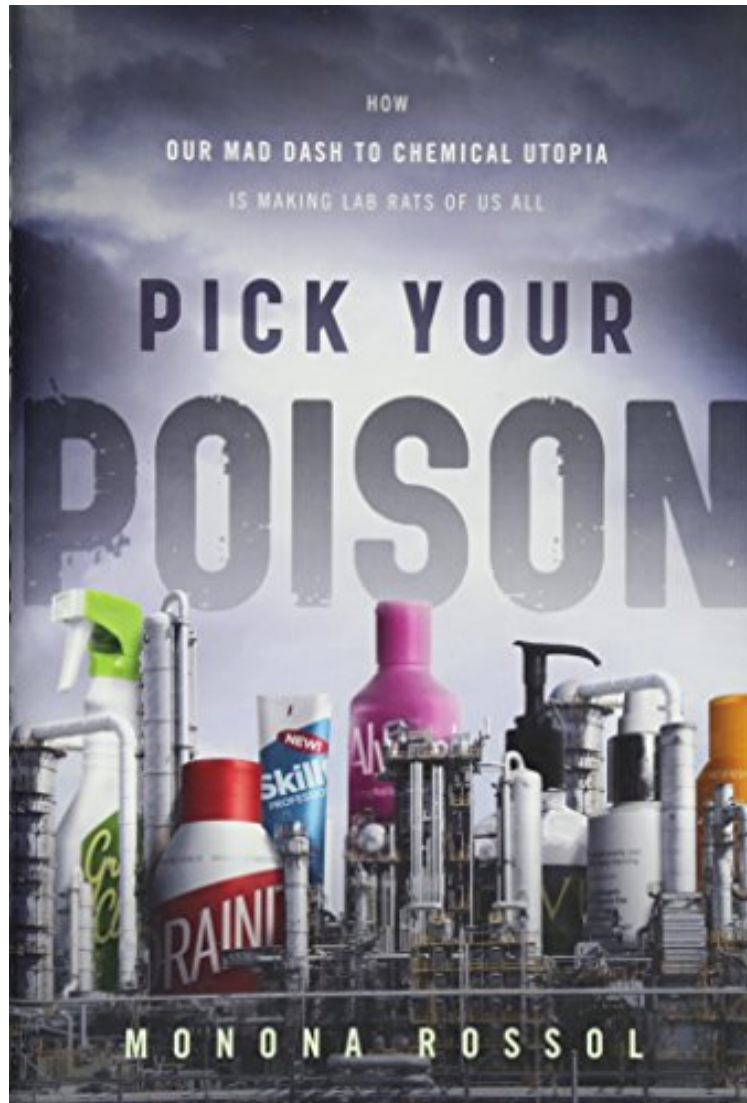


(Mobile pdf) Pick Your Poison: How Our Mad Dash to Chemical Utopia is Making Lab Rats of Us All

Pick Your Poison: How Our Mad Dash to Chemical Utopia is Making Lab Rats of Us All

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Monona Rossol : Pick Your Poison: How Our Mad Dash to Chemical Utopia is Making Lab Rats of Us All before purchasing it in order to gauge whether or not it would be worth my time, and all praised Pick Your Poison: How Our Mad Dash to Chemical Utopia is Making Lab Rats of Us All:

0 of 0 people found the following review helpful. Pick Your Poison by Monona Rossol By Kathy Rossland Pick Your

Poison is a remarkable, fascinating and sobering read. It offers invaluable information for the full spectrum of readers - from layperson to the scientific expert. It is a "must read" for people seeking edification on the inundation of toxic chemicals and substances to themselves and their precious children's bodies. It also offers reasonable suggestions on how to proactively tackle and manage this overwhelming scenario. Monona Rossol brilliantly presents a vast array of complicated subjects in a clear, understandable fashion that is based upon her own internalized understanding of deep, complex scientific issues and extensive experience working in the field to assist others in creating a safer environment. Ms. Rossol has herself made a tremendous impact during her life in battling this toxic soup. This offers hope and inspiration to the rest of us to coalesce and work towards similar goals rather than feel totally alone, helpless and beaten by the greed of big business! As Monona Rossol says: "We at least need to try."

0 of 0 people found the following review helpful. A well written and important book to read about what chemicals are in so many products and foods. By Michael Shapiro I enjoy reading this technical book on everyday and natural stated products and what they can do to the body. The author is very experienced and extremely well educated on the subject. I have not finished this book yet. I look forward reading a few pages each morning. I like to read a book twice to gather information that I didn't catch with the first reading. I think its' an important subject. With all the natural vitamins and food additives we eat I think its important to have as much information as possible. From what I have read in this book it seems that companies slide over what a natural substance can do to the body. Not always good.

0 of 0 people found the following review helpful. I choose to make better choices for my life and my household. By Steve Nice Everyone should buy and read this book! I choose to make better choices for my life and my household. To do so, I must educate myself and take a stand against the unscrupulous corporations who care more about profits than people.

How the chemicals in everyday products are killing us—and what the government is not doing about it Did you know that "nontoxic" usually means "never tested"? Or that many green cleaners are good for the environment but terrible for you? Chemist and activist Monona Rossol goes from under your sink to the halls of the powerful, tracing America's love affair with chemicals that kill, explaining how much worse the problem has gotten in the last decade. Shocking and appalling and completely reckless—that's how she describes the current prevalence of harmful chemicals in our everyday lives. Scientists have started linking our increased rates of cancer, autism, obesity, and asthma (among others) to chemical exposure and Rossol points the finger directly at the companies and executives making millions of dollars by polluting our environment and introducing toxic chemicals into our bodies. She chronicles how everyday toxins get into our bodies and accumulate over time and provides us with inspiration to make changes at the checkout lines. She also explains that Americans are not nearly as well protected by our government as we might think we are. Unlike the European Union, the United States allows chemical companies to produce toxins for use in U.S. consumer products with little to no oversight. While her tone is wry and entertaining, she's also well informed, and her fact-filled treatise makes for absolutely terrifying reading. Includes surprising explanations about the chemicals in furniture, detergents, paints, makeup, toys, spray cleaners, ionic air purifiers, art supplies, and more Reveals how many eco-friendly products are good for the environment but bad for your health Exposes the truth about government regulations, product testing, and labeling, including why terms such as "nontoxic" (which often means "never tested"), "hypoallergenic," and "FDA-approved" can be misleading Offers practical ways to reduce your exposure and protect yourself and your family If you're alarmed by the health risks of the many hazardous chemicals we encounter at home, work, and school, don't get frightened, get informed. Read *Pick Your Poison* to learn the facts and find out what you can do about the daily onslaught of toxins that are making lab rats of us all.

From the Inside Flap Did you know that "nontoxic" usually means "never tested"? Or that many green cleaners are good for the environment but terrible for you? Are your air purifiers, counter cleaners, baby powders, and low-VOC paints doing more harm than good? Could the chemical stew we expose ourselves and our children to every day be causing the recent explosion of autism, diabetes, cancer, and other disorders? In *Pick Your Poison*, chemist and activist Monona Rossol goes from under your sink to the halls of the powerful, tracing America's love affair with chemicals that kill, explaining how much worse the problem has gotten in the last decade. How bad is it? The terrible truth is that no one really knows, and neither the government nor corporations seem eager to find out. Shocking and appalling and completely reckless—that's how Rossol describes the current prevalence of harmful chemicals in our everyday lives. Scientists have started linking our increased rates for cancer, autism, obesity, and asthma (among others) to chemical exposure and Rossol points the finger directly at the companies and executives making millions of dollars by polluting our environment and introducing toxic chemicals into our bodies. *Pick Your Poison* chronicles how everyday toxins get into our bodies and accumulate over time and provides us with inspiration to make changes at the checkout lines. Rossol also explains that Americans are not nearly as well protected by our government as we might think we are. Unlike the European Union, the United States allows chemical companies to produce toxins for use in U.S. consumer products with little to no oversight. While Rossol's tone is wry and entertaining, her fact-filled treatise makes for absolutely terrifying reading. *Pick Your Poison*: Includes surprising explanations about the chemicals in furniture, detergents, paints, makeup, toys, spray cleaners, ionic air purifiers, art supplies, and more

Reveals how many eco-friendly products are good for the environment but bad for your health Exposes the truth about government regulations, product testing, and labeling, including why terms such as "nontoxic," "hypoallergenic," and "FDA-approved" can be misleading Offers practical ways to reduce your exposure and protect yourself and your family If you're alarmed by the health risks of the many hazardous chemicals we encounter at home, work, and school, don't get frightened, get informed. Read *Pick Your Poison* to learn the facts and find out what you can do about the daily onslaught of toxins that are making lab rats of us all.

From the Back Cover"From her own art studio to Broadway to her own home and kitchen, Monona Rossol takes you on a journey into the toxic reality we inhabit, and which inhabits us. This is a tough topic to treat with a light touch, but Rossol pulls it offmdash;along with tips for avoiding the most potent threats to your health."mdash;Mark Schapiroauthor of *Exposed: The Toxic Chemistry of Everyday Products* and *What's at Stake for American Power*Everyone on the planet has already been exposed to low doses of toxic chemicals, from the womb to the tomb, says industrial chemist Monona Rossol. In *Pick Your Poison*, she explains that no one anywhere on earth is born without a bodily burden of DDT, PCBs, dioxins, and more. The world's mothers provide the chemicals to their babies from what is already in their own bodies' fat and bones. Even babies born on South Sea Islands or in the frozen wilds of Canada have toxic chemicals in their littlebodies. In fact, these populations usually have higher levels of toxins because the mothers eat fish and marine mammals that are now highly contaminated worldwide. Could this be related to the ever-escalating rates of chronic diseases and cancer, including skyrocketing rates among children? If so, how will we ever know? The majority of the hundred thousand chemicals we find in industrial and commercial products have never even had basic testing for chronic toxicity and carcinogeniceffects. Industries don't want to spend the money for these tests, and our government doesn't require them. *Pick Your Poison* provides an urgently needed road map for how you can work to change our laws, change our corporate culture, and change the way you shop to protect yourself and your loved ones.

About the AuthorMONONA ROSSOL, an industrial hygienist, divides her time between inspecting work sites, training workers, and delivering expert testimony in court cases involving chemical exposure. She is the President and founder of Arts, Crafts and Theater Safety, Inc., and a regular guest on the Leonard Lopate Show on WNYC. She has lectured and consulted in the United States, Canada, Australia, England, Mexico, and Portugal.