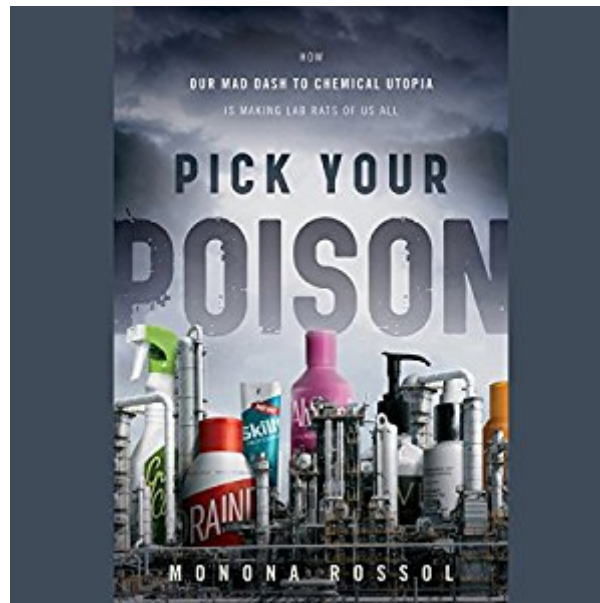


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# Pick Your Poison: How Our Mad Dash To Chemical Utopia Is Making Lab Rats Of Us All



## Synopsis

How the chemicals in everyday products are killing us - and what the government is not doing about it... Did you know that "nontoxic" usually means "never tested"? Or that many green cleaners are good for the environment but terrible for you? Chemist and activist Monona Rossol goes from under your sink to the halls of the powerful, tracing America's love affair with chemicals that kill, explaining how much worse the problem has gotten in the last decade. Shocking and appalling and completely reckless - that's how she describes the current prevalence of harmful chemicals in our everyday lives. Scientists have started linking our increased rates of cancer, autism, obesity, and asthma (among others) to chemical exposure and Rossol points the finger directly at the companies and executives making millions of dollars by polluting our environment and introducing toxic chemicals into our bodies. She chronicles how everyday toxins get into our bodies and accumulate over time and provides us with inspiration to make changes at the checkout lines. She also explains that Americans are not nearly as well protected by our government as we might think we are. Unlike the European Union, the United States allows chemical companies to produce toxins for use in U.S. consumer products with little to no oversight. While her tone is wry and entertaining, she's also well informed, and her fact-filled treatise makes for absolutely terrifying reading. Includes surprising explanations about the chemicals in furniture, detergents, paints, makeup, toys, spray cleaners, ionic air purifiers, art supplies, and more. Reveals how many eco-friendly products are good for the environment but bad for your health. Exposes the truth about government regulations, product testing, and labeling, including why terms such as "nontoxic" (which often means "never tested"), "hypoallergenic", and "FDA-approved" can be misleading. Offers practical ways to reduce your exposure and protect yourself and your family. If you're alarmed by the health risks of the many hazardous chemicals we encounter at home, work, and school, don't get frightened, get informed. Read *Pick Your Poison* to learn the facts and find out what you can do about the daily onslaught of toxins that are making lab rats of us all.

## Book Information

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## Customer Reviews

Pick Your Poison is a remarkable, fascinating and sobering read. It offers invaluable information for the full spectrum of readers - from layperson to the scientific expert. It is a "must read" for people seeking edification on the inundation of toxic chemicals and substances to themselves and their precious children's bodies. It also offers reasonable suggestions on how to proactively tackle and manage this overwhelming scenario. Monona Rossol brilliantly presents a vast array of complicated subjects in a clear, understandable fashion that is based upon her own internalized understanding of deep, complex scientific issues and extensive experience working in the field to assist others in creating a safer environment. Ms. Rossol has herself made a tremendous impact during her life in battling this toxic soup. This offers hope and inspiration to the rest of us to coalesce and work towards similar goals rather than feel totally alone, helpless and beaten by the greed of big business! As Monona Rossol says: "We at least need to try."

I enjoy reading this technical book on everyday and natural stated products and what they can do to the body. The author is very experienced and extremely well educated on the subject. I have not finished this book yet. I look forward reading a few pages each morning. I like to read a book twice to gather information that I didn't catch with the first reading. I think it's an important subject. With all the natural vitamins and food additives we eat I think it's important to have as much information as possible. From what I have read in this book it seems that companies slide over what a natural substance can do to the body. Not always good.

Everyone should buy and read this book! I choose to make better choices for my life and my household. To do so, I must educate myself and take a stand against the unscrupulous corporations who care more about profits than people.

Excellent book by a real authority on the topic. Deep well of knowledge...

This book was entertaining and informative. It arrived promptly, as expected. I had no problems. I often order books on-line and have been satisfied.

very informative

I've read many books about chemicals in products because I'm concerned about environment and our health. I found new information in this book. For example, did you know that citrus oil (which I like to add in my homemade cleaning spray) can actually be toxic because citrus oil react with ozone air pollutant. Cleaning with citrus or pine oil "increase formaldehyde levels in your home". Wow... no wonder, my cat hates when I use spray with citrus oil in the house. I also like how Monona points out that art materials are toxic. I like that she stated again that there is no safe carcinogen level. So every time I look up a product on ewg.com and see that it has even a little cancer concern I reconsider purchasing the product, because thinking "oh, well, it's a very little concern, so we'll be fine" is not ok. "It takes only a single molecule of a carcinogen in the right person, in the right place in a cell, to change the cell's genetic blueprint (DNA) and reprogram it as a cancer cell." I also had no idea that some of the products on the market that are labeled "all natural", "nontoxic" or "hyper allergenic" could be a scam! "Nontoxic" may mean "no IMMEDIATE hazard", but it doesn't mean it's actually safe or not toxic. "Hyper allergenic" is when there is no enough evidence and study to call it allergy-causing, so doesn't really mean YOU won't develop allergy. There is much more crazy thing out there. Great book! Read it, it won't hurt to educate yourself when it comes to our health and life. But i didn't like that she is trying to convince us you can't detoxify yourself. Maybe the author should do more research about this topic... Our body, every cell renew itself. Of course, you can detox your body!

Monona Rossol's latest book, "PICK YOUR POISON" is the culmination of her long career as an advocate for safer materials in schools and homes. She and I were co-founders of the Art Hazards Project within the Center for Occupational Hazards in New York City in 1976, and we continue to work together. Her new book provides a well documented cautionary tale of the lack of a comprehensive system by our government to protect its citizens from toxic exposures. She provides a historical perspective and shows how the system is "still broken" today. It is a wake-up call to those complacent, particularly about their own children's health. In other words, you must question the safety of the all-pervading consumer products around us. You must educate yourself. It is a job

forced on you. Monona tells us how. The most captivating aspect of this book is the interwoven story of Monona Rossol's own struggle, with major successes, to reform the regulatory system and require proper hazard labeling on a range of products. When she talks about the changing laws and regulations, she was there in the forefront contributing.

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