

Toxin Toxout

A new book that is highly recommended is Toxin Toxout, published in 2013 and 2014. It is a well researched text on the subject of the toxins that humans are exposed to and recommended therapies to remove such toxins.

From the Toxin Toxout website:

“Bruce Lourie and Rick Smith, two of Canada’s environmental leaders, have been asked this question on an almost daily basis since the publication of their runaway international bestseller, Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life Affects Our Health. Their answer? It’s not as simple as we’d like, and it’s not as easy as we’d hope. But it’s too important to ignore.

In Toxin Toxout, Lourie and Smith give practical and often surprising advice for removing toxic chemicals from our bodies and homes. There are over 80,000 synthetic chemicals in commerce today, and the authors use their outrageous experiments (they and their brave volunteers are the guinea pigs) to prove how easily our bodies absorb these chemicals. With trademark humour, they give us the good news about what is in our control, the steps we can take to help our bodies remove our toxic burden—and what we can do to avoid it in the first place. Furthermore, Lourie and Smith investigate the truth behind organic foods, which detox methods actually work, if indoor air quality is improving, how we dispose of waste (where do those chemicals go?), and the ins and outs of a greener economy. The result is nothing short of a prescription for a healthier life.”

Resources:

[Toxin Toxout website](#)

[Amazon - Toxin Toxout](#)



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- [Support and Enhancement of Phase II Detoxification Pathways Using Foods, Food-Derived Components and Nutrients](#)
- [Maximizing The Sulforaphane Content of Broccoli and Broccoli Sprouts](#)
- [Rice Bran Fiber found to bind effectively to toxic Polychlorinated Biphenyls \(PCBs\) more than other tested natural substances](#)
- [Freezing Broccoli Sprouts Increases Sulforaphane Yield](#)