



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:

Joshua West:

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