



This Sh!t May Kill You: 52 Ways to Make Smarter Decisions and Protect Your Family from Everyday Environmental Toxins

Valerie J. Watnick Esq.

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Based on substantial research, Professor Watnick shows you how to “do something” about toxins that you and your family might otherwise encounter on a day-to-day basis. It will help you avoid environmental hazards – everything from lead in the water to pesticides in foods and it will give you the everyday tools to reduce your exposure to daily environmental hazards. In four sections (Food and Drink, At Home, At School, and Out and About), containing 52 action items, this book contains simple, easy and cost effective ways to keep you and your family safer and reduce the risk in today’s world. It will help you reduce your family’s exposure to synthetic chemicals in the food and drink you consume, at home, at school and “out and about” in everyday living – with just one positive step each week. This book gives people power: power to make smarter choices in a complicated world filled with synthetic chemicals. Until the government adopts a more precautionary approach (such as those adopted in Europe and Canada) that requires manufacturers to ensure that their products are safe – before they go to market – the burden is on individuals and families to make smarter decisions and take a safer approach.

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