



## Clean Start

By Nancy Spiccia

Zabaglione Press, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Toxic chemicals we're eating them, breathing them and absorbing them through our skin every single day of our lives. Even more alarming is that we're finding these dangerous chemicals in our newborn babies at dangerous levels that are impacting their health. We all want to give our children the best start in life, but what are we to do? After years of dealing with her own chemical nightmare and the toll it took on her health, investigative health researcher, Nancy Spiccia, shares the most important changes you can make to protect your family. According to Nancy, it's the small choices we make each day that matter most. While it's easy to feel overwhelmed by the magnitude of this problem, her book will help you to make more informed decisions to create a healthier non-toxic lifestyle. Learn: How to rid your home of dangerous toxins When to eat organic and when it doesn't matter Which seafood is safest to eat How why to avoid GMOs (genetically modified foods) How to choose safer personal care...



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