

Learn how to make greener and non-toxic choices in your life with small changes.

The Pool of Toxins Around You

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The Pool of Toxins Around You

Effects of Toxins on Your body and Ways to Eliminate them

Savneet Singh



Most toxins reach in our body when we ingest or inhale them. A few others pass into our bloodstream through our skin or can be released because of dying cells or bacteria invasion. The body is designed to protect and cleanse itself to reduce the burden of toxins. But, this modern world is so much loaded with toxins that the threshold of the body to eliminate them, is crossed and we may face certain life threatening conditions. Thus, we need to pay special attention and put in extra efforts to eliminate those toxins or the sources of toxins from our surroundings. This e-book is all about having non-toxic choices at each step and in every sphere of the life.

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Introduction

There are numerous toxins which surrounds human life everywhere. If you just talk about pesticides, you will be shocked to know that more than 1 billion pounds of pesticides are applied only on U.S. farms, forests, golf courses and lawns every year. According to Pesticide Action Network (PAN), the pesticide use has gone up from the year 2004 as compared to the past 20 years. The present global pesticide market is supposed to be somewhere around \$40 billion, and it is expected to grow at almost 3% per year. With this increase it will reach \$52 billion by 2014. Out of the total use of these pesticides, approximately 80% is used for agricultural purposes. The rest of the amount is used by the people those adopt chemically reliant lawns and landscapes. Moreover, the use of GMO seeds which can tolerate higher applications of herbicides has driven increased sales of weed killers. An amazing book *Toxic Deception: How the Chemical Industry Manipulates Science, Bends the Law and Endangers Your Health*, written by Marianne Lavelle, discloses the fact that around 70,000 different types of chemicals are used in industries today across the world. The huge amount of six trillion pound of these chemicals is produced every year. These chemicals are used in plastic, rubber, fabric, food, fuels, dye and many other industries for various processes.

Despite of knowing and understanding the facts stated above, these chemicals are still everywhere!!

The media assault us daily with some or the other scary facts and figures warning against the harmful effects certain products. Sometimes the information is helpful and some other times not. You get confused what and whom to trust. Even the bigger question arises- WHAT TO DO? This book will bring your attention towards the fact that how the simple choices made in everyday life can reduce the impact of many of these toxins. You find that you have several 'green' choices those can replace the toxin containing products from your day to day life. While reading ahead you will identify more and more toxins present in the world around, it can be astonishing. Please don't become discouraged. You are not required to change the whole world around you because you simple can't do that! You can start with the making changes in simple things like- the water you drink or the cleaner you use at home- and then gradually move on.

The book has some crucial information packed with facts and figures. I have tried to make it user friendly, and may be even a little entertaining, so that readers would be able to absorb the message.

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