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Clean Start

By Nancy Spiccia

Zabaglione Press. Paperback. Condition: New. 90 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Toxic chemicals. . . were eating them, breathing them and absorbing them through our skin every single day of our lives. Even more alarming is that were finding these dangerous chemicals in our newborn babies at dangerous levels that are impacting their health. We all want to give our children the best start in life, but what are we to do After years of dealing with her own chemical nightmare and the toll it took on her health, investigative health researcher, Nancy Spiccia, shares the most important changes you can make to protect your family. According to Nancy, its the small choices we make each day that matter most. While its easy to feel overwhelmed by the magnitude of this problem, her book will help you to make more informed decisions to create a healthier non-toxic lifestyle. Learn: How to rid your home of dangerous toxins When to eat organic and when it doesnt matter Which seafood is safest to eat How and why to avoid GMOs (genetically modified foods) How to choose safer personal care products Healthier pest control options How to reduce the indoor air pollution...

Reviews

This is the very best publication i have got go through until now. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i encouraged this book to understand.

-- **Casimer McGlynn**

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

-- **Prof. Buddy Leuschke**