies contaminants in our food, water, personal maintenance systems, environment, pharmaceuticals, and even nature; explains the physical effects these chemicals might have;, can show you how. Whether you's We reside in an age of comfort, consumerism, and instant gratification.s clear and basic tips will help you make everyday options that can lead to a wholesome world.



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Understanding toxins in our environment and how they affect you. I must say I enjoyed this reserve and learned a lot of things about the toxins inside our environment that I didn't find out before. I'm definitely going to start changing a few of my consumer behaviors! That is a must go through for anyone who has an autoimmune disease or for anyone concerned about the impact that poisons have on the health. This very well written book should give every reader reason to pause and take stock of what they're investing in their bodies every day. I loved all of the helpful resources and non-toxic brand suggestions listed throughout the book. Janet's book is fairly engaging! I possibly could not put it down because it was so easy to learn and digest. The content was useful without sense preachy. I know I will be referring to it over and over. I am inspired to create changes to my house and family's environment. An extremely well researched and informative publication. I would highly recommend it. Everyone needs to understand the what the simple truth is and this reserve proves it. I believe the author did an excellent job of relaying the info without being too technical. I have many new ideas to help get me on track for better health. Very easy to learn and SO informative Janet Newman takes a potentially complicated subject matter and breaks it straight down directly into simple and manageable ways to eliminate harmful chemicals from our daily lives. Each chapter has very helpful suggestions, links to websites, and a straightforward breakdown on where to start. Thank you Janet Newman for giving us a user-friendly way to cope with this issue a lot of us worry about. I'll refer back again to this book again and again. We are implementing many of her very useful suggestions and strategies to protect our health and wellness. I appreciate all of the resources provided throughout the publication and will continue to use *Surviving in the Chemical Age* group as a reference guidebook. Great book that gives sound and reasonable assistance for anyone!.. An extremely well researched and informative reserve. This may save the lives of these you love!. Toxic world I loved this book. Lots of information I have never even regarded. Websites, that I could use to check out up with. Many thanks Janet Newman for sharing your story with us. This is a fantastic book and I am strongly encouraging my young adult .. An important guide in these days where we are subjected to so many toxins. This is a fantastic book and I am strongly encouraging my young adult children to learn it this summer. It really helps simplify factors and makes protecting your family so much less daunting! Many thanks Janet Newman for performing all the hard work for all of us! A must read! Informative, Interesting, and incredibly Comprehensive! This is a must read for finding practical information to improve health and wellness. Thank you, Janet, for a job very well done! I've . I could not put it down because it was thus easy to read and digest I read this book per day! She supplies the reader with real world historical information with clearly defined data that assists the reader understand how various chemicals have become entrenched inside our everyday lives.D. The reserve isn't just another Ph. Janet also provides many easy recommendations on how to reduce the levels and amounts of chemicals infused inside our food supply and non-consumable items. higher level business or cultural book." We have been living in a sea of toxins that are affecting us a lot more than we realize and the book covers all of them! A great read! This book gave us an easy way to be rid many dangerous home products, very easy-interesting read. Janet Newman gave us a bottom-line smart publication on one of the critical problems quietly endangering most of us, She breaks mass levels of well investigated analysis into simple and manageable methods. Each chapter has very helpful guidelines, links to websites, and allows for baby steps to create a safer house environment.. My wife and I were so moved by her suggestions we'll be able to eliminate certain harmful products from our home. An easy read. Extremely easy to learn and SO informative... It is a straightforward read and sites plenty of studies This is a fabulous book. It is an easy read and sites lots of studies. There exists a lot of info that is terrifying BUT, the writer gives an easy task to follow assistance for cleaning up your environment and health. Wow. Janet writes from her own private journey making this book incredibly relatable. Very Informative Book This book has exposed my eyes to what is going on in our world. Learned a lot I by no means realized that so many things were making People in

america sick. I have put into practice many of the solutions supplied in the book. I'm so glad to possess this well-conceived, well researched and well-written publication as a reference when explaining to patients and visitors about the necessity to "clean home. It's a publication based upon accurate data with real life recommendations that every person in the United States can easily manifest to their daily lives. The author makes practical recommendations and offers healthful substitutes to "the poor stuff." Please browse this reserve and purchase extras for your friends.



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