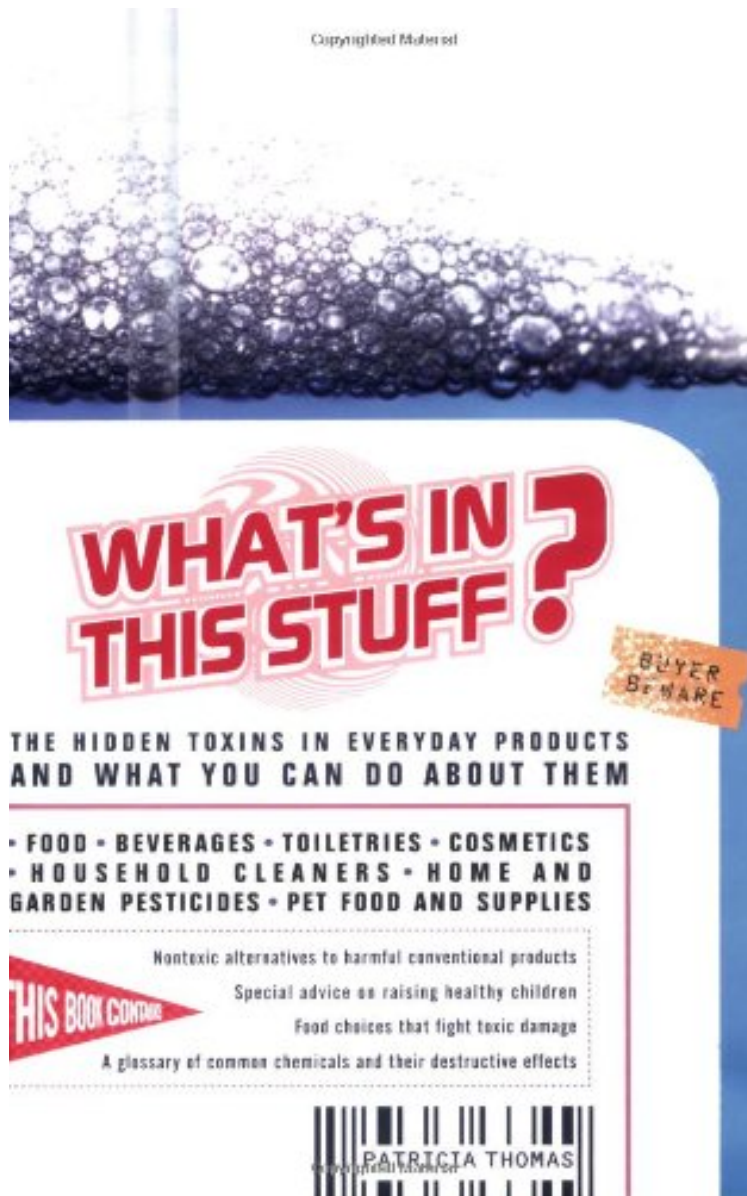


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0 of 0 people found the following review helpful. Everyone who is health-conscious should have this!By LynelleThe author covers most products we use in our everyday lives; she has simple and inexpensive alternatives for some products. At the very least, you can find out which dangerous chemicals are in the items you use, so you can reach for a different, less toxic or non-toxic product. Puts rather a new slant on the term "chemical warfare"...hmmm9 of 9 people found the following review helpful. outstanding and critical to healthBy Pat DavisI have a masters degree from the University of Washington (research based institution) and I am also a breast cancer survivor. I started studying how to build my immune system 3 years ago and discovered some of this then: and it is great to have it in book form. This is an emerging base of public knowledge and critical to health of ourselves and our children. Buy some extra and get them out to your friends and family.9 of 9 people found the following review helpful. A must read!By RSVThis book is incredibly informative. Not only about all the chemicals that companies are bombarding us with everyday, but actual solutions and alternatives to using those harsh products. The author goes into great detail about every category of product that people use, from shampoos and makeup to pesticides and cleaning products.

We all like to buy things that make our lives easier, keep us healthy and provide a bit of luxury. But, few of us are aware that many of the products we buy every day are polluting our homes and bodies. In this fascinating and sometimes shocking book, Pat Thomas reveals that many widely-used products contain a cocktail of cheap, poorly-tested chemicals that are implicated in long-term health problems. Many of us now scan food labels for unwanted ingredients, yet we unthinkingly use toiletries and other products that contain a multitude of undesirable chemicals, believing that what we put on our bodies is not as influential to health as what we put in them. However, scientists now believe that household and beauty products and everyday foods expose us a witches' brew of chemicals that wage a kind of chemical warfare against our bodies. Wide-ranging and practical, "What's In This Stuff?" examines everything from food additives, beauty products and household cleaners, to pharmaceutical products and garden and pet supplies. It also contains a glossary of chemicals and E numbers, a list of the 50 chemicals you should definitely avoid, and suggests non-toxic alternatives to conventional products.

About the AuthorPat Thomas is a journalist and author in the field of alternative and environmental health. She is the author of a regular column - Behind the Label - in The Ecologist magazine and is contributing editor to the influential newsletter, What Doctors Don't Tell You. She is a regular contributor to newspapers, has written a number of books and appears regularly on TV and radio.