



Toxic Overload: A Doctor's Plan for Combating the Illnesses Caused by Chemicals in Our Foods, Our Homes, and Our Medicine Cabinets

Paula Baillie-Hamilton

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Don't let everyday chemicals destroy your health.

Environmental health specialist Dr. Paula Baillie-Hamilton explains how chemicals in pesticides, plastics, cosmetics, cleaning solvents, and many other common products build up to toxic levels in our bodies and break down our natural defenses against disease. *Toxic Overload* reveals the scientific evidence that links chemicals to a host of chronic illnesses and offers a three-step program to combat this toxic poisoning, including:

- a 7-Day De-Sludge Diet that shows you which foods will reduce your intake of dangerous toxins
- a body-cleansing supplement program to strengthen immunity and reverse the damaging effects of toxic chemicals
- home detoxification tips that reveal where dangerous toxins lurk in the home and how to implement chemical-free products into your life

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From reader reviews:

Frances Lawler:

The book Toxic Overload: A Doctor's Plan for Combating the Illnesses Caused by Chemicals in Our Foods, Our Homes, and Our Medicine Cabinets has a lot info on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. Mcdougal makes some research prior to write this book. That book very easy to read you can find the point easily after reading this book.

Carlo Young:

Reading a book to get new life style in this year; every people loves to read a book. When you go through a book you can get a large amount of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you want to get information about your review, you can read education books, but if you want to entertain yourself look for a fiction books, these us novel, comics, in addition to soon. The Toxic Overload: A Doctor's Plan for Combating the Illnesses Caused by Chemicals in Our Foods, Our Homes, and Our Medicine Cabinets provide you with a new experience in studying a book.

Wendy Miller:

Is it you who having spare time and then spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Toxic Overload: A Doctor's Plan for Combating the Illnesses Caused by Chemicals in Our Foods, Our Homes, and Our Medicine Cabinets can be the respond to, oh how comes? A fresh book you know. You are and so out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

Irene Gonzales:

On this era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become among it? It is just simple strategy to have that. What you are related is just spending your time very little but quite enough to experience a look at some books. One of many books in the top listing in your reading list is definitely Toxic Overload: A Doctor's Plan for Combating the Illnesses Caused by Chemicals in Our Foods, Our Homes, and Our Medicine Cabinets. This book that is certainly qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking upward and review this book you can get many advantages.

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