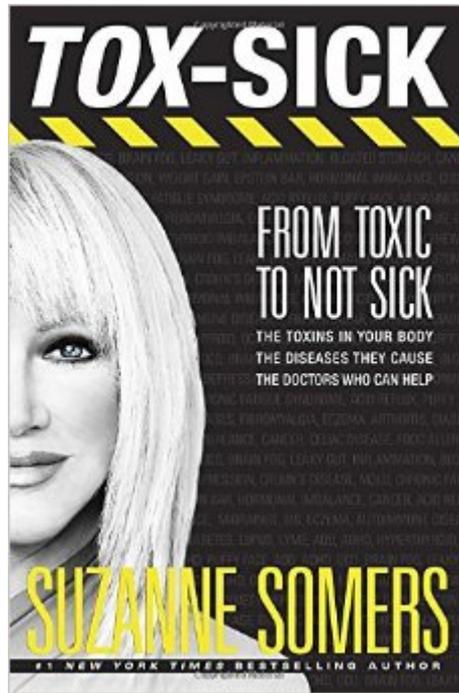


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# TOX-SICK: From Toxic To Not Sick



## Synopsis

“Suzanne Somers, in *TOX-SICK* Pioneering health and wellness advocate, Suzanne Somers, delivers a powerful answer in this expose on the immediate and long-term dangers of living in a world that has become increasingly toxic to our health. The build-up of toxins in our bodies can lead to myriad health concerns including weight gain, food allergies, brain disorders, cancer, among many others. Moved to investigate by her own family’s plight, Suzanne sits down with environmental doctors and specialists who share eye-opening information and practical advice for how to survive, thrive, and stay healthy today. In *Tox-Sick* you’ll learn how to effectively detox all your body’s systems and the different survival skills that can save your life, from top experts in the field, including: DR. SHERRY ROGERS, an environmental doctor for over 40 years, shares the truth about detoxification and where you will likely be if you don’t take it seriously. DR. NICHOLAS GONZALEZ shares where cancer comes from and how to manage it by detoxifying the liver and supplementing with enzymes. DR. RITCHIE SHOEMAKER alerts you to mold toxicity, the newest threat to your brain and wellbeing and just what to do to fight for your health. DR. WALTER CRINNION teaches what everyday objects to avoid and the simple diet and lifestyle shifts to clean up your health and home in mere weeks! DR. STEPHEN SINATRA, America’s leading integrative cardiologist, explains that we have been approaching heart disease all wrong: a healthy gut, detoxed body, and quality fats are each crucial and cardioprotective. DR. GARRY GORDON shares new protocols for removing toxic lead from the body, as well as ways to keep the most important gland in your body, the thyroid, clean and healthy. From diet and supplement advice to coconut oil cleanses, everything you need to live clean and enjoy great health is in your hands. From the Hardcover edition.

## Book Information

Paperback: 384 pages

Publisher: Harmony; 1 edition (April 19, 2016)

Language: English

ISBN-10: 038534774X

ISBN-13: 978-0385347747

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (454 customer reviews)

Best Sellers Rank: #18,492 in Books (See Top 100 in Books) #73 in Books > Health, Fitness & Dieting > Women's Health > General #366 in Books > Health, Fitness & Dieting > Alternative Medicine

## Customer Reviews

My general sense of this book: Lots of great information offered, but the reading experience is too much like sitting through an infomercial. To begin with, most, if not all, of this information is not new. That being said, the content is arranged well and is easy to follow. Somers talks about a variety of issues behind chronic illnesses, from diet and digestion to environmental toxins like mold. She offers insight into avoiding the pitfalls of our modern life, as well as treatments for the wide array of resulting chronic health problems. While the tone is overly enthusiastic, bordering on preachy, the content is solid and well researched. She also interviews a few doctors at length, offering us a professional viewpoint. All good, right? Not so much. And here we come to my main problem with this book. Somers tells us throughout her narrative that each of us can get well if we simply follow her instructions and see the right doctors when necessary for treatment. She proclaims this with such excitement, over and over, that we begin to believe her. Until we take a closer look. To give you a general idea: I have chronic Lyme disease with severe neurological complications. In this book, Somers mentions a doctor who has an incredibly high success rate in treating this disease. She talks about his treatment plan and how anyone in my situation can get well. I looked him up and found, much to my amazement, that he is within a 45 minute drive from my house. I was thrilled. Momentarily, at least. Then I explored his website. No insurance information, because he does not accept insurance. (Most of his treatments wouldn't be covered, anyway.) But I'm prepared for that. What I want is a cost estimate. I looked. And looked. His website doesn't even list the cost of an office visit. Not a good sign. Next I explored message boards talking about his treatment. And, yes, patients love him. The cost? A minimum of \$3,000 per WEEK! Someone like me, with long term, multiple problems, would need about six months to stabilize just enough to cut visits to once or twice a month. Not once throughout this book does Somers acknowledge the absurdity of her proclamations for those of us who do not have unlimited funds. Even for those with an upper middle class income, following these treatment plans for any sort of chronic illness is an impossibility. If you're wealthy, then, sure, this book and these doctors will help you. If you're an average person with a chronic illness mainstream medicine can't handle, then you're still very much on your own. But don't despair yet. The last quarter of the book lists an assortment of ailments, along with all the supplements/herbs you need to take in order to get well. Somers even gives us the best brand and

recommended dosages for treating the ailments. So, if we can't afford the doctors, we can at least help ourselves this way. Right? Maybe. Depending on how sick you are, that is. If I took every supplement recommended for every symptom and health issue I have, I'd need to stop paying my mortgage. Even if I could afford it, I'm not sure I could swallow that many pills. I should also mention that all the recommended supplements come from companies Somers has her hand in. She directs us to these websites several times throughout the book. One website of hers won't even allow me to look at articles unless I sign up, which I won't do, so I have no idea how helpful anything there might be. In the end, I found this book too self-serving, and completely out of touch with the main problem many of us with chronic illness face: finances. While some of the content is important, this is not the book I'd recommend reading. \*I received this book via Blogging For Books, in exchange for my honest review.\*

This book is a must read. We are all subjected to chemicals and toxins daily, even if we're careful. We can't get away from some of it, but this book informs you of what you CAN do, and offers sensible solutions. This book mentions that these problems that plague so many of us are not normal: sleep problems, headaches, fatigue, depression, bloating, allergies, sinus problems, unexplained weight gain, acid reflux and heartburn, stiff joints and muscles, brain fog and on and on. We're not sick, but we're not well either. Cancer, heart disease and Alzheimers are on the rise. Doctors take a wild guess and hand you yet another prescription drug to mask your problems, not cure them or prevent them. Read this book and be informed. Our government agencies and big business allow horrible things to be dumped onto us in various ways and try to persuade us that it's OK. This book could literally save your life and the ones you love. Definitely read it and follow the excellent advice. Wake up, America!

Suzanne just keeps it goin...another hit..This isn't Suzannes ideas, she is merely a vehicle to getting the information.. High sought after Doctors help us learn how to stay healthy. Its never to late and if you can only apply half of it, then you are half way there.I am glad Suzanne offers this information in one book,Thanks Suzanne, again you have helped someone..Lisa

A special thank you to Crown Publishing and NetGalley for an ARC in exchange for an honest review. Great cover! TOX-SICK: From Toxic to Not Sick by talented Suzanne Somers, is a "must read" for all women and men of any age, and especially parents in today's toxic world--from foods, belly fat, chemicals, to the environment; deadly. I read a number of books on this subject,

due to my serious MCS (Multiple Chemical Sensitivities), and severe food allergies; this is one of the best- highly recommend! 5 Stars ++Toxins are the invisible enemy. They have invaded our lives, our homes, our places of work. You cannot see them but they are there wreaking havoc on our health and environment. We are exposed to more than six thousand common everyday chemicals and each of them come with a list of symptoms. Toxins have many ways of interfering with the normal physiology of life. We are all overloaded, and we have reached a breaking point.From big business, government, FDA, drug companies (deceit); our water, our air, our food and its packaging; creating serious illnesses such as cancer, heart disease, Alzheimer's™s, Parkinson's™s, autoimmune diseases, thyroid issues, ADD, allergies, and the list goes on and on. Toxins can mimic and lead to all of these issues. These chemicals were not meant to be processed by the human body. "95% of cancer is caused by diet and the environment."The purpose of this book is to unravel the mystery illnesses in your body and offer you the recipe for health, for change. We have to take a stand, and take control of our health. I am a firm believer, and is reiterated in TOX-SICK. It is up to each of us, to control the amount of our individual toxic exposure. To live and thrive, we need to truly think about every product we use and every bite of food we take. (I do). No-drug solutions do exist. (I am living proof). Learning to detox your body is key to a better life to effectively fight and reverse the effects of this phenomenon. You have to rid your body of these toxins, and replace with nutrients to heal.'In addition to being a talented actress, advocate, and a successful business woman, Suzanne has always been my go-to author for years, when it comes to health, fitness and wellness. I admire her passion, drive, and intelligence, in regards to healthy living. I am in total agreement " TAKE CONTROL OF YOUR HEALTH by the choices you make regarding your diet and your lifestyle.I am very obsessed with allergies, foods, toxins, wellness, and health facts. Having read ALL her books, she is my hero, as I devour each and every one of them. For the last fifteen years, I have been impassioned about learning how foods, medications, and our environment contributes to health; from toxins, allergies, to hormones. I appreciate how Somers incorporates and works with a list of highly trained medical professionals, and offers readers a wealth of information; nicely packaged, very informative, researched, useful examples, and summarizes each chapter with a wrap up. I particularly enjoyed the cancer parts, since my mom has colon cancer which has metastasized to the liver and the abdominal area, and in particular steps to take to rid the liver of toxins when taking chemo, as well as the myths of cholesterol and low fat deceptions. (also proactive solutions).From the low-fat food movement, processed, sugar filled foods, plastics, chemicals, pesticides, toxic mold, overuse of pills, GMOs and EMFs, TOX-SICK addresses it all, and most of these we interact with daily (a scary thought).Being

in the same age range and growing up in the same generation, as Suzanne--I have experienced this toxic thing from childhood, teens, marriage, and child bearing, divorce to menopause. I am a stickler for researching medical information regarding my health, and have actually taken her books highlighting page after page and bookmarking to the doctors and specialists for my visits to discuss (thanks), among other information from online research. Knowledge is power. Just because the doctor says something, does not mean you do it. This is my pet peeve with friends and family. It is your body. Start with your food and what goes in to you body -pay attention. Thank you Suzanne, for this insightful book. Many folks have begun taking a stand against our toxic world, with blogs, recipes, and education. I bookmarked so many pages in this book; some valuable information to refer to, time and time again. This is not a once read book. On a side note: I am thrilled Panera Bread has taken the step recently with their cleaner journey mission; hope it will be an inspiration for others to follow, naming all NO, NO chemicals, additives, and preservatives in their foods; the ones which do not exist, and the ones which will be removed by 2016. Wow, think about it! If Panera has a list this long, can you imagine McDonalds or other fast food restaurants? Our children deserve optimum health and so do we! We need more books like TOX-SICK to educate, create awareness, and help rid our toxic world of poisons, illnesses, and diseases. I highly recommend this book and all Suzanne's books! Read, study, and act now, as you can reverse the damage in your body by taking charge of your personal health and the choices you make from this moment on relative to diet and lifestyle. I urge readers to also visit ForeverHealth.com which offers a wealth of information. These last few years have been a learning experience, and with the help of experts like Suzanne, and some others, assisting us along the way, by providing updated and helpful health and wellness information in one spot, saving hours of time researching numerous websites and material. (as I have done for years). In addition to Susan's books, if you enjoy this journey, would also recommend two additional books, both excellent references for a vegan and allergy-free healthy cooking lifestyle. Deliciously Ella by Ella Woodward and Cooking Allergy-Free by Jenna Short.

Suzanne has hit another home run with TOX-SICK!!! This is a must read for everyone whether you are in perfect health or struggling with an illness. We are all being blasted with toxins everyday and we need to understand, be aware, and be proactive in protecting the most precious gift we have -- OUR HEALTH!!!! Thankfully she is using her celebrity for something extremely important for all of us.

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