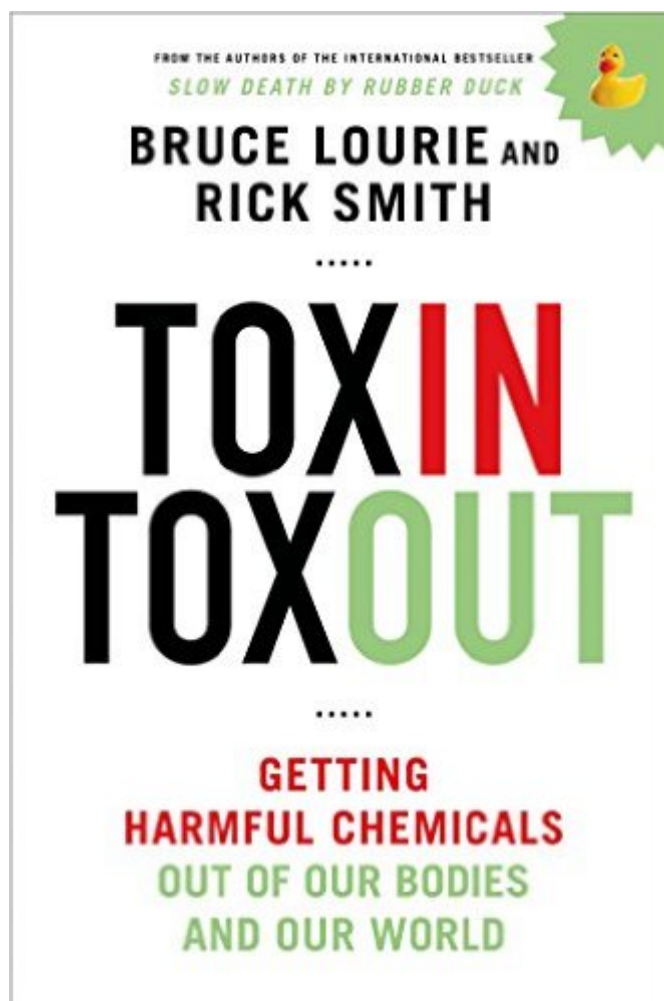


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Toxin Toxout: Getting Harmful Chemicals Out Of Our Bodies And Our World



Synopsis

How do I get this stuff out of me? Bruce Lourie and Rick Smith, two of North America's environmental leaders, have been asked this question on an almost daily basis since the publication of their runaway international bestseller, *Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life Affects our Health*. Their answer? It's not as simple as we'd like, and it's not as easy as we'd hope. But it's too important to ignore. In *Toxin Toxout*, Lourie and Smith give practical and often surprising advice for removing toxic chemicals from our bodies and homes. There are over 80,000 synthetic chemicals in commerce today, and the authors use their outrageous experiments (they and their brave volunteers are the guinea pigs) to prove how easily our bodies absorb these chemicals. With trademark humor, they give us the good news about what is in our control, the steps we can take to help our bodies remove our toxic burden -- and what we can do to avoid it in the first place. Furthermore, Lourie and Smith investigate the truth behind organic foods, which detox methods actually work, if indoor air quality is improving, how we dispose of waste (where do those chemicals go?), and the ins and outs of a greener economy. The result is nothing short of a prescription for a healthier life.

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Customer Reviews

After authors Rick Smith and Bruce Lourie wrote about all of the ways that toxins get in our bodies, in their first book, *Slow Death by Rubber Duck*, this book, *Toxin Toxout*, serves a guide for scrubbing those toxins out. We all know the problems, thankfully, this book gives us answers and

solutions. Even though Toxin Toxout proves how easily our bodies absorb harmful chemicals from the foods we eat, from the products we slather on our skin, and from the air we breathe, the pages also give us plenty of good news about what is in our daily control and the steps we can take for reducing our toxic burden. In their unique writing style, never boring, and even though at times presenting our scary reality, Smith and Lourie manage to be entertaining and engaging. They even poisoned themselves for our collective benefit - and then un-poisoned themselves, as well. My personal hope is that every person not only reads this book, but but pays it forward, sharing with others...there's only so much we can detox on our own!

Loved "Slow Death By Rubber Duck" (the authors' first book) and greatly appreciated this follow up. It is vital to have this information out there and bring more awareness to the nature of our toxin-filled world today, and hence our toxic bodies. The authors did a great job bringing the clear message home of how important it is to choose organic food and natural personal care products, as well as minimize toxins in our home and other environments. It is an empowering book for sure! It is a smooth, flowing read, and culminates with a great ending chapter to focus on the top ten practical solutions to keeping toxins out and helping to get them out. The detox sections could have been expanded upon in many other ways, but I understand and value the perspective it was presented from given the authors' environmental, rather than nutrition or holistic backgrounds. This therefore has to be taken into consideration if one is expecting a detailed detox section. Ultimately what the best takeaway message here was, is that there is no, one quick fix for detox....it is a LIFESTYLE based on what we choose to eat, put on our body, subject ourselves to, etc., on a daily basis. Finally, I know this is a topic that can scare some people enough to attack it as "fear mongering" or such, but avoiding or attacking it doesn't help anyone. This is what is, we live in a toxic world that WE have all helped to create and contribute to through our daily purchasing choices. So let's not put our heads in the sand, and attack the messenger(s), rather let's use the message in a way we are ready for and make the changes in our daily lives that make most sense to us where our health and wellness is concerned.

I was referred to this book by a friend after voicing my concerns about VOC's. I haven't read their first book. It is not an easy read. Half of the book seems to be a rehash of the first book. A quarter is exhortation to be healthier. The other quarter is actual new research they did on themselves. Specifically, one of them went into a steam room and one did chelation. They both drank lots of water. I do not recommend this book. I bought it to learn about detoxification. But that content was

only about 20-30 pages.

This is a great book. It turns out that using a sauna helps detoxify your body than about anything else. I learned that there is a way to use a sauna that is 5 times more effective. The book *Clear Body Clear Mind* tells you how. If you seriously want to detoxify that book will help you.http://www..com/Clear-Body-Mind-Effective-Purification/dp/145722979X/ref=sr_1_2?s=books&ie=UTF8&qid=1458563341&sr=1-2&keywords=clear+body+clear+mind

More and more people are coming down with strange disorders or are becoming fatally ill, and they're wondering why. It's really no mystery. The regulatory system in the United States has collapsed. Corporate capitalism is ravaging the global environment and generating toxic waste at vastly accelerating rates. Our psychopathic, toxic economy is literally killing us. This is all kind of glossed over in Lourie and Smith's *Toxin Toxout*. They avoid radical calls for change, opting instead to be a friendly, Apollonian voice of reason amid the chaos. Though the book is sometimes a bit too indulgent in its flirtation with narrative non-fiction--the topic is serious and I am looking for facts, not a leisurely beach read--it does do an excellent job in summarizing how toxic chemicals are leaking into all aspects of our daily life, and how we urgently need to do something about it. Some helpful tips are mentioned. It's tragic: to live a healthy life these days requires serious commitment and research. Lourie and Smith provide a basic blueprint and perspective for living a healthier life, but the unspoken tragedy--save for a few economic ideas slipped in at the end--is that our entire way of life is toxic and unsustainable. By living in our toxic economy, we're all rolling the dice with our health so that a few major corporations can become super-rich. Will the personal and policy recommendations suggested in the book really fix the problem, or do we require more fundamental change to really detox the system?

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