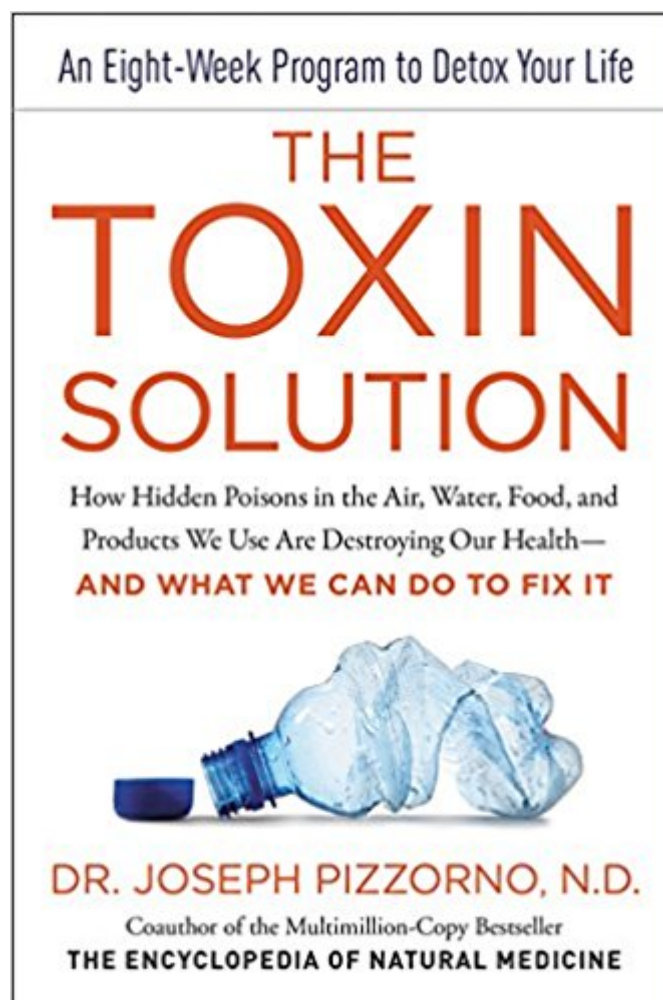


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# The Toxin Solution: How Hidden Poisons In The Air, Water, Food, And Products We Use Are Destroying Our Health--AND WHAT WE CAN DO TO FIX IT





## Synopsis

Eliminate avoidable toxins, mitigate the effects of those you can't avoid, and enjoy a longer life with this essential health guide from a pioneer in integrative medicine, Dr. Joe Pizzorno—the author, teacher, practitioner, and founder of Bastyr University, the country's first and largest fully accredited university of natural medicine. Dr. Joe Pizzorno is convinced that lifelong good health rests on two key determinants: your exposure to toxins and your ability to process them in your body. While lifestyle, diet, and genetics all play a major role in well-being, many symptoms of declining health and chronic disease are rooted in toxic overload—our exposure to a barrage of chemicals, heavy metals, radiation, electromagnetic frequencies, and pollution that are the byproducts of modern life. While the human body has an innate capacity to detoxify, it cannot cope with the elevated levels of toxins we are exposed to today. Most alarmingly, this toxic overload has helped transform once rare diseases into epidemics affecting people of all ages. In *The Toxin Solution*, Dr. Pizzorno provides the proven detox and tailored methods he has developed to heal toxic overload and restore health in just eight weeks. With this essential guide you will learn how to: Avoid toxins in food and the products you use; Mend your gut and prepare for detox; Support your body in releasing the chemicals; Repair some of the damage toxins have caused. Fortunately, our bodies have a tremendous capacity for healing and recovery. With *The Toxin Solution* you will discover how releasing and avoiding toxins can help you to feel better today—and every day for the rest of your life.

## Book Information

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## Customer Reviews

“Surprising and disturbing, and also illuminating, and hopeful. Dr. Pizzorno, a world-renowned authority on natural medicine, presents cutting edge research that shows how the toxins in our environment and our food make us ill. He gives us clear guidelines for reversing the process and restoring our health.” (JAMES S. GORDON, M.D., former chair of the White House Commission on Alternative Medicine Policy and author of *Unstuck: Your Guide to the Seven-stage Journey Out of Depression*)

“Toxin exposure is a growing crisis. The *Toxin Solution* offers a practical solution to a complicated predicament with easy-to-follow steps that show readers how to avoid these deadly compounds and eliminate stored toxins. Essential reading for anyone wanting to avoid hidden poisons, highly recommended.” (Steven Masley, MD, FAHA, FACN, FAAFP, CNS bestselling author of *Smart Fat* and *The 30-Day Heart Tune-Up*.)

“The *Toxin Solution* is the definitive book linking the exploding burden of environmental toxins to chronic diseases including autoimmunity, obesity, and cancer. This book should be a mandatory part of medical school curriculums. And for any human seeking to improve their health, this book is essential reading.” (Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine; #1 New York Times Bestselling author of *Eat Fat Get Thin*; Pritzker Foundation Chair in Functional Medicine, Cleveland Clinic Lerner College of Medicine; Director, Cleveland Clinic)

“Dr. Joseph Pizzorno has crafted a welcome examination of the man-made world and its effects on our health and longevity. Of particular value is a gift that only a seasoned clinician can provide: An abundance of helpful and effective prescriptive advice.” (Peter D’Adamo, ND, Distinguished Professor of Clinical Sciences, University of Bridgeport; Author, *Eat Right for Your Type*)

“This is a must read for anyone seriously interested in how environmental toxins influence human health and what a person can do to reduce their body burden of these disease producing chemicals.” (Jeffrey Bland, Ph.D., FACN, President, Personalized Lifestyle Medicine Institute; Founder, Functional Medicine; Author, *The Disease Delusion*)

“The *Toxin Solution* is another seminal contribution from an enormously insightful healer and thought-leader. While provocative, it is also practical in providing answers to our biggest health challenges. It may also provide the tipping point leading to needed changes in food production, agriculture, and environmental policies.” (Michael T. Murray, N.D.)

“In *The Toxin Solution*, Dr. Pizzorno’s decades of experience create a powerful guide to reduce our exposure to substances that are now recognized as playing central roles in chronic diseases. Even more, he empowers the reader with strategies to offload the burden of toxins, allowing health to flourish.” (David Perlmutter, M.D., author, #1 New York Times bestseller *Grain Brain* and *The Grain Brain Whole Life Plan*)

Why I wrote The Toxin Solution I have been involved in medicine now for almost half a century as a researcher, student, clinician, teacher, lecturer, author and advocate at the local, state and federal levels. Over this time, I have taught tens of thousands of students and doctors, authored or co-authored 11 books, written over 100 articles in scientific journals and cared for tens of thousands of patients either directly or indirectly through sophisticated corporate wellness programs I designed and helped implement. During this time, I have seen a relentless increase in chronic disease and dramatic change in why people are becoming chronically unwell. For much of the twentieth century, the primary causes of chronic disease were nutritional deficiencies and excesses. We all know about the problems with excessive sugar, nutrient-poor food and unhealthy fat consumption. However, starting about 60 years ago, something fundamental changed. Let's use diabetes as an example of what happened. When I first started in medical research way back in 1970, diabetes was rare. In clinical practice in the late 1970s, every year I would only see just a few patients with either Type I or Type II diabetes. But now it has become one of the most common diseases seen by doctors every day affecting around 15% of the population. Taking care of people with Type II diabetes has become the most expensive of all diseases accounting for a whopping 14% of healthcare expenditures. What happened? Toxins. Almost all the diabetes-inducing toxins are new to nature chemicals created by researchers to provide us many of the benefits and comforts of the modern world. Unfortunately, they had many unexpected side effects. These effects have been ignored or discounted by the industries dependent upon these chemicals. On the book's website ([thetoxinsolution.com](http://thetoxinsolution.com)) and in the book is a figure showing that the diabetes epidemic correlates closely with the growing presence of toxins in the environment, food and even health and beauty aids. Of course, correlation does not prove causation--but sure shows where to look. As you can read in TTS, I show the primary toxins which are causing diabetes. The purpose of The Toxin Solution is to help you understand how toxins are damaging your health, where they come from, how to avoid them and the safest and most effective ways to get them out of your body. Extracted from Chapter 1.

The book itself has some great info that more people definitely need to be aware of, but as someone who has done a fair amount of investigating about environmental toxins and health connections prior to reading this book I can't say I learned a ton. I specifically bought the book to get the BONUS advertised on the authors website (you submit your email and order confirmation/receipt # from where you bought the book). After over a month without receiving my

bonuses via email and reaching out to them multiple times with no response back, I am regretting my purchase. What a waste for me!! Maybe they will see my review and finally respond to me inquiries! UPDATE 8-29-17: Still no response from their customer service.

I purchased this book in preparation for a heavy metal detoxing and it has helped a lot it's quite informative I will be removing my amalgam filling's I needed a pre-detox & post detox & this book along with other research I have done will be very invaluable!!!

Written by the co-founder of Bastyr University, this book on detox, tracks the science of toxicity while helping you go through your body in the right sequence to detoxify and restore health while minimizing detox reactions. Highly informative and science-based.

Informative certainly, and I would like to try the plan, but are recipes available for the soups and the moussaka, etc. listed in the meal plans? I couldn't find anything on thetoxinsolution.com site, referred to on p. 210. The meal planning is already a little daunting without having to search out recipes and checking to make sure that they meet the criteria of the detox. I also apologize for putting my question in the review area, but couldn't find a question area for this product.

This is an amazing book, which clearly explains in layperson terms, the dangers of the toxins that are pervasive in our lives, along with a comprehensive, doable way to help detoxify and get many toxins out of your life. It's the first book that clearly shows the evidence of how and why toxins are such a problem.

I suspected packaging, food processing and agricultural methods were introducing toxins to us but it was a subject that was hard to bring together. This book does that. It lays out clearly the sources and health impacts of various toxins being introduced to our food and our environment. It's a must read!

If you are looking for the answers to many of your health issues, this book is a must have. Cleansing is a necessary activity in the chemically laced world in which we now live. The Toxin Solution has made a profound difference in my life and my health.

Dr. Pizzorno is a great teacher (no surprise he founded a university) and it shows in his writing,

which is easy to read and understand, and includes simple steps we all can take to reduce our exposure to toxins. Please read and share this with your friends and families.

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A Doctor's View on How Our Health Care System Is Failing Older Americans and How We Can Fix It (The Culture and Politics of Health Care Work) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,)

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