

Contents

Introduction . . . viii

.....

Part 1 Are You Making Yourself Sick?



Chapter 1 Your Deadly Daily Routine

Will Liquor Be Your Downfall?	2
Time to Ditch the Deadly Habit	8
Good Health—Sleep on It!	17
The Dangers of Constant Connection	22
Dying for Beauty.....	27

Chapter 2 Malevolent Matters of Mind

Toxic Tension: The Agony of Anxiety	35
All Stressed Out	41
'Tis the Season to Be SAD	47
Don't Lose Your Mind.....	51
Happiness Is Next to Healthiness!.....	55

Chapter 3 Dietary Dangers

The Perils of Poor Nutrition	62
Make Your Food Work for You.....	75

Chapter 4 Fearsome Food Fallacies

Stop Swallowing Poison!	93
Pest Killers Are Killing You	106
Astonishing Ways to Eat Safer for Less	110
It's What's Outside That Counts	117
Grow Your Own.....	120

.....

Part 2 **Are You on a Fast Track to an Early Grave?**



Chapter 5 **The Fatal Fat Factor**

Fat Kills!	124
You Are What You Eat.	128
Wacky Ways to Pack on Pounds.	136
Move It!	142

Chapter 6 **Diabolical Diseases**

Savvy Cancer Survival Strategies	148
Diabetes—How Sweet It Ain't!	152
Give Heart Disease the Heave-Ho	158
Get Soaring Blood Pressure Numbers Down	163
High Cholesterol—Stop That Block!	166
Strike Back at Stroke!	169
Asthma—Breathe Easy!	172

Chapter 7 **Crippling Chronic Pain**

Arthritis—Get Your Joints Jumpin'!	176
Save Your Spine from Back and Neck Pain!	183
Head Chronic Headaches Off at the Pass!	190
Move On from Migraine	193
Chronic Fatigue Syndrome and Fibromyalgia— All-Over Relief.	197
Rout Gout Out!	201

Chapter 8 **Menacing Maladies**

Bronchitis—Open Your Airways	205
Make Flu Flee!	210
Hepatitis Ain't Hep	218
Shingles—Chicken Pox Take 2	221
Stop Strep Throat Right There!	224

Chapter 9 Your Autopilot Gone Awry	
The Toxic Battlefield	230
Inflammatory Bowel Disease— Douse the Fire in Your Plumbing	235
Psoriasis—The Painful Skin You’re In	239

.....

Part 3 Is Your Home Toxic Territory?



Chapter 10 Housekeeping Horrors	
Clean but Deadly	246
Fatally Flawed Furnishings	256
Menacing Materials	263
Catastrophic Closets	267
Clutter Causes Calamities!	272
Chapter 11 Insidious Invaders	
Invisible Killers in Your Midst	276
Multilegged Marauders	280
Wretched Rodents	292
Trouble in the Air	299
Chapter 12 Pretty . . . but Perilous	
Lush but Lethal Lawns	306
Poison-Packin’ Posies	321
Chapter 13 Outdoor Pitfalls	
Wicked Wildlife	331
Winter—The Deadliest Season of Them All!	345
Travelin’ Trouble and Woe	352
Index	357