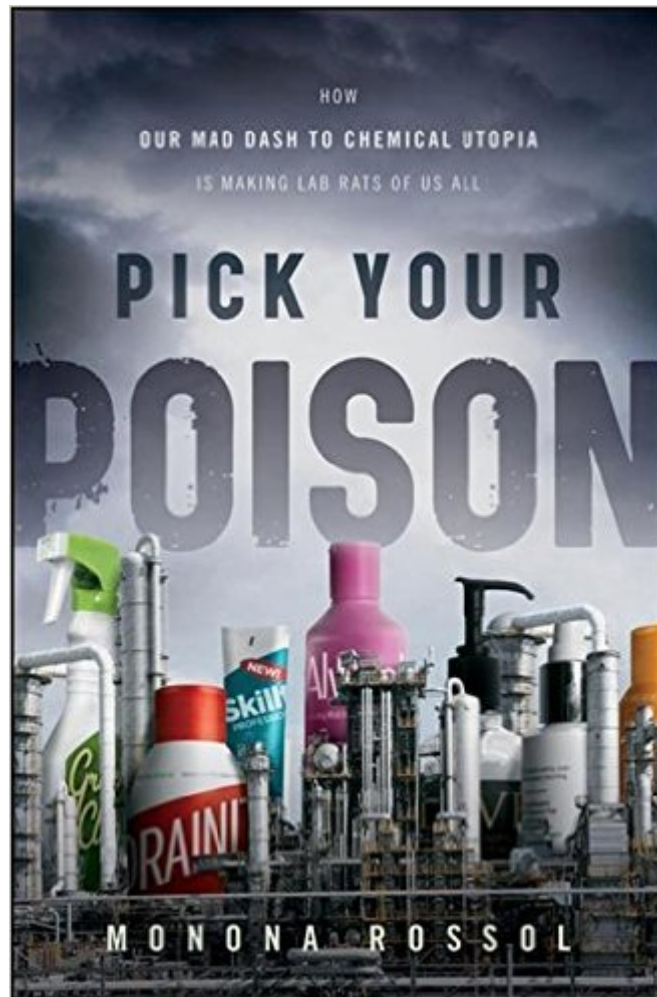


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# Pick Your Poison: How Our Mad Dash To Chemical Utopia Is Making Lab Rats Of Us All



## Synopsis

How the chemicals in everyday products are killing usâ€”and what the government is not doing about itDid you know that ""nontoxic"" usually means ""never tested""? Or that many green cleaners are good for the environment but terrible for you? Chemist and activist Monona Rossol goes from under your sink to the halls of the powerful, tracing Americaâ€™s love affair with chemicals that kill, explaining how much worse the problem has gotten in the last decade. Shocking and appalling and completely recklessâ€”thatâ€™s how she describes the current prevalence of harmful chemicals in our everyday lives. Scientists have started linking our increased rates of cancer, autism, obesity, and asthma (among others) to chemical exposure and Rossol points the finger directly at the companies and executives making millions of dollars by polluting our environment and introducing toxic chemicals into our bodies. She chronicles how everyday toxins get into our bodies and accumulate over time and provides us with inspiration to make changes at the checkout lines. She also explains that Americans are not nearly as well protected by our government as we might think we are. Unlike the European Union, the United States allows chemical companies to produce toxins for use in U.S. consumer products with little to no oversight. While her tone is wry and entertaining, sheâ€™s also well informed, and her fact-filled treatise makes for absolutely terrifying reading.Includes surprising explanations about the chemicals in furniture, detergents, paints, makeup, toys, spray cleaners, ionic air purifiers, art supplies, and more Reveals how many eco-friendly products are good for the environment but bad for your health Exposes the truth about government regulations, product testing, and labeling, including why terms such as ""nontoxic"" (which often means ""never tested""), ""hypoallergenic,"" and ""FDA-approved"" can be misleading Offers practical ways to reduce your exposure and protect yourself and your family If youâ€™re alarmed by the health risks of the many hazardous chemicals we encounter at home, work, and school, donâ€™t get frightened, get informed. Read *Pick Your Poison* to learn the facts and find out what you can do about the daily onslaught of toxins that are making lab rats of us all.

## Book Information

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## Customer Reviews

Because I have small children, I've had concerns about household air and water quality. This book sheds light on the political process that makes it possible to have toxic chemicals so widely available in our air, water, and household cleaning products. We've seen our whole lives how industry dollars fund a constant drive to press their rights at the expense of the health of the consumer. But there's little monetary gain to be had in challenging their claims to try and protect our environment and people's health. I liked the book and am glad that someone is trying to raise public awareness about what is being perpetrated on the consumer by industry interests. That said, I find Earthworm's previous review to represent exactly what good people who care about the truth are against: unsupported claims that seek to publicly and personally attack an individual in order to discredit a viewpoint they oppose. Please! Do you have anything of value to add to the environmental conversation? I'd like to point out that it's you who seems to be bitter, angry and deranged. I've spoken to Monona a couple of times and I found her to be a very reasonable, thoughtful person. Even if you had a valid point, you've provided no details to make it. To me, you sound like either an angry, obnoxious, whack-job, or probably an industry hack looking to discredit her work because people like her cast the light of truth on people like you. Either way, to personally attack someone who has contributed more to the consumer safety dialogue than I'm sure you could if you had 10,000 years to do it, is just Bad Karma. Understand this: the people who'll read Monona's book already know that common sense health decisions are compromised Every Day by industry groups through the political process.

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