



# Healthy Living in a Contaminated World: How to prevent toxic chemicals from undermining your health

By Donald Hoernschemeyer

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What causes cancer, type-2 diabetes and other chronic diseases? Occasionally the cause is defective inherited genes, but more often it's the toxic chemicals that surround us and infiltrate our bodies. *Healthy Living in a Contaminated World* shines a light on these toxic chemicals and tells the reader what actions he or she can take to have a healthier life. The book describes the types of toxic chemicals that pervade the environment, their sources, how they sabotage our health, and the evidence for their deadly effects on the organs, endocrine system, immune system and nervous system. Readers are informed about how they can avoid exposure to a dozen or more specific toxic substances. One chapter elaborates on the special hazards to a pregnant woman's fetus.

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## **Healthy Living in a Contaminated World: How to prevent toxic chemicals from undermining your health** By Donald Hoernschemeyer Bibliography

- Sales Rank: #785534 in Books
- Published on: 2015-06-05
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .62" w x 6.00" l, .81 pounds
- Binding: Paperback
- 274 pages

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### **Editorial Review**

#### About the Author

Donald Hoernschemeyer has a Ph.D. degree in chemistry. For twenty-five years he did research and development work on new products, such as membranes for desalination, and for ten years he did consulting on polymer technology. He has long been interested in environmental issues, the health of the planet, and the relationship between toxic chemicals and disease. While working on uranium processes he became acquainted with the dangers of low levels of radioactivity. Observing industrial waste effluents in the Delaware and Allegheny Rivers made him think about their effects upon the people living downstream who took their municipal water from the contaminated rivers. While living in the Los Angeles basin he became acutely aware of the toxic nature of smog. Reading about the pollution of air, water, and food in weekly publications of the American Chemical Society initiated a growing awareness of the pervasive nature of the contamination of the environment and its damaging effects on people's health. Publications of several nonprofit organizations dedicated to the health of the environment motivated him to play a part in educating people about the health risks they unknowingly face every day, and how they can avoid chronic afflictions and diseases caused by toxic chemicals in the environment.

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