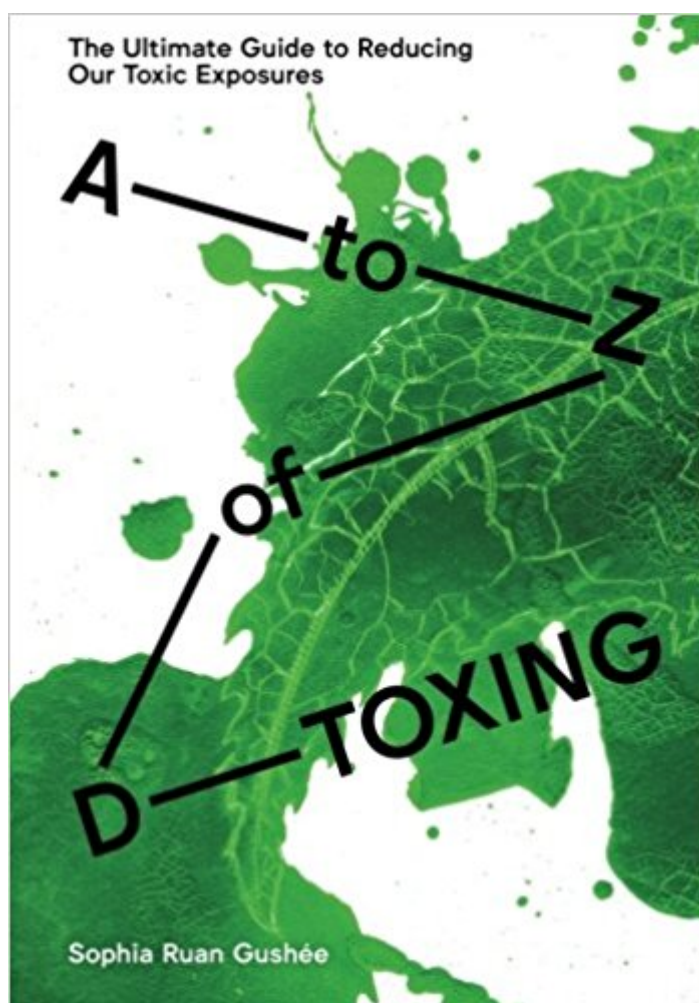


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# A To Z Of D-Toxing: The Ultimate Guide To Reducing Our Toxic Exposures



## Synopsis

Health-conscious mother of three, Sophia Ruan GushÃfÂ©e thought she knew how to be healthy: she ate well and exercised a lot. Only after she became a mother did she become aware of an overlooked influence on health: toxic exposures. Avoidable toxic exposures pervade not just our outdoor environments but also our homes, bodies, and diet. Their impact on health can be most influential during periods of rapid biological development, which makes protecting children a top priority. Research is linking everyday toxic exposures to many adverse health effects, including skin issues, asthma, allergies, cancer, developmental disorders (like attention-deficit/hyperactivity disorder and autism), fertility challenges, hormone disruption, obesity, precocious puberty, pregnancy issues, and more. Inspired to become a truly conscious parent and to provide her young family with a healthy foundation, Sophia invested nearly ten years identifying practical approaches for reducing her family's unnecessary exposures. She strives for a practically chemical free home and one that is mindful of electromagnetic fields (EMFs). Avoiding toxins in household products is key to minimizing harmful chemicals at home. In *A to Z of D-Toxing: The Ultimate Guide to Reducing Our Toxic Exposures*, Sophia shares what she learned. Created to be the only reference book that a head of household needs to detox your home (e.g., hack toxins in household products and minimize EMFs), it includes hundreds of tips, as well as ten main ideas to implement today: Sophia's D-Tox Strategy. Sophia's approach is practical, and protective of the conveniences and joys that you cherish. There are plenty of opportunities to detox things you won't miss. Sophia's tips help increase the odds for more resilient health not just for individuals, but also for our planet. This is an empowering resource that will lay the groundwork for leading a healthy life.

## Book Information

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## Customer Reviews

Sophia Ruan Gush's *A to Z of D-Toxing: The Ultimate Guide to Reducing Our Toxic Exposures* is exactly that: a comprehensive guide to common household products that may harbor dangerous chemicals and toxins hidden in their ingredients. Her in-depth research makes this book a helpful, easy-to-read manual for any head of household concerned with reducing toxins in everyday life.-- Frank Lipman MD, New York Times bestselling author of *The New Health Rules*. Sophia Ruan Gush has provided a great and useful book. It is a very readable but very scientifically accurate account of toxins in common products we all use almost every day, with appropriate information on how we can reduce our exposures to ourselves and especially to our children. The chemicals of concern are identified and their presence in everything from shampoos to foods to furniture is reported, including ways by which one can avoid excessive exposure. -- David O. Carpenter MD, director of the Institute for Health and the Environment, a Collaborating Center of the World Health Organization, as well as professor of environmental health sciences at the University of Albany's School of Public Health. As consumers, parents, occupants of a stressed planet, many of us seek information and strategies to reduce our exposure to toxins and those that are introduced into the environment. This book is a timely and invaluable resource for all. I urge you to keep it within reach and consult it often. -- Tim Elgren PhD, dean of Arts and Science, Oberlin College; Dr. Eldren has taught courses in chemistry, biochemistry, and environmental studies. *A to Z of D-Toxing* is a veritable encyclopedia regarding the nature of the substances with which we interact everyday - in our homes, our food, our drinks, our children's products, and much more. Turn to this book to learn valuable details about how you can keep your home, your body and your family educated and safe. Thank you Sophia, for creating this invaluable resource.-- Elena Brower, author of *Art of Attention*, yoga and meditation teacher, and founder of Teach.yoga Sophia Ruan Gush is a leader and refreshing voice in the environmental health and wellness community. *A to Z of D-Toxing* is the new bible, setting a new standard for families wanting to take a deep dive into optimal wellbeing providing the very best for their children and protecting them from toxic exposures. Gush uses an educational rather than punitive approach to disseminating the information in the book, *A to Z of D-Toxing* should be required reading for expectant and new parents.-- Latham Thomas- maternity lifestyle maven, founder of Mama Glow ([mamaglow.com](http://mamaglow.com)) I am truly impressed with Sophia Ruan Gush's book and it is an unbelievable resource. In our quest for healthier lives through preventative medicine with diet and exercise, we have forgotten the potential hazards

lurking in common products all around us. This well researched and scholarly work is one that I know I will turn to often in my clinical practice."--Hooman Yaghoobzadeh, MD, at Weill Cornell Medical College and New York-Presbyterian hospital. Dr. Yaghoobzadeh was selected from among 60,000 physicians to be one of New York magazine's 2017 Best Doctors.

In A to Z of D-Toxing, I share the lay of the land that I wish I had sooner--a road map of a family's potentially toxic exposures, especially those that are avoidable--so that you can formulate a game plan that suits your family's unique environment, lifestyle, and budget. From this educational foundation, you can adapt strategies as circumstances change, controversies arise, and new information emerges. Becoming familiar with the key issues will provide helpful perspective as you encounter alarming claims that will continue to populate the news. Sophia Ruan

Wow, the things we don't know (scary). I bought this book because I was beginning to feel under-educated about the environment we are raising our kids in. Now I buy it as a gift for all of my friends (and many of my work colleagues). I can't imagine a better way to be a friend than to share this book with them. Its actually not that hard to be a little better each day. I am reading more labels and asking more questions. I now even pay attention to the places of origin for rice and toys and other basic stuff. The kids are into it as well. We are thankful for this book. It's on our shelf, and is slowly accruing lines and lines of yellow highlighter.

This book gives me everything I need to know about household toxins in one place. I keep it handy so I can reference it whenever I have a question about a product I'm not sure about or a chemical I've never heard of (which is pretty often). It's nice because I can get a quick overview of the dangers of household toxins and guidance on how to reduce my exposure to them. Before having this reference guide I had little to no idea about the toxins in my home and how they impact my health. Now I feel much more in control of my environment and health.

This book is so useful! The author did an incredible job with her research, so it feels great to have one resource I can turn to that has already aggregated information from credible sources. She really sticks to "just the facts," with enough brief & engaging anecdotes that break up the information & give it a human touch. It's so crazy how many hormone-disrupting & cancer-causing toxicants we are exposed to on a daily basis, without even knowing it. This book is deeply grounding in helping navigate this scary situation, especially in regards to protecting the ones that we love.

This book is a must-read for anyone who cares about his or her body, health / wellness and the environment. Thoughtfully written, the book outlines scientific proof of the many toxins in our environment, their possible negative effects and the products in which they exist. The author then provides realistic tips to help people reduce toxic exposure in day to day life. Everyone should have this book in their reference library as a resource.

This book is a comprehensive reference guide for anyone who would like to start living a toxic free life. Very thorough and well laid out manual to take easy steps to make life changing decisions. Great gift for expectant mothers! Highly recommend!!!

Extremely informative, well-written and practical guide to everyday living and caring for your family in a healthy manner. Thoughtful and thoroughly researched. I found many tips that I will implement into my household to improve my children's and my health. A must read for every family!!

A thoroughly researched reference source on an alarming subject, rationally written and proactively focused. This easy-to-use volume should be on everyone's kitchen shelf, whether you are well along in your 'clean' living or just starting to be concerned.

As an expecting mother this book is so valuable to me! It's like the bible of how to keep your home and life free of dangerous toxins. A must read for anyone with a little one in the home or on the way.

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