



# Healthy Living in a Toxic World: Simple Ways to Protect Yourself & Your Family from Hidden Health Risks

*Cynthia E. Fincher*

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HEALTHY LIVING IN A TOXIC WORLD explains the myths and the science of how chemicals we encounter in daily life can effect our health. Rather than using scare tactics to sensationalize the impact of individual products, this book provides readers with a framework to understand how neurotoxic chemicals affect your health, where to look for them, and how regulatory and political processes allow the real danger to perpetuate. This book provides an interesting and balanced perspective on real health risks and reasonable precautions you can take to protect yourself and your family.



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