

How to Keep Yourself and Your  
Loved Ones Out of Harm's Way

# Our Toxic WORLD



## A Wake Up Call

CHEMICALS DAMAGE YOUR BODY,  
BRAIN, BEHAVIOR AND SEX

New York Times Best-selling Author

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# Our Toxic World A Wakeup Call

**Arthur Agatston**



## **Our Toxic World A Wakeup Call:**

*Behind Closed Doors* Joanne Stanton, Christine O'Donnell, 2017-09-26 *Behind Closed Doors* tells the story of two mothers who began investigating serious health issues in their own son and daughter and ended up writing an expose about the declining health of an entire generation of American children. In their relentless attempts to improve the health of their own children they uncovered harmful trends in our food, pharmaceuticals, and environment, all stemming from weak laws and conflicts of interest. What they discovered shocked and ultimately empowered them to get actively involved in questioning and reforming these harmful out of balance practices and to inspire other moms to do the same. *Behind Closed Doors* not only offers scientifically verified evidence of how declining industry practices are harming our kids but showcases solutions like environmental medicine and other integrative health practices. It shares personal success stories and provides tools and solutions parents can immediately implement, equipping and inspiring us all to stand together for change. **The Pure Cure**

Sharyn Wynters, 2012-04-12 The human race has invented nearly every toxin imaginable. In our food there are chemicals that kill pests, make foods ripen faster and grow bigger and lengthen shelf life. In our clothing chemicals make fabrics soft, keep them from wrinkling, make them fire retardant and resistant to stains, and keep them from collecting static. In our kitchens and bathrooms chemicals create suds, remove grease, stiffen our hair, make our skin feel smooth, stop us from perspiring, change our hair color, lengthen our lashes, and make us smell good. Unfortunately, many of these chemicals designed to improve and simplify our lives cause birth defects, hyperactivity, learning disabilities, attention deficit, early puberty, and developmental problems, to name a few. *The Pure Cure* takes readers to a new level of awareness regarding the dangers of the toxins in everyday products and services. Taking a thorough and comprehensive approach, the book guides readers through every room in the house and beyond, identifying problematic toxins and a course of action for eliminating them. The author also points to surprising new areas of concern, makes suggestions for healthy solutions, and provides a list of products and companies that can offer safer alternatives. **PS (PhosphatidylSerine) Nature's Brain Booster A Vital Lipid**

**Nutrient For Memory Mood and Stress**, *Freedom from Environmental Sensitivities* Devi S. Nambudripad, 2005

**Sugar Shock!** Connie Bennett, Stephen Sinatra, 2006-12-26 The perfect guide to getting healthy by kicking your sugar habit for good with 20 simple sugar free success strategies. There's no sugarcoating it; succumbing to sweets too often could damage your health. But to what extent? Most readers already know that succumbing to sweets too often can lead to obesity and diabetes. What many don't know, however, is that too many quickie carbs can bring on a host of other maladies such as brain fog, fatigue, mood swings, heart disease, and even cancer, from which millions may be suffering because of their sugar or carbohydrate habits. In this engaging jargon-free book, Connie Bennett and contributing author Dr. Stephen T. Sinatra bring you the shocking truth backed by medical studies. With insights from thousands of physicians, nutritionists, researchers, and sugar sufferers worldwide, *SUGAR SHOCK* will teach you how to kick the sugar habit for good. Spills the beans on the

shocking impact of simple carbohydrates on aging and quality of life a double whammy for humanity Mehmet C Oz M D host of The Dr Oz Show *Starving into Remission: Alzheimer's, Parkinson's and Multiple Sclerosis Nutritional Integrative Therapies* James C. Tibbetts, 2016-11-13 Alzheimer s Parkinson s and MS can be brought into permanent remission on a Living Foods nutritional therapy approach As a nutritional lifestyle these diseases can be stopped and kept at a distance once they are put into remission through this Live food nutrition therapy This book presents real people some cured and some not it is about clinical experience journal studies testimonials and advanced nutritional understandings This work is about five years of research It involves a major lifestyle change moving into a Live Food or raw vegan diet and doing juice fasting smoothies and juicing Having a positive spiritual approach and exercise routine is also helpful The case studies and testimonials are part of the evidence that these neuro degenerative diseases can be put into complete remission The Promise of Energy Psychology David Feinstein, 2005-11-03 This groundbreaking book explains how to tap into your body s energy not only to change your health but to change your behaviors and thought patterns as well Your body is comprised of energy pathways and energy centers that are in constant motion a dynamic interplay with other energies and with your cells organs immune system mood and thoughts If you can shift these energies you can influence your physical health your emotional patterns and your state of mind The Promise of Energy Psychology gives simple step by step instructions that will help you to overcome fear guilt shame jealousy or anger change unwanted habits and behaviors enhance your ability to love succeed and enjoy life The energy approach presented in this book can help bring about significant change in your life With this strategy stubborn phobias often fade in minutes the lifelong effects of an early trauma can frequently be reduced or completely eliminated uncontrollable anger can rapidly become manageable even elusive physical problems may respond where other treatments have failed The Promise of Energy Psychology is an amazing tool that puts the ability to effect change directly into your hands and finally gives you control over your fears pain and destructive behaviors **So Long Constipation, Part 1** Katarina Nolte, 2013-05-26 In So Long Constipation Part 1 you will learn how to eliminate your constipation by learning what causes it and how this comes about You will learn about the relationship between our daily environment and the gut You will discover in simple detail how things like stress industrial toxins and our modern diet and lifestyle influence the delicate balance of our mind body system You will familiarize yourself with the main aspects of this delicate balance in relation to gut function **The South Beach Wake-Up Call** Arthur Agatston, 2012-10-02 From Dr Arthur Agatston creator of the South Beach Diet comes an urgent message We need to wake up to the reality of just how fat and sick we are as a nation Statistics don t lie In the past 30 years Americans have become heavier and unhealthier than at any time in our history Yet while most of us recognize the devastating toll this is taking on our lives compromising our productivity our self esteem our energy and ultimately our very longevity we seem stuck in the sedentary fast food lifestyle that got us here in the first place But there is hope In The South Beach Wake Up Call Dr Agatston sheds light on the root

causes of our current health crisis and also offers clear actionable advice for addressing and reversing this growing problem. He explains how inflammation brought on by our toxic lifestyle is destroying the body's ability to heal and repair itself and causing our tissues and organs to rust or grow old before their time. He shows why losing that belly fat is far more than just a matter of regaining your bikini body and how lack of sleep and inadequate exercise can rob you of years of vigorous good health. He also takes a close look at the American diet and what should and shouldn't be on the menu and exposes the real cost of eating out and consuming cheap fast food. With a section of brand new recipes created to maximize your intake of Megafoods (those foods packed with anti-aging antioxidants and dense with nutrients, not calories) plus meal plans and an easy-to-follow fitness routine for increasing both core strength and cardiovascular health, *The South Beach Wake Up Call* is an essential prescription for anyone ready for a life-enhancing approach to diet and good health. The book features *The South Beach Wake Up Program*, 7 simple sustainable strategies for age-reversing, life-saving weight loss and optimal health; *The South Beach Gluten Solution* to combat the potential harm that gluten-containing foods can have on sensitive individuals, including gastrointestinal problems, skin rashes, metabolic disorders and a host of autoimmune conditions; *The Wake Up and Move*, 2 Week Quick Start Plan, an exercise program combining both cardio and core conditioning; 15 MegaFoods for Healthy Eating; how to buy healthy food on a budget; how to snack strategically; and 32 all-new recipes from breakfasts to desserts, using MegaFood. Stories from real-life Super Moms who are fighting back and taking control of their families' health plus tips for parents throughout.

*Whole Soy Story* Kaayla T. Daniel, 2005-03-10 A groundbreaking expose that tells the truth about soy that scientists know but that the soy industry has tried to suppress. Soy is not a health food; it does not prevent disease and has not even been proven safe. Epidemiological, clinical, and laboratory studies link soy to malnutrition, digestive problems, thyroid dysfunction, cognitive decline, reproductive disorders, even heart disease and cancer.

*Understanding Multiple Chemical Sensitivity* Els Valkenburg, 2010-01-13 This personal view of multiple chemical sensitivity and environmental illness is supported by research. In a question and answer format, the effects of exposure to perfume, smoke, air fresheners, cleaning products, exhaust, and other air contaminants are examined and linked to symptoms such as headaches, allergies, asthma, and fatigue. The book contains additional testimony and reports from 37 sufferers, as well as listings of resources and related scientific articles.

*Daily Dose of Toxins* Marilyn Chernoff, 2005 Ever wondered why some people are ill in ways doctors seem unable to diagnose? Dr. Marilyn Chernoff's research makes it clear: toxic contamination may be what is affecting us.

*TDOS Syndrome* Peter Greenlaw, 2017-02-14 For over a decade, health and wellness expert Peter Greenlaw has studied the top researchers. His review of research looked at the effects on human health of environmental toxins, nutritional deficiency, overweight, and stress. Now he connects the dots, showing how the interconnections are amplifying these four health-robbing co-factors: Toxicity, Deficiency, Overweight, Stress, into a deadly syndrome that's killing us. How can the human race absorb and process over 700 tons of toxins from the air we breathe every day? What happens as we consume hormones

steroids pesticides antibiotics and birth control chemicals in every glass of water Why are there 275 lethal toxins found in newborn babies And girls as young as three are showing signs of puberty Connect the dots to see how toxins depleted nutrients overweight stress adds up to the perfect storm that's costing us our health Until Peter Greenlaw the researcher on researchers connected the dots no one acknowledged the big picture and sounded the alarm Now the facts are clear The entire spectrum of research tells a bigger health story than we've been led to believe Disregard these facts at your peril Peter Greenlaw has gained enormous support from top experts and authorities across the health and medical global community because he has dedicated his life to trying to answer the real questions Unless we can get enough of the right nutrition back into our bodies to fight this four headed monster we and our families will become weaker sicker and die much earlier than anyone ever thought possible Peter Greenlaw

**The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised** Pamela Compart, Dana Laake, 2012-04 Describes the elimination diet for autism and attention deficit hyperactivity disorder a regimen of eating and drinking that focuses on the elimination of gluten and casein and features recipes background information on autism and ADHD and tips on starting and maintaining healthy eating habits for the entire family

*Never Feel Old Again* Raymond Francis, 2013-10 Francis debut *Never Be Sick Again* helped thousands of people put their incurable diseases into remission shed excess weight and improve their cholesterol profiles and immunity Now he brings his revolutionary approach to readers who want to enjoy robust health and wellness and reverse accelerated aging

*The General Genetic Catastrophe* Nils K. Oeijord, 2011-02-24 Nils K Oeijord's research since 1999 shows that we have a worldwide general genetic catastrophe GGC due to general local and global manmade mutagenic pollution The GGC began in the 1700s increased in the 1800s and exploded in the 1900s The HIGH and INCREASING prevalence and the HIGH and INCREASING incidence of gene damage and genetic diseases all over the world logically prove the existence of the GGC Nils K Oeijord is a science writer a former researcher plant production a former assistant professor mathematics and a former science and mathematics lecturer high school He is the discoverer of the general genetic catastrophe and has earned a place in *Whos Who in the World* 28th Edition in *Great Minds of the 21st Century* 5th Edition and in 2000 Outstanding Intellectuals of the 21st Century 2011 Edition

**Integrative Therapies for Depression** James M. Greenblatt, Kelly Brogan, 2015-12-01 *Integrative Therapies for Depression* Redefining Models for Assessment Treatment and Prevention summarizes emerging theories and research findings on various nonpharmaceutical therapies to treat mood disorders Supported by the review of nearly 3000 scientific studies the book describes the concepts of inflammation genetics hormonal imbalance g

*Natural Treatments for Tics and Tourette's* Sheila Rogers DeMare, 2008-10-21 The practical guide to treating tics and Tourette syndrome using natural and alternative therapies with a focus on environmental medicine and nutritional and dietary therapy Author Sheila Rogers DeMare discusses a range of categories of tics including spasmodic facial movements eye blinking mild sounds and vocalizations She persuasively counters the medical establishment's standard claim

that such disorders are mysterious and based only in genetics The dramatic spike in cases she argues belies this explanation Natural Treatments for Tics and Tourette s takes a closer look at the environmental factors and underlying physical imbalances that trigger these conditions symptoms exploring the status of behavioral and counseling therapies EEG biofeedback homeopathy bodywork energy medicine and Chinese medicine as approaches In this second edition to Tics and Tourette s Breakthrough Discoveries in Natural Treatments DeMare offers a detailed natural treatment plan No more will patients have to rely on traditional drug based treatments that often carry multiple side effects In eight sections the book offers advice from medical experts the latest reports in medical research a checklist of common tic triggers inspirational stories from families who have successfully conquered tics and Tourette s and practical worksheets for readers to use in their treatment and research Each of the 23 chapters includes a place for notes and Takeaway Tips summarizing key points

*Kids Caught in the Psychiatric Maelstrom* Elizabeth E. Root MSW, MS Ed, 2009-09-23 This book offers a warning that American children are receiving increased chemical treatment from psychiatrists and provides a primer on how to improve the emotional health of kids without drugs Maelstrom is an apt metaphor for the inexorable deterioration many children experience inside the mental health system Kids Caught in the Psychiatric Maelstrom How Pathological Labels and Therapeutic Drugs Hurt Children and Families challenges current treatment practices and addresses the critically important issue of excessive prescribing of psychiatric medications to children This encyclopedic work reveals inside the system information emphasizing the theoretical divide at the root of the controversy over diagnosis and treatment It explains how the 1990s decade of the brain replaced talk therapy with biochemical treatments leading to the hegemony of the pharmaceutical industry and subsequently the massive drugging of children Author Elizabeth E Root details common diagnoses and treatments explaining up to date brain research with some surprising interpretations and noting dangerous national precedents to mental screening Finally she illuminates pathways toward solutions and healthier families sharing nonpsychiatric explanations for the nation s increase of troubled children and the rationale and research supporting non drug alternative approaches to childhood distress

*The Adaptation Diet* Charles A. Moss, M.D., 2013-05-07 The Adaptation Diet presents a plan clinically proven to lower levels of cortisol the main stress hormone and a major component of the obesity epidemic By reducing excess cortisol you can Decrease your risk for diabetes heart disease cancer and high blood pressure Lose the fat around your midsection and increase your lean muscle mass Improve your ability to adapt to emotional and situational stress Dr Charles Moss takes readers through a three step program detoxification elimination of common food allergens and the implementation of an anti inflammatory diet with specific advice on the avoidance of toxins and the inclusion of key bioactive cortisol controlling foods and nutrients such as flaxseed powder cold water fish specialized herbs and vitamins In addition using the newly emerging science of epigenetics he explains how diet and environment influence our biological destiny and he provides more than 100 delicious recipes as well as menu plans for life long control of biochemical

stress You ll learn which foods protect gene expression and help reduce your risk for obesity as well as how to protect your children s gene expression before they are even born By following the right dietary suggestions we can change ourselves right down to our genes and reduce our chances for disease



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