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GREEN  ESSENTIALS

The background of the cover features a photograph of several laboratory glassware items, including Erlenmeyer flasks and beakers, arranged on a surface. The image is heavily color-graded with a purple-to-blue gradient, giving it a scientific and somewhat mysterious appearance. The glassware is slightly out of focus, with the central flask being the most prominent.

# THE TOXIC CONSUMER

LIVING HEALTHY IN A  
HAZARDOUS WORLD

KAREN ASHTON & ELIZABETH SALTER GREEN

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# The Toxic Consumer: Living Healthy in a Hazardous World

Karen Ashton

Be scared, be very scared: poisonous chemical substances are in hundreds of thousands of daily products...and then they turn into a part of our blood, our fat, our bodies. The chemical substances that make issues non-stick, flexible, flame-retardant, or stain-resistant are implicated in a excellent diversity of wellbeing and fitness issues, from beginning defects to the emerging charges of yes cancers. More than ever, we wish to know the way to The Toxic Consumer: Living Healthy in a Hazardous World make informed, dependable offerings approximately what we buy, for our personal solid and for the great of our planet. The poisonous purchaser presents the The Toxic Consumer: Living Healthy in a Hazardous World answers, accurately and accessibly. and also you don't must be a scientist to appreciate the information. One by means of one, the consultant breaks down such noxious elements as PFCs, phthalates, perchloroethylene, and formaldehyde and explains what every one is and what threats it poses, what goods comprise those poisons, and the way they have interaction with bodies and well-being. The Toxic Consumer: Living Healthy in a Hazardous World Then it outlines more fit strategies for bedding, flooring, cosmetics, clothing, nutrients and drink, and every thing else we need, making confident options that would support us to lessen our publicity to confirmed destructive poisonous chemical compounds in our day-by-day lives.

nice book. now not a number of scare strategies or anything. simply evidence about what we all know and do not learn about the entire chemical substances in our homes, toiletries, cleaners, etc. additionally has tips The Toxic Consumer: Living Healthy in a Hazardous World about The Toxic Consumer: Living Healthy in a Hazardous World what you are able to do approximately it and alternatives. A needs to learn for everyone.

## The Toxic Consumer Living Healthy In A Hazardous World

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