



# Healthy Living in a Contaminated World: How to prevent toxic chemicals from undermining your health

*Donald Hoernschemeyer*

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## **Healthy Living in a Contaminated World: How to prevent toxic chemicals from undermining your health** Donald Hoernschemeyer

What causes cancer, type-2 diabetes and other chronic diseases? Occasionally the cause is defective inherited genes, but more often it's the toxic chemicals that surround us and infiltrate our bodies. Healthy Living in a Contaminated World shines a light on these toxic chemicals and tells the reader what actions he or she can take to have a healthier life. The book describes the types of toxic chemicals that pervade the environment, their sources, how they sabotage our health, and the evidence for their deadly effects on the organs, endocrine system, immune system and nervous system. Readers are informed about how they can avoid exposure to a dozen or more specific toxic substances. One chapter elaborates on the special hazards to a pregnant woman's fetus.

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