



Holler for Your Health: Be the Key to a Healthy Family

Teresa Holler

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As we have immersed ourselves in products laden with hidden chemicals, society has become plagued with a host of chronic illnesses. In the span of one industrial century the incidence of cancer has soared from 1 in 8000 to nearly 1 in 2. In fact, nearly half of all Americans now suffer from at least one chronic illness. The sharp rise in childhood illnesses such as asthma, autism, ADD, and childhood cancers are especially bothersome. The problem: Toxic chemicals are bad for health and health is getting bad. For every pound of industrial toxin released into our air and water an average of 42 pounds of the same chemicals are used in products intended for use in or around the home. And so our greatest toxic threat comes from our own purchasing decisions. The Solution: This means we have the power to change the state of our health by simply choosing to purchase safer products. The Difficulty: Toxic chemicals are frequently omitted from labels and grocery shopping practically requires a PhD in chemistry. The Answer: Holler for Your Health: Be the Key to a Healthy Family uncovers the truth about the hazardous products lurking in and around your home and provides practical solutions to minimize exposure to harmful chemicals. The Bottom Line: You cannot rely on well-meaning doctors who are not trained to deal with toxic chemicals nor can you expect lax government regulations to insure only safe products line store shelves. You must take control of your family's health in order to increase the odds of remaining healthy in this era of illness. About the Book: Holler for Your Health begins by recognizing the inadequacies of relying on others to protect ourselves and our children. It then provides the information needed to avoid chemicals known or suspected of causing health problems. For instance, the following will be revealed: -the scientific evidence regarding vaccinations and autism -the problem with silver dental fillings -which plastic products are safe and which are not -how to find out what is in your drinking water and how to choose an effective water purification system -how to select less toxic food, children's toys, personal care products, cleaning supplies, cookware, and more. Strategies to avoid toxins are offered to accommodate all families regardless of income. The book culminates in a 10-Step Action Plan to immediately apply this knowledge and achieve a lifetime of better health. Holler for Your Health empowers each of us to take control of our own health rather than focusing on the institutions that are failing to protect us. The solution, to stop treating and start preventing disease, truly is in reach. It lies within each of us.

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