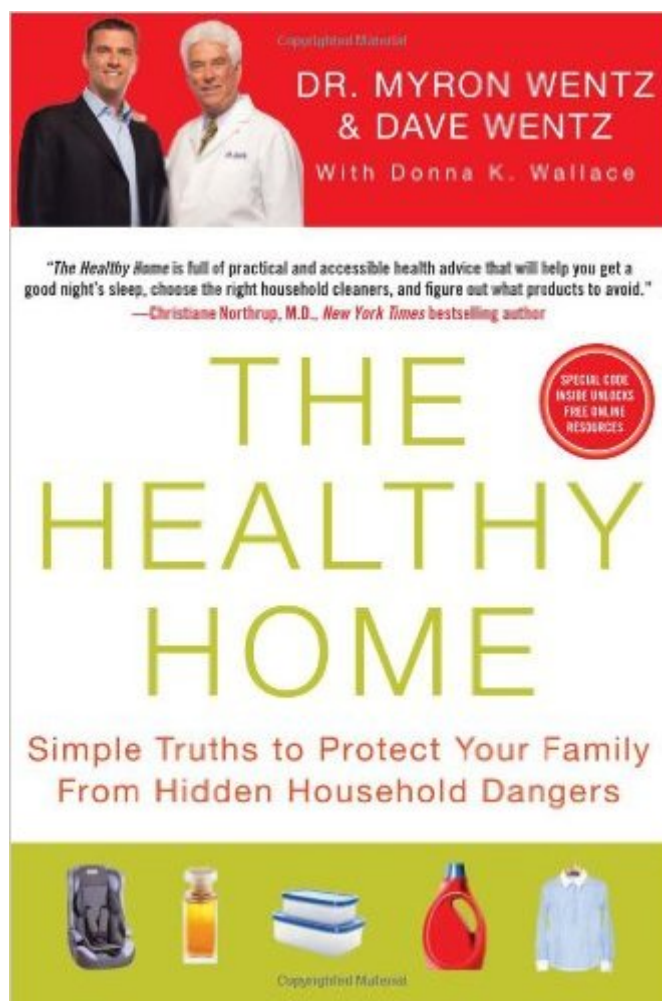


The book was found

The Healthy Home: Simple Truths To Protect Your Family From Hidden Household Dangers



Synopsis

In *The Healthy Home*, a father and son--Dr. Myron Wentz, well-known microbiologist and founder of the USANA Corporation, and Dave Wentz, CEO of the USANA Corporation--take readers on a tour of a specific home for a look at the surprising health risks posed by the everyday products and behaviors of a modern family. Beginning in the bedroom and ending in the garage and backyard, readers learn about the degenerative effects of toxins in the home and receive simple solutions to help minimize exposure without foregoing convenience. *The Healthy Home* is not a comprehensive tome on modern health hazards; nor is it a treatise on eco-conscious living. Instead, the book focuses on the most important environment--the home--and the problems that can most easily be lessened or eliminated. Busy parents who suspect that they should be doing more to protect their family but don't know where to start will learn about practical changes they can make in the next fifteen minutes, fifteen days, or fifteen months to create a haven for healthier living.

Book Information

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Customer Reviews

This is an easy to read book that provides excellent advice on a key aspect of preventing illness and premature death. I'm qualified to say that, because despite having an immune deficiency I have not been sick since 1971. Dr. Wentz, Dave Wentz, and Donna K. Wallace are right on target, throughout this book. This book shows you how to reduce the toxicity of your home to tolerable levels, greatly reducing a long list of risk factors for debilitating and costly illnesses. It touches, also on that tripod of diet, rest, and exercise. The advice it offers is excellent for several reasons: 1. It's

accurate. Anyone reading my reviews knows I am brutal toward authors who present fiction as fact, and I often state such dereliction of editorial integrity is the norm. I found no factual errors in this book.² It's understandable. Rather than try to impress us with jargon, the authors made their points in plain English.³ It's interesting. The book presents the information in the context of Ms. Wallace's witnessing Dr. Wentz's inspection of Dave Wentz's home. That real-life approach makes you want to keep reading, because the reader can relate to what's going on.⁴ It's practical. Anyone can follow the advice in this book. In some cases, the authors say what's ideal but provide you with less than ideal alternatives for improving your home environment. It's directed at ordinary people who have ordinary incomes and ordinary levels of discipline. You do not have to become a monk to reap the benefits.⁵ It's timely.

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