Contents

| Acknowledgments | ٠ | ٠ | ٠ | ٠ | + | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | ix |
|------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|----|
| Part 1: Laying It All Out | + | | | | + | | | + | | | | + | 1 |
| In the Beginning | | | | | | | | | | | | | 1 |
| Double Whammy | + | | ٠ | | + | ٠ | | | | ٠ | | | 2 |
| The bones of an 85-year-old | + | + | | | + | ٠ | | | | ٠ | | | 4 |
| Trying to make sense of it all | + | + | | | + | ٠ | | | | ٠ | | | 6 |
| The Non-Toxic Avenger | | | | | | | | | | | | | 6 |
| Lab testing | | | ٠ | | + | | | | | | | | 7 |
| Deciding on the tests | | | ٠ | | + | | | | | | | | 8 |
| Not getting ahead of myself | + | + | | | + | ٠ | | | | ٠ | | | 10 |
| One more thing | | | ٠ | | + | | | | | | | | 11 |
| Where did the bad stuff go? | | | ٠ | | + | | | | | | | | 15 |
| Lab test snafus | | | | | | | | | | | | | 16 |
| What's so bad about a little lead? | + | + | ٠ | ٠ | + | | ٠ | ٠ | + | | * | ٠ | 17 |
| Part 2: Getting Started | + | | | | | | | | + | | | + | 19 |
| Clean air | | | | | | | | | | | | | 19 |
| Sparkles, jewels and dangly items. | | | | | | | | | | | | | 21 |
| Seeing double | | | | | | | | | | | | | 22 |
| PVC-free dreams | | + | | | + | | | | | ٠ | | | 23 |
| What's that on your lunch tray? | | | | | | | | | | | | | 26 |
| Lice! | | | | | | | | | | | | | 28 |
| Keeping the chemo out of me | | + | | | + | | | | | ٠ | | | 31 |
| Of epidemic proportions | | | | | | | | | | | | | 32 |
| Foundations for autism | | | | | | | | | | | | | 33 |
| Cluing in on ADHD | | | | | | | | | | | | | 34 |
| Sticky situation | | | | | | | | | | | | | 37 |

| A frictionless surface | + | | ٠ | 39 |
|--|-------|---|---|-----|
| Coal tar cake with a side of Teflon | + | | ٠ | 41 |
| Falling for candles | ٠ | | ٠ | 45 |
| Mammograms and mercury, oh my! | ٠ | ٠ | ٠ | 48 |
| Part 3: The Baseline | | | | 53 |
| Testing, testing, 1-2-3 | + | | | 53 |
| Stinkout | | | | 55 |
| Lead and water testing | + | | + | 57 |
| Nail polish | + | | | 58 |
| It's the pits | + | | | 60 |
| Tapping the tap water | + | | | 63 |
| Holy fluorosis, Batman! | | | | 65 |
| Chlorine: It's not just for breakfast | | ٠ | | 66 |
| Other junk | | ٠ | | 67 |
| Filth filter | | ٠ | | 69 |
| Clearing the air | + | | | 70 |
| Leafy indoor air purifier | ٠ | ٠ | + | 74 |
| Emma's birthday bash | + | | | 77 |
| Happy birthday! Here's your bra (.)(.) | ٠ | ٠ | | 81 |
| Halloween | ٠ | ٠ | | 83 |
| Pfucked by PFCs | ٠ | ٠ | | 86 |
| Not-so-sweet dreams | ٠ | ٠ | | 88 |
| Getting down | | ٠ | | 92 |
| Pining for pajamas | | ٠ | | 94 |
| Avoiding Robespierre | ٠ | | + | 96 |
| Blow me | ٠ | | ٠ | 97 |
| Licking the windowsills | | | | 103 |
| Pure as the driven snow | ٠ | * | ٠ | 104 |
| Parabens and phthalates results | ٠ | * | ٠ | 105 |
| Halloween: What actually happened | ٠ | * | ٠ | 113 |
| Heavy metal lab results | ٠ | ٠ | ٠ | 115 |
| Part 4: Adjusting to Non-toxic Living | ٠ | ٠ | + | 123 |
| Getting my drink on | | | | |
| Heating oil headaches | | | | 130 |

| | Teflon slip-up | | + | | ٠ | | | | | | + | ٠ | | | + | | ٠ | ٠ | 132 |
|-----|---------------------------|-----|-----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|
| | Getting clean with greas | e. | | + | ٠ | | | | | | | ٠ | ٠ | ٠ | + | + | | ٠ | 134 |
| | Bodywash brainwash | | | | ٠ | | + | + | | | + | ٠ | | | | ٠ | | ٠ | 137 |
| | Deodorant part deux | | | | ٠ | | + | + | | | + | ٠ | | | | ٠ | | ٠ | 138 |
| | Squeaky clean | | + | | ٠ | | + | | | | + | ٠ | | | | ٠ | | + | 140 |
| | Going zits up | | | | ٠ | | + | + | | | + | ٠ | | | | ٠ | | ٠ | 142 |
| | Yellow gold | | + | | + | ٠ | | | | ٠ | | + | ٠ | ٠ | + | ٠ | ٠ | ٠ | 144 |
| | Makeup! | | | | ٠ | | + | + | | | + | ٠ | | | | ٠ | | ٠ | 145 |
| | Lubed and lotioned | | | | ٠ | | + | + | | | + | ٠ | | | | ٠ | | ٠ | 146 |
| | Blocking out the sun | | | | ٠ | | + | + | | | + | ٠ | | | | ٠ | | ٠ | 150 |
| | Poos and don'ts | | + | | ٠ | | | | | | | ٠ | | | + | | ٠ | ٠ | 152 |
| | Goops and greases | | + | | ٠ | | | | | | | ٠ | | | + | | ٠ | + | 153 |
| | In the land of the moldy | | + | | ٠ | | | | | | + | ٠ | | | + | | ٠ | ٠ | 156 |
| | Exercising with toxins . | | + | | ٠ | | | | | | + | ٠ | | | + | | ٠ | ٠ | 160 |
| | Moles in my molehill | | + | | ٠ | | | | | | + | ٠ | | | + | | ٠ | ٠ | 164 |
| | Going BPA bananas | | + | | ٠ | | | | | | | ٠ | | | + | | ٠ | ٠ | 166 |
| | Heating with PFCs | | + | | ٠ | | | | | | | ٠ | | | + | | ٠ | ٠ | 167 |
| | Dishwasher | | | + | + | | + | + | | | + | + | + | | + | + | | | 168 |
| | Clean eating | | + | | ٠ | | | | | | | ٠ | | | + | | ٠ | ٠ | 170 |
| | Winter gardening | | | + | ٠ | | + | + | | | + | ٠ | | | | ٠ | | ٠ | 172 |
| | Watch out | | + | + | + | | + | | ٠ | | + | + | | | + | + | ٠ | + | 173 |
| Par | t 5: Going a Little Bonke | ers | S . | | | | + | | | | | | | | | | ٠ | | 177 |
| | Leaving the sanctuary . | | | | | | | | | | | | | | | | | | 177 |
| | Stuck in the sink | | | | | | | | | | | | | | | | | | 180 |
| | Liplocked | | | | | | | | | | | | | | | | | | 182 |
| | Laminated turkeys | | | | | | | | | | | | | | | | | | 183 |
| | Snow and toothpaste | | | | | | | | | | | | | | | | | | 184 |
| | Missing labs | | | | | | | | | | | | | | | | | | 186 |
| | Cancer update | | | | | | | | | | | | | | | | | | 186 |
| | Thanksgiving | | | | | | | | | | | | | | | | | | 188 |
| | Holiday lighting | | | | | | | | | | | | | | + | | | | 189 |
| | Off-gassing chess set | | | | | | | | | | | | | | | | | | 192 |
| | Oh! Christmas tree | | | | | | | | | | | | | | | | | | 193 |
| | Getting orthopedic | | | | | | | | | | | | | | | | | | 195 |
| | CFLs and dirty electricit | | | | | | | | | | | | | | | | | | 196 |

| | Happy pits | | | | | | | | | | | | | | | |
|------|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|
| (| Getting bloody | | ٠ | | + | ٠ | | | | ٠ | ٠ | ٠ | ٠ | ٠ | ٠ | 201 |
| (| Getting sick from medications | ٠ | | + | ٠ | | | + | ٠ | | ٠ | + | ٠ | ٠ | | 202 |
| 7 | Washing it all away | | | + | + | | | + | | | | | | | | 203 |
| (| Coffee log | | | | | | | | | | | | | | | 205 |
| , | The not-so-zen yoga mat | | | + | | | + | + | | | | + | | | | 206 |
|] | Body art | | | + | | | + | + | | | | + | | | | 207 |
| , | Tingle time | | | + | | | + | + | | | | + | | | | 209 |
|] | Lab results unearthed! | | | | | | | | | | | | | | | 211 |
| , | Throw your watch away | | | + | | | + | + | | | | | | | | 215 |
| (| Getting faked out | | | + | + | | | + | | | | | | | | 216 |
|] | Dirty money | | | + | | | + | + | | | | | | | | 218 |
| Ī | Unscented scent | + | | + | + | | + | + | | | | | + | | + | 219 |
|] | Non-toxic Christmas gifts | + | | + | + | | + | + | | | | | + | | | 220 |
| , | Trying to keep it all straight | | | + | | | | + | | | | | | | | 220 |
| Part | 6: Figuring It All Out | | | | | | | | | | | | | | | 223 |
| | Kissed by the sun | | | | | | | | | | | | | | | |
| | Apple of my eye | | | | | | | | | | | | | | | |
| | Flooding with pineapples | | | | | | | | | | | | | | | |
| | Pine poisoning | | | | | | | | | | | | | | | |
| | Numbness and pain: Part deux | | | | | | | | | | | | | | | |
| | Talking about the detox | | | | | | | | | | | | | | | |
| | The high cost of organics | | | | | | | | | | | | | | | |
| | The might cost of organics. The moment of truth: XRF an | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | Lab results reckoning. | | | | | | | | | | | | | | | |
| j | Final health updates | + | * | + | + | ٠ | + | + | + | + | * | + | + | * | + | 245 |
| Part | 7: Wrapping It Up | | | + | | | | + | | | | | | | | 249 |
|] | It was the best of times | | | + | + | | | + | | | | | | | | 249 |
|] | It was the worst of times | | | | | | | | | | | | | | | 251 |
| • | What does it all even mean? | + | | + | + | | + | + | | | | + | + | | | 252 |
| Addi | itional Resources | | | | | | | | | | | | | | | |
| | es | | | | | | | | | | | | | | | 254 |
| | X | | | | | | | | | | | | | | | |
| | ut the Author | | | | | | | | | | | | | | | 207 |
| | | | | | | | | | | | | | | | | |