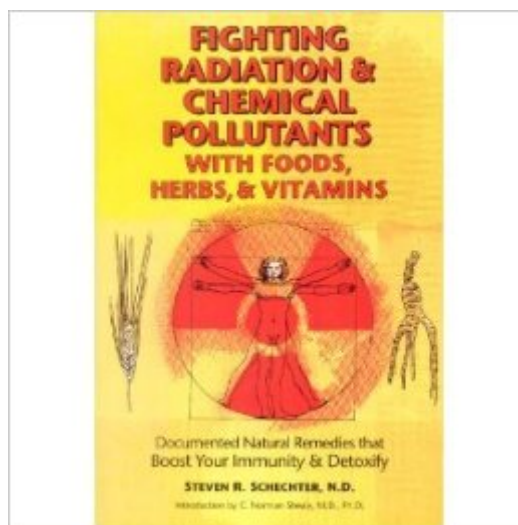


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# Fighting Radiation And Chemical Pollutants With Foods, Herbs And Vitamins: Documented Natural Remedies That Boost Your Immunity And Detoxify



## Synopsis

Our physical and emotional health is constantly impacted by innumerable threats - from indoor radon gas to chemical toxins to cigarette smoke to polluted air and water. Here at last is a practical guide that will reduce the risks of these and other toxins of our nuclear and industrial age. In this comprehensive self-help manual, naturopathic doctor Steve Schechter shows you how to use widely available foods, herbs, vitamins and minerals, as well as other remedies to accomplish the following: Boost immune system \* Detoxify from chemical pollutants, radiation, x-rays, drugs, and alcohol \* Prevent or treat degenerative diseases such as cancer and heart disease \* Generate maximum vitality, health and longevity. These natural remedies are safe and effective. They have passed the tests of time and clinical experience. Numerous charts, appetizing and vitalizing recipes, and easy-to-follow lifestyle suggestions are included.

## Book Information

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## Customer Reviews

I first came across this book several years ago while searching for ways to combat the spinal and muscular deterioration I was experiencing from radiation therapy for childhood cancer in 1954. In this substantial book, Steven Schechter has provided excellent information, backed by extensive research. *Fighting Radiation and Chemical Pollutants* has become a trusted resource guide for me. Unlike many books on nutritional answers to physical needs, this book offers solid documentation of medical research (almost 2 dozen pages of bibliographical notes) for the foods, nutrients, herbs, and activities it recommends. It also teaches -- in a readable balance of detail and simplicity -- how radiation and chemicals affect the human body, and how to utilize recommendations. As a

naturopathic doctor, Schechter offers us refreshing alternatives to drug therapies and lives of pain. Just using a portion of the nutrients (high-quality only) listed in this book - in combination with other traditional and non-traditional therapies such as chiropractic, therapeutic massage, manual physical therapy and water exercise -- has made a big difference in my quality of life and kept me from the need for drugs and surgeries. Whether the radiation or chemical exposure is environmental, industrial or medical, this book offers effective weapons for those fighting after-effects, and practical help for those looking for front-line protection against future exposure.

Even though this book is out of print I found several options for purchasing would highly recommend this book on ways to fight today's polluted food additives and radiation we seem to be exposed to on a daily basis. Using some of the ideas presented in this text I already feel better. Money well spent.

It is very informative. As someone who underwent two brain operations and 30 sessions of radiation it gives me good practical advice with nutrients and ways to combat the aftereffects of the radiation.

If you want to learn how to protect yourself from radiation and chemical pollutants using foods, herbs, and vitamins, this is the book for you. I ordered a used version, saved some bucks, and the book is in great shape. Why buy NEW when a perfectly good book works just as well. Dollar saved, is a dollar earned..... it's not just about saving "pennies" anymore.

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