

TOXIN TOXOUT: GETTING HARMFUL CHEMICALS OUT OF OUR BODIES AND OUR WORLD BY BRUCE LOURIE, RICK SMITH

FROM THE AUTHORS OF THE INTERNATIONAL BESTSELLER
SLOW DEATH BY RUBBER DUCK



BRUCE LOURIE AND
RICK SMITH

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From Booklist

Starred Review The authors of the best-selling *Slow Death by Rubber Duck* (2010) return to answer the most common question raised by that book's fans: "How do we get all these toxins out of our bodies?" In a collegial, straightforward style, Lourie and Smith quiz doctors and researchers, converse with wellness activists, visit organic stores and companies and, most interestingly, engage in a variety of experiments to track how the more than 80,000 synthetic chemicals in use today got into our bodies and what it will take to get them out. (Test results after eight hours spent in a warm car will cure you of the "new-car-smell" appeal for life.) Along the way, they drop some eye-popping statistics, such as "over 40% of kids born in the United States today will be diagnosed with cancer at some point in their lifetime," and they identify which companies are pursuing cleaner products versus those who skirt regulations. Scrupulously researched and sourced with thorough chapter notes, *Toxin Toxout* is remarkable both for its content and appealing narrative voice. Simply put, this is a book no one in the industrialized world has the luxury of ignoring. --Colleen Mondor

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How do I get this stuff out of me?

Bruce Lourie and Rick Smith, two of North America's environmental leaders, have been asked this question on an almost daily basis since the publication of their runaway international bestseller, *Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life Affects our Health*. Their answer? It's not as simple as we'd like, and it's not as easy as we'd hope. But it's too important to ignore.

In *Toxin Toxout*, Lourie and Smith give practical and often surprising advice for removing toxic chemicals from our bodies and homes. There are over 80,000 synthetic chemicals in commerce today, and the authors use their outrageous experiments (they and their brave volunteers are the guinea pigs) to prove how easily our bodies absorb these chemicals. With trademark humor, they give us the good news about what is in our control, the steps we can take to help our bodies remove our toxic burden -- and what we can do to avoid it in the first place. Furthermore, Lourie and Smith investigate the truth behind organic foods, which detox methods actually work, if indoor air quality is improving, how we dispose of waste (where do those chemicals go?), and the ins and outs of a greener economy. The result is nothing short of a prescription for a healthier life.

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Most helpful customer reviews

19 of 20 people found the following review helpful.

Must read, act on what you learn and then share.

By Lisa Borden

After authors Rick Smith and Bruce Lourie wrote about all of the ways that toxins get in our bodies, in their first book, *Slow Death by Rubber Duck*, this book, *Toxin Toxout*, serves a guide for scrubbing those toxins out. We all know the problems, thankfully, this book gives us answers and solutions.

Even though *Toxin Toxout* proves how easily our bodies absorb harmful chemicals from the foods we eat, from the products we slather on our skin, and from the air we breathe, the pages also give us plenty of good

news about what is in our daily control and the steps we can take for reducing our toxic burden. In their unique writing style, never boring, and even though at times presenting our scary reality, Smith and Lourie manage to be entertaining and engaging. They even poisoned themselves for our collective benefit - and then un-poisoned themselves, as well.

My personal hope is that every person not only reads this book, but but pays it forward, sharing with others...there's only so much we can detox on our own!

11 of 12 people found the following review helpful.

A Vital Read for Our Times

By Evita

Loved "Slow Death By Rubber Duck" (the authors' first book) and greatly appreciated this follow up. It is vital to have this information out there and bring more awareness to the nature of our toxin-filled world today, and hence our toxic bodies. The authors did a great job bringing the clear message home of how important it is to choose organic food and natural personal care products, as well as minimize toxins in our home and other environments. It is an empowering book for sure!

It is a smooth, flowing read, and culminates with a great ending chapter to focus on the top ten practical solutions to keeping toxins out and helping to get them out. The detox sections could have been expanded upon in many other ways, but I understand and value the perspective it was presented from given the authors' environmental, rather than nutrition or holistic backgrounds. This therefore has to be taken into consideration if one is expecting a detailed detox section. Ultimately what the best takeaway message here was, is that there is no, one quick fix for detox....it is a LIFESTYLE based on what we choose to eat, put on our body, subject ourselves to, etc., on a daily basis.

Finally, I know this is a topic that can scare some people enough to attack it as "fear mongering" or such, but avoiding or attacking it doesn't help anyone. This is what is, we live in a toxic world that WE have all helped to create and contribute to through our daily purchasing choices. So let's not put our heads in the sand, and attack the messenger(s), rather let's use the message in a way we are ready for and make the changes in our daily lives that make most sense to us where our health and wellness is concerned.

18 of 22 people found the following review helpful.

Can definitely tell it's two guys writing one book

By Anya Fenix

I was referred to this book by a friend after voicing my concerns about VOC's. I haven't read their first book.

It is not an easy read. Half of the book seems to be a rehash of the first book. A quarter is exhortation to be healthier. The other quarter is actual new research they did on themselves. Specifically, one of them went into a steam room and one did chelation. They both drank lots of water.

I do not recommend this book. I bought it to learn about detoxification. But that content was only about 20-30 pages.

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