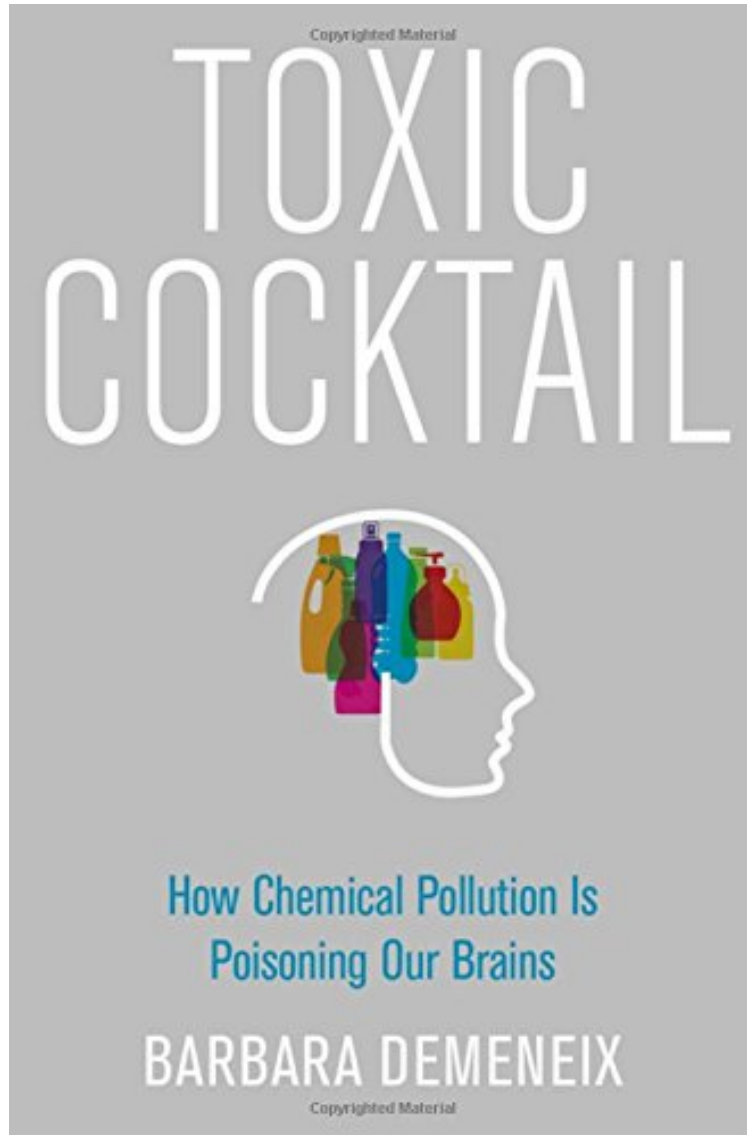


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Toxic Cocktail: How Chemical Pollution Is Poisoning Our Brains

Barbara Demeneix

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Barbara Demeneix : Toxic Cocktail: How Chemical Pollution Is Poisoning Our Brains before purchasing it in order to gage whether or not it would be worth my time, and all praised Toxic Cocktail: How Chemical Pollution Is Poisoning Our Brains:

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about chemical pollution affecting our brains. I didn't realise to what extent we are surrounded by these chemicals that could be really affecting our brain development and intelligence and how very little is being done to stop it! A great book backed up by real science, spelled out so that even people like you and I can understand.

In today's world, everyone carries a toxic load of dozens of industrially produced chemicals in their bloodstream. Not only do these adversely affect the health of adults and children, but also, and more worryingly, they damage the development of unborn infants. The amniotic fluid of pregnant women has been found to contain a variety of chemicals, such as pesticides, plasticizers, disinfectant products, flame-retardants, surfactants and UV filters, many of which interfere with fetal physiology, especially thyroid hormone action. Thyroid hormone is vital for brain development, particularly for the fetus during pregnancy and for toddlers. In fact, children born to women who lack this thyroid hormone (or who are unwittingly exposed to thyroid-disrupting chemicals) have lower IQs and more neurodevelopmental problems. Evolution of the human brain has involved multiple changes and processes dependent on thyroid hormone. The urgent question thus arises: Is chemical pollution poisoning brain development and reversing evolution's most outstanding achievement: the human brain? And if so, as this book convincingly illuminates, what can be done about it both collectively and individually? *Toxic Cocktail* provides a clear view of how many environmental chemicals interfere with brain development. As a result, this book looks at how we define and test IQ, the evidence for IQ loss, and how chemical pollution and thyroid hormone disruption can be actors in this process, as well as increasing neurodevelopmental disease risk.

"The book should be of interest to anyone who would like to be aware of the threat of endocrine-disrupting chemicals to our children's development. The basic science material addressing thyroid function and dysfunction is presented clearly and with good documentation...*Toxic Cocktail* is informative in its description of the scientific, political, and economic dimensions of governmental regulation." -- *PsycCRITIQUES* "In a complex and changing world, it is not surprising that humans ignore subtle warning signs that predict danger. Psychological science has much to offer in explaining why people are often incapable of acting in their own self-interest, particularly in regard to life sustaining policies that concern global warming, environmental protection, and public health." -- *PsycCRITIQUES* About the Author Barbara Demeneix is an internationally recognized expert on thyroid function and brain development. She acts as an expert for the Organization for Economic Cooperation and Development (OECD) in the field of endocrine disruption, notably for chemicals affecting thyroid hormone function. The author of over 150 scientific publications and patents, she trained and worked in the United Kingdom, France, Canada, and Germany. In 2014, she was promoted to 'Officer' of the French Legion d'Honneur by the French government for her scientific achievements, having been appointed 'Chevalier' in 2004.