



# Toxic Free: How to Protect Your Health and Home from the Chemicals That Are Making You Sick

*Debra Lynn Dadd*

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## Toxic Free: How to Protect Your Health and Home from the Chemicals ThatAre Making You Sick

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**From the *The New York Times*"Queen of Green" comes the ultimate guide for finding and eliminating the toxic chemicals in your home today.**

There is no longer any question that consumer products contain toxic chemicals harmful to our families. But how do we protect ourselves, and where do we start?

In *Toxic Free*, Debra Lynn Dadd, hailed by *The New York Times* as the "Queen of Green," discusses the hidden toxic chemicals already present in our homes, their varying degrees of danger, and precise, proven methods for eliminating them from our lives in a cost- effective, environmentally friendly way.

Are you suffering from unexplained headaches, fatigue, or depression? Are you worried about the link between chemicals in the home and the rising rate of cancer? Or are you just looking to save money (and the planet in the process)?

From tips and do-it-yourself formulas to world-class research and in-depth exploration and explanation, this book provides:

- a basic understanding of how toxic chemicals in consumer products affect your health;
- all the tools you need to remove these toxins from your home and body- starting today;
- and helpful guides on how to immediately save money on home-care products, as well as on the rapidly rising cost of your health care.



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