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What's In This Stuff?: The Hidden Toxins in Everyday Products - and What You Can Do About Them

Patricia Thomas

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The essential reference to what's really in the products we buy.

Every day Americans eat processed food and use toiletries, cosmetics, household cleaners, gardening supplies and often pet care products of some kind. It's time to ask *What's in This Stuff*? The answers are shocking. This fascinating book reveals how many of the products used every day contain poorly tested chemicals that are implicated in health problems, and offers simple, nontoxic alternatives.

It explains:
- Why we are exposed to more chemicals than ever before
- The health risks of exposure to industrial chemicals in consumer products
- Which chemicals are most harmful
- Why babies in the womb and young children are especially vulnerable to toxins
- How to interpret confusing labels
- Tips for using conventional products more wisely

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