



"This is another amazing timely treasure chuck full of practical "how to" pearls you need to know to help yourself and your loved ones. I sincerely believe this will save you from future devastating health heartaches and from literally becoming a toxic dumpsite. This book will raise your awareness and tell you why and what you need to and must do. Right now you are holding the answer in your hand to get and stay well."

Doris J. Rapp, M.D., F.A.A.A., F.A.A.P., F.A.E.M.
Author of *Is This Your Child's World?*
and *Chemical Timebomb*

"Sherry Rogers, M.D., has been a leading environmental medicine authority for more than twenty years. She has authored books for both the health professional and general public that have contributed significantly to the 'changing of the guard' in medicine. Her most recent book, Detoxify or Die is a "tour de force" that demonstrates the importance of understanding the role that toxins both from the outside world and produced inside our bodies have on the origin of complex illnesses. The book is highly referenced from the medical literature and goes beyond just telling us of the problem, but provides ways of treating the problems. I believe that this book should have an important place in the education of all people concerned about their health as they grow older and what they can do to improve their health outcomes".

Jeffrey Bland, Ph.D., F.A.C.N.
Chairman, Institute for Functional Medicine
Author of *Genetic Nutritioneering*

"Dr. Sherry Rogers, as always, has hit the nail on the head. She outlines the scope of chemical pollution in a knowledgeable and understandable manner. She then shows in detail how to prevent disease and treat chemical overload. This is done succinctly and precisely. I highly recommend this book to anyone seeking optimum health and creativity."

William J. Rea, M.D., F.A.C.S., F.A.A.E.M.
Founder, Environmental Health Center - Dallas
Author of *Chemical Sensitivity: Vol I-IV*

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