

BOOK REVIEW

OUR TOXIC WORLD A WAKE UP CALL

How to Keep Yourself and Your Loved Ones Out of Harm's Way

By

Doris J. Rapp, M.D.

Book Review by Laurie Teitelbaum, MS, NP

If you want specific helpful answers about the sources of exposure to heavy metals, pesticides and harmful chemicals, their toxic levels around you, how they affect your health and what you can do about it, you will find your answers in the book, "Our Toxic World, A Wake Up Call" by Doris Rapp, M.D. This book contains everything you need to know about the effects of the toxic, polluted environment we live in. Rapp's book is an eye opener. It describes how innocent looking chemicals we encounter in our everyday environment can take a large toll on our health and our lives. This book explains in detail how certain chemicals can damage our body, brain and cause behavioral problems. Chemicals can even affect our sex lives.

Scientific proof is presented in this book to illustrate the frightening changes seen in our wild-

life due to chemical exposure. Evidence shows that symptoms seen in animals are now becoming increasingly common in humans.

Rapp's book can help you figure out when and where you have been exposed to harmful chemicals and discusses the many different ways chemicals can affect you and your loved ones. Finally, Rapp describes how we can work with our doctor to document our suspicions regarding the harmful chemicals we are exposed to, and find relief from our symptoms.

Relieving your present symptoms is important, however, equally important is learning how to prevent future medical problems due to chemicals. This book can empower us and help us recognize that practical answers do exist. Some answers are

inexpensive, easy and effective. Prevention and avoidance are the keys. Detoxification and elimination of harmful chemicals from your body and surroundings, as much as is reasonably possible, is a must. As this book explains, healthy practices can turn your life around. The present and future health of humans and other living beings is at risk. Becoming aware of the issue at hand is the first step, then making a few sensible changes can provide dramatic results.

This book is strung together by ten valuable chapters.

Chapter 1: Chemicals and pesticides can hurt you and those you love..

Chapter 2: How can you tell if chemicals hurt you.

Chapter 3: You know what is wrong. Now what do you do?

Chapter 4: Can chemicals affect behaviors, activity, learning and child development?

Chapter 5: Sex and chemicals

Chapter 6: Just how contaminated are we?

Chapter 7: How helpful are pesticides and how are we protected?

Chapter 8: Why and how to protect your home and town?

Chapter 9: Serious monumental changes: Genetic Engineering, Recombinant Bovine Growth Hormone and Irradiated Foods.

Chapter 10: It could happen to your family.

The references at the end of each chapter are very helpful for the reader if he or she wants to learn more about toxic exposure and to find a source to help with detoxification or total elimination of the chemicals from the body. Dr. Rapp is very open towards alternative and complementary therapies and provides ample research data to back up her theories and statements in each chapter.

Summary of the Book: "Our Toxic World, A Wake up Call" by Doris J. Rapp M.D. is indeed a wake up call for everyone, demanding that we learn more about our familiar surroundings and start to do something about our situation with regards to toxic chemicals. The good news is that this book gives us sensible options for a life of greater health and well being!

You can order the book from the following website:

www.drrapp.com

Tel. 800 787-8780

ISBN: 1-880509-08-3

Laurie Teitelbaum, MS., , NAET Practitioner
Kailua Kona, HI

Request Reprints:

NAR Foundation