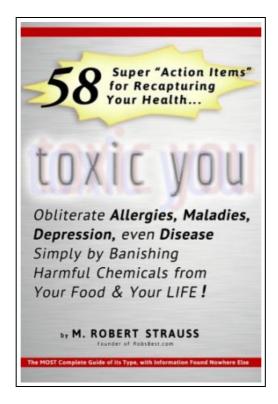
Toxic You: 58 Ways to Dramatically Improve Your Health by Reducing Your Exposure to Man-Made Toxins (Paperback)



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Reviews

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(Turner Bayer)

TOXIC YOU: 58 WAYS TO DRAMATICALLY IMPROVE YOUR HEALTH BY REDUCING YOUR EXPOSURE TO MAN-MADE TOXINS (PAPERBACK)



Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ****** A book for anyone concerned with living disease and allergy free in our modern world of toxic man-made chemicals and food additives. This groundbreaking, practical guide [formerly titled Resolve ALL Your Allergies, Sensitivities, and Intolerances Without Drugs] is the culmination of the author s 12 year search to finally resolve his own laundry list of lifelong allergies and afflictions. During the process, he discovered a series of startling revelations: 1. Allergenic symptoms are caused by far more than pets, pollen, dust, molds and foods. 2. Chronic exposure to man-made food additives, plastics, and process chemicals greatly affects our susceptibility to allergies, illnesses, and other health disorders. 3. In addressing toxins in foods and household items, the author inadvertently resolved a number of his other lifelong afflictions and disorders, far beyond allergies, ones he d always chalked up as just part of living. 4. The remedies he uncovered were far simpler, cheaper, and less drastic than expected. If you regularly endure persistent flu-like symptoms, or are depressed, anxious, bloated, foggy, tired, sickly, achy -- if you worry about cancer, diabetes, heart disease, or any disease, for that matter -- then this timely book IS for you. Easy-to-use and read, this book contains a wealth of information not found anywhere else: - Action Items - 58 specific solutions, categorized by value in addressing specific allergies and ailments, along with their cost and ease of implementation. - The Maverick Allergy Map - A first-of-its-kind map, available only in this book, of the U.S. displaying the best and worst regions for chronic allergy sufferers (and Arizona is not tops). - Cost-Saving Healthy/Organic Foods Shopping Guide - Strategies for eating healthier, natural and organic foods on a...

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