

THE TOXIN SOLUTION: HOW HIDDEN POISONS IN THE AIR, WATER, FOOD, AND PRODUCTS WE USE ARE DESTROYING OUR HEALTH--AND WHAT WE CAN DO TO FIX IT

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Products We Use Are Destroying Our Health—
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DR. JOSEPH PIZZORNO

Founder of Bastyr University and Coauthor of the Bestselling
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Review

“Surprising and disturbing, and also illuminating, and hopeful. Dr. Pizzorno, a world-renowned authority on natural medicine, presents cutting edge research that shows how the toxins in our environment and our food make us ill. He gives us clear guidelines for reversing the process and restoring our health.” (JAMES S. GORDON, M.D., former chair of the White House Commission on Alternative Medicine Policy and author of *Unstuck: Your Guide to the Seven-stage Journey Out of Depression*)

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Eliminate avoidable toxins, mitigate the effects of those you can't avoid, and enjoy a longer life with this essential health guide from a pioneer in integrative medicine, Dr. Joe Pizzorno—the author, teacher, practitioner, and founder of Bastyr University, the country's first and largest fully accredited university of natural medicine.

Dr. Joe Pizzorno is convinced that lifelong good health rests on two key determinants: your exposure to toxins and your ability to process them in your body. While lifestyle, diet, and genetics all play a major role in well-being, many symptoms of declining health and chronic disease are rooted in toxic overload—our exposure to a barrage of chemicals, heavy metals, radiation, electromagnetic frequencies, and pollution that are the byproducts of modern life. While the human body has an innate capacity to detoxify, it cannot cope with the elevated levels of toxins we are exposed to today. Most alarmingly, this toxic overload has helped transform once rare diseases into epidemics affecting people of all ages.

In *The Toxin Solution*, Dr. Pizzorno provides the proven detox and tailored methods he has developed to heal toxic overload and restore health in just eight weeks. With this essential guide you will learn how to:

- Avoid toxins in food and the products you use;
- Mend your gut and prepare for detox;
- Support your body in releasing the chemicals;
- Repair some of the damage toxins have caused.

Fortunately, our bodies have a tremendous capacity for healing and recovery. With *The Toxin Solution* you will discover how releasing and avoiding toxins can help you to feel better today—and every day for the rest of your life.

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Three Stars

By Alvin D. Wax

Too wordy with unnecessary examples; very small print in charts that have important information

7 of 8 people found the following review helpful.

Life Changing Book

By gail isaacson

This is an amazing book, which clearly explains in layperson terms, the dangers of the toxins that are pervasive in our lives, along with a comprehensive, doable way to help detoxify and get many toxins out of your life. It's the first book that clearly shows the evidence of how and why toxins are such a problem.

0 of 0 people found the following review helpful.

I suspected packaging, food processing and agricultural methods were ...

By Seattle SL

I suspected packaging, food processing and agricultural methods were introducing toxins to us but it was a subject that was hard to bring together. This book does that. It lays out clearly the sources and health impacts

of various toxins being introduced to our food and our environment. It's a must read!

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