



Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life Affects Our Health

Rick Smith, Bruce Lourie, Sarah Dopp

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Funny, thought-provoking, and incredibly disturbing, **Slow Death by Rubber Duck** reveals that just the living of daily life creates a chemical soup inside each of us.

Pollution is no longer just about belching smokestacks and ugly sewer pipes - now, it's personal.

The most dangerous pollution has always come from commonplace items in our homes and workplaces. Smith and Lourie ingested and inhaled a host of things that surround all of us all the time. This book exposes the extent to which we are poisoned every day of our lives. For this book, over the period of a week - the kind of week that would be familiar to most people - the authors use their own bodies as the reference point and tell the story of pollution in our modern world, the miscreant corporate giants who manufacture the toxins, the weak-kneed government officials who let it happen, and the effects on people and families across the globe. Parents and concerned citizens will have to read this book.

Key concerns raised in **Slow Death by Rubber Duck**:

- Flame-retardant chemicals from electronics and household dust polluting our blood.
- Toxins in our urine caused by leaching from plastics and run-of-the-mill shampoos, toothpastes and deodorant.
- Mercury in our blood from eating tuna.
- The chemicals that build up in our body when carpets and upholstery off-gas.

Ultimately hopeful, the book empowers readers with some simple ideas for protecting themselves and their families, and changing things for the better.

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