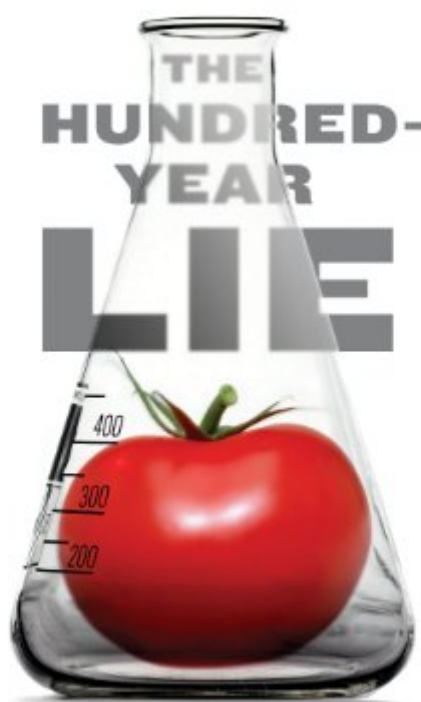


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The Hundred-Year Lie: How To Protect Yourself From The Chemicals That Are Destroying Your Health

HOW FOOD AND MEDICINE ARE
DESTROYING YOUR HEALTH



RANDALL FITZGERALD



Synopsis

In a devastating exposé in the tradition of *Silent Spring* and *Fast Food Nation*, investigative journalist Randall Fitzgerald warns how thousands of man-made chemicals in our food, water, medicine, and environment are making humans the most polluted species on the planet. A century ago, when Congress enacted the Pure Food and Drug Act, Americans were promised a better living through chemistry. • Fitzgerald provides overwhelming evidence to shatter this myth, and many others perpetrated by the chemical, pharmaceutical, and processed foods industries. Consider this: • The average American carries a "body burden" of 700 synthetic chemicals; • Chemicals in tap water can cause reproductive abnormalities and hermaphroditic birth; • One study of lactating women found perchlorate (a toxic component of rocket fuel) in practically every mother's breast milk. In the face of this national health crisis, Fitzgerald presents informed and practical suggestions for what we can do to turn the tide and live healthier lives. From the Trade Paperback edition.

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Customer Reviews

This book, written in 2006 and published in 2007, includes all the things you wish you'd known when they were happening, so maybe--just maybe--had we known them at the time, we might have had a way of stopping them. In retrospect, buying this book was just the tip of my suspicions that something awful was going on with the chemical industry, and that something worse is probably coming in the future. This book is written in everyday language that any lay person can understand. Reading like a can't-put-it-down murder mystery, it's chock-full of sourced, credible information that makes you wonder HOW what's happened was allowed to happen. Decade by decade, the author pinpoints what new health hazards were introduced, and highlights the horror that somebody who was in a position to have stopped these chemicals from destroying our food system, didn't. In the end, what we know is that we were lied to, and continue to be lied to even as the various destructive, individual chemicals are brought to light. The only question is how long can mankind live like this before there is no help or hope? The final word is that you can bring it all home and work to detoxify yourself, and to avoid as many chemicals as possible, but the ongoing question is how long do you even have to do that, if the system that is supposed to watch out for you is actually watching out for Wall Street and the bottom line?

As a specialist in the field of environmental detoxification I found this book to be an excellent source. Here you have a well thought out explanation of our cultures ignorance on the effects of chemical combinations. It is frightening thinking about the level of exposure daily, what concerns me more is how hard it is to find methods, doctors and clinics willing to address this toxic soup creating the sickest generation ever. Thinking that some government organization is going to save us is foolish at least and deadly at most. Your life hangs in the balance, do something! Start by reading this book, think about following this advice reduce, remove, repair, restore, rejuvenate, renew and rejoice at your accomplishment of detoxifying! You must be diligent daily because you are exposed daily, we no longer have the option to wait and see. These chemicals are causing increased levels of cancer, hormonal disruptive conditions, enzymatic disruptive diseases, and neurological disease now in our society. Watch television one evening and the pharmaceutical advertisements should convince you how sick we have become. Children suffer the most because the concentrations of these toxins have a greater impact on their small body mass. I recommend this book to every, patient, friend and family member willing to take responsibility for their own health, I would encourage you to pick up a copy and study it. May you never know what you prevented! Dr Louis H Vastola

I've been working in the scientific instruments industry for over 20 years. Of course, I have known

that there are loads of anthropogenic chemicals all over the place in the environment. Yes it's also been clear that the regulation agencies are just playing catch to develop methods to quantitate these chemicals, never mind do any kinds of long-term studies concerning their toxicity, bioaccumulation and so on. However, despite this background there's still this kind of "yeah, but it should be OK - after all this stuff is being looked at" feeling; wrong! The situation is a lot more dramatic and life threatening than I had begun to believe. 10's - to 100s of thousands of these toxic chemicals are ubiquitous in our environment and for the vast majority of them there have been no toxicological studies at all. Interestingly, the book also discusses the micronutrients in the soil and how in the 30's scientists were warning of impending chronic diseases unless something was going to be done about it. Rescuing the soils was going to be too expensive - so nothing has been done. Although we're all getting fatter - we're undernourished and we are being poisoned. It is no wonder that chronic diseases of all sorts growing in frequency at an alarming rate. Present estimates say that one in three of all people on the planet will get cancer. Within the next few years that figure is projected to climb to 100%. It's written in a way which easy to read and understand and as an additional bonus; It's not all doom and gloom, there are good tips on how to get rid of the toxins in your own life. If you spend any cash AT ALL on health, be it fitness studio, health insurance, wellness or whatever then do yourself (and your loved ones) a favor and get this book, you'll be glad you did.

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