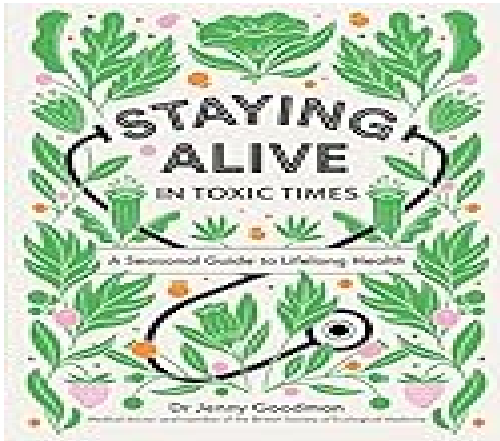


Staying Alive in Toxic Times: A Seasonal Guide to Lifelong Health By Jenny Goodman

Staying alive in toxic times book



The must have health bible that explains exactly how to stay in radiant optimal health all year round Are you confused about what supplements you should be taking Do you want to know how you can reverse the effects of pollution on your body Would you like to eat seasonally Drawing on Dr Jenny Goodmans 20 years experience as a medical doctor lecturer and ualified nutritionist Staying Alive in Toxic Times sets out exactly what to eat in order to live our healthiest lives and how to adapt our lifestyle according to the season we are in Dr Jenny Goodman lays out how to safely and effectively supplement your diet with vitamins and minerals explains what really works in terms of detoxing your body and sorts through the confusing myriad of diets and healthy eating fads using her expertise to myth bust Staying Alive in Toxic Times also reveals how to avoid seasonal health hazards such as indoor pollution hay fever and SAD With so many people feeling tired ill and run down this timely guide is what everyone needs to read in order to live vibrant happy and long lives The must-have health bible that explains exactly how to stay in radiant.

Staying alive in toxic times book

Happy and long lives. **Staying alive in toxic times book** Staying Alive in Toxic Times: A Seasonal Guide to Lifelong Health I have read this book from cover to cover and could not put it down but did the seasons out of order because we're in Summer so thought I should start with that and then went on to read the other seasons I have been recommending this book at every opportunity It's a fantastic and revelatory read and is something every family should have on their bookshelves as both a reference point and for other people to see and pick up I believe I lead a healthy and nutritious life but there are so many other contributing factors that I never thought of that have been covered not in a preachy manner but in the way of a conversation which is so much easier to understand digest and adopt This book is exceptional and I can't recommend it highly enough Jenny Goodman This is a great book packed full of helpful and very practical information While doing a great job in demonstrating the challenges we face in the modern world when it comes to maintaining optimal health it also ensures we finish the book feeling positive and empowered by what is within our control Highly recommended Jenny Goodman When a health crisis hit our family and with the NHS having very little to offer us a friend suggested I seek a consultation with Dr Goodman I'm so glad I did as her expert advice and practical treatment plans opened up the whole family to a new approach to wellness and made us aware that taking action earlier in life could prevent serious health problems in the future Now that life transforming knowledge and wisdom is available in this clear easy to read book and I would recommend it to anyone who would like to improve their own health or that of their family and doesn't know where to start Jenny Goodman This book is excellent

and I would highly recommend it I only recall coming across one grammar mistake which indicates to me that the book was edited extremely well I found myself writing notes with many of the chapters and going through the book in slow time as her many excellent recommendations caused me to stop and do some research on the points she was bringing up The only reason I dock a full star is because when it came to health in old age the author went into a lot of detail about women's health menopause and what to do about it; but when it came to men's health in old age she dismissed it and then proceeded to tell men to be concerned with their wives' health issues Thus this book is a symphony with one really bad off key note I hope that in a few years time the author updates this book to a second issue to keep it current as it really is excellent; but with the men's health section for old age I would suggest discussing Andropause in great detail ie address both the decline of total and free testosterone rising SHBG levels etc how that affects men's health and the consequences of poor levels what the recommended blood levels are from the health and wellness community vs what the standard recommendations are ie I've read they really should be 600 ngdL and what the best strategies are for TRT I've read slow releasing pellets injected in the butt is best The author discusses Vitamin D a lot but it would have been good if she could have also discussed how long it takes the body to make it I've read a few months but I'm shaky on this info ie from uvb rays hitting your skin to the liver and to the kidneys Besides all that again the book is truly excellent and yes I highly recommend it Many thanks to the author for writing it Jenny Goodman This book is a must for anyone who wants to take responsibility for their own health As an ex patient of Dr Goodman I can not recommend it highly enough as she has simply and clearly explained what steps need to be taken in order to live our best life to the full I promise you it is life changing Jenny Goodman.

Staying alive in toxic times book

Optimal health all year round. **Staying alive in toxic times book** Are you confused about what supplements you should be taking? Do you want to know how you can reverse the effects of pollution on your body? Would you like to eat seasonally? Drawing on Dr Jenny Goodman's 20+ years' experience as a medical doctor lecturer and qualified nutritionist **Staying Alive in Toxic Times** sets out exactly what to eat in order to live our healthiest lives and how to adapt our lifestyle according to the season we are in. **Staying alive in toxic times book** Dr Jenny Goodman lays out how to safely and effectively supplement your diet with vitamins and minerals explains what really works in terms of detoxing your body and sorts through the confusing myriad of diets and healthy eating fads using her expertise to myth-bust. **Staying alive in toxic times book** Are you confused about what supplements you should be taking? Do you want to know how you can reverse the effects of pollution on your body? Would you like to eat seasonally? Drawing on Dr Jenny Goodman's 20+ years' experience as a medical doctor lecturer and qualified nutritionist **Staying Alive in Toxic Times** sets out exactly what to eat in order to live our healthiest lives and how to adapt our lifestyle according to the season we are in. **Staying alive in toxic times book** Dr Jenny Goodman lays out how to safely and effectively supplement your diet with vitamins and minerals explains what really works in terms of detoxing your body and sorts through the confusing myriad of diets and healthy eating fads using her expertise to myth-bust: **Staying alive in toxic times book** **Staying Alive in Toxic Times** also reveals how to avoid seasonal health hazards such as indoor pollution hay fever and SAD: **Staying alive in toxic times book** With so many people feeling tired ill and run-down this timely guide is what everyone needs to read in order to live vibrant happy and long lives: **Staying alive in toxic times book** The must-have health bible that explains exactly how to stay in radiant optimal health all year round, **Staying alive in toxic times book** **Staying Alive in Toxic Times** also reveals how to avoid seasonal health hazards such as indoor pollution hay fever and SAD. **Staying alive in toxic times book** With so many people feeling tired ill and run-down this timely guide is what everyone needs to read in order to live vibrant.