



The Hundred-Year Lie: How to Protect Yourself from the Chemicals That Are Destroying Your Health

Randall Fitzgerald

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In a devastating exposé in the tradition of *Silent Spring* and *Fast Food Nation*, investigative journalist Randall Fitzgerald warns how thousands of man-made chemicals in our food, water, medicine, and environment are making humans the most polluted species on the planet. A century ago in 1906, when Congress enacted the Pure Food and Drug Act, Americans were promised "better living through chemistry." Fitzgerald provides overwhelming evidence to shatter this myth, and many others perpetrated by the chemical, pharmaceutical, and processed foods industries. In the face of this national health crisis, Fitzgerald also presents informed and practical suggestions for what we can do to turn the tide and live healthier lives.

Consider this:

? The average American carries a "body burden" of 700 synthetic chemicals

? Chemicals in tap water can cause reproductive abnormalities and hermaphroditic birth

? A 2005 study of lactating women in eighteen U.S. states found perchlorate (a toxic component of rocket fuel) in practically every mother's breast milk



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Ronald Smith:

In this period globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The actual book that recommended to you is The Hundred-Year Lie: How to Protect Yourself from the Chemicals That Are

Destroying Your Health this publication consist a lot of the information in the condition of this world now. This kind of book was represented how do the world has grown up. The language styles that writer make usage of to explain it is easy to understand. Typically the writer made some study when he makes this book. Here is why this book suited all of you.

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