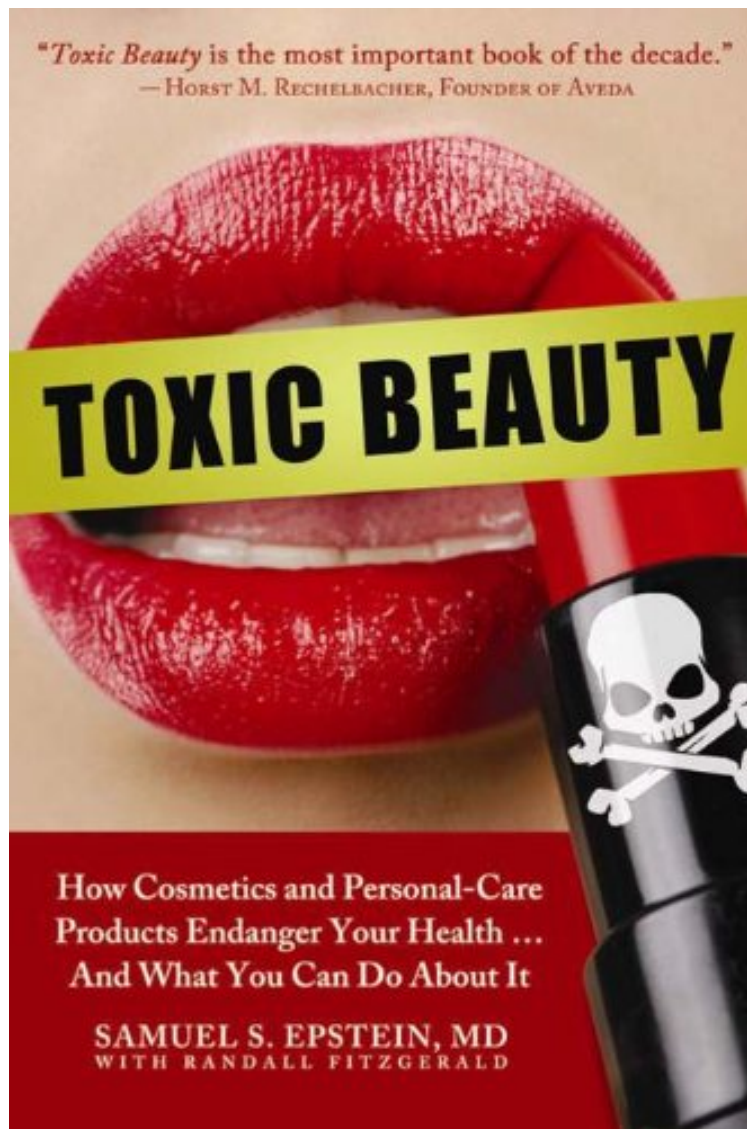


(Read now) Toxic Beauty: How Cosmetics and Personal-Care Products Endanger Your Health... and What You Can Do About It

Toxic Beauty: How Cosmetics and Personal-Care Products Endanger Your Health... and What You Can Do About It

Samuel S. Epstein

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Samuel S. Epstein : Toxic Beauty: How Cosmetics and Personal-Care Products Endanger Your Health... and What You Can Do About It before purchasing it in order to gage whether or not it would be worth my time, and all praised Toxic Beauty: How Cosmetics and Personal-Care Products Endanger Your Health... and What You Can Do About It:

0 of 0 people found the following review helpful. It's a great read.By JennaThis book changed my life. I got rid of all

my synthetic lotions and perfumes while learning about them from this book. I only use coconut oil now and plant based body and hair products!! This book has taken so many toxins out of my life!! It's a great read. :) I strongly recommend it. 3 of 3 people found the following review helpful. A must read!! By E. Schantz This was such an amazing book full of info on the toxins that we surround ourselves with every day! But it is not depressing, because the author gives safe alternatives and options all throughout the book. You come away safer and healthier! 0 of 0 people found the following review helpful. this book details many product dangers we are exposed to daily as a result of the toxic chemical brew in everything we use to look beautiful. Eye opening. By Marcello Disanto What we put on our bodies is as important as what we eat, this book details many product dangers we are exposed to daily as a result of the toxic chemical brew in everything we use to look beautiful. Eye opening.

Splashy ads and commercials for personal care products are everywhere we turn, promising to keep our appearances fresh and our partners satisfied. But do consumers really know what they're applying to their faces and bodies in their quests for youth and beauty? Do they know the health risks they're taking by simply applying lipstick, face moisturizer or deodorant? Toxic cosmetics and personal care products clutter the shelves at retail stores everywhere, and consumers don't know the avoidable risks they're taking by following a simple beauty regimen. Written by Dr. Samuel S. Epstein, a founder and chairperson of the Cancer Prevention Coalition, *Toxic Beauty* gives the lowdown on salon safety, health risks hiding in everyday products, how we put our children in danger and more. *Toxic Beauty* will also educate you and your family on easily implemented solutions through the use of a variety of positive alternatives. Through the help of Dr. Epstein and *Toxic Beauty*, you can protect yourself from the possible long-term effects of a simple beauty product.

Toxic Beauty is the most important book of the decade. As a medical doctor, Sam Epstein clearly understands the causes of diseases such as cancer, diabetes and other inflammatory diseases through the exposure to petrochemical and synthetic toxins found in every day consumer products. This book is a transparent truth of the consumer industry. It is a must read for everyone. --Horst Rechelbacher, Founder of Aveda products Most American women have no clue that the "rugged individual" model held up for emulation includes placing the responsibility for one's health and safety squarely on the consumer's shoulder! When it come to cosmetics, each woman is on her own in judging safety of products - with no meaningful information from the producer and no aid from government watch-dogs. The research, if done at all, can be withheld by the company. Dr. Samuel Epstein is the first to speak out on this "Toxic Beauty" product hazard, and to give women some guidelines for meaningful protective action. It is a "must read" for all those who care about public health! From the Inside Flap "The cosmetics industry has borrowed a page from the playbook of the tobacco industry by putting profits ahead of public health." --Sen. Edward Kennedy, Sept. 10, 1997, at Senate hearings on the FDA Reform Bill Your exposure to cancer-causing, hormonal and other toxic ingredients in these products begins in the womb, through your mother's unknowing use of harmful products, and then steadily continues throughout your lifetime. But unlike cigarettes, which carry cancer warnings on their labels, cosmetics and personal care products include no such cautions. The good news? These exposures are 100 percent avoidable. In *Toxic Beauty*, Dr. Samuel Epstein and co-author Randall Fitzgerald show you how to protect your health and those of your loved ones by identifying toxic ingredients in everyday products such as baby lotions, sunscreens, hair dyes and perfumes. Most consumers simply don't know the dangers in the products they routinely apply to their faces and bodies. *Toxic Beauty* issues a long-overdue wake-up call.