



El libro antitóxico (Spanish Edition)

Laurent Chevalier

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Vivimos en un mundo en el que los contaminantes químicos se encuentran en todas partes: en nuestra alimentación, en nuestra ropa y en nuestras casas... Sin embargo, sería una ingenuidad creer que los efectos de esos productos sobre nuestra salud han sido suficientemente evaluados.

Frente a los intereses de los lobbies y ante la laxitud que demuestran, tan a menudo, los poderes públicos, es posible pasar a la acción, de forma tanto individual como colectiva.

¿Qué sustancias debemos evitar de inmediato? ¿Qué alimentos, productos de limpieza o cosméticos debemos usar preferentemente? ¿Cómo protegernos mejor, nosotros y a nuestros hijos?

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