



TOX-SICK: From Toxic to Not Sick

Suzanne Somers

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“It’s as if we are all on a big, chemical drunk, and the hangover is a killer.”

—Suzanne Somers, in TOX-SICK

Pioneering health and wellness advocate, Suzanne Somers, delivers a powerful answer in this expose on the immediate and long-term dangers of living in a world that has become increasingly toxic to our health. The build-up of toxins in our bodies can lead to myriad health concerns — including weight gain, food allergies, brain disorders, cancer, among many others. Moved to investigate by her own family’s plight, Suzanne sits down with environmental doctors and specialists who share eye-opening information and practical advice for how to survive, thrive, and stay healthy today. In Tox-Sick you’ll learn how to effectively detox all your body’s systems and the different survival skills that can save your life, from top experts in the field, including:

DR. SHERRY ROGERS, an environmental doctor for over 40 years, shares the truth about detoxification—and where you will likely be if you don’t take it seriously.

DR. NICHOLAS GONZALEZ shares where cancer comes from and how to manage it by detoxifying the liver and supplementing with enzymes.

DR. RITCHIE SHOEMAKER alerts you to mold toxicity, the newest threat to your brain and wellbeing...and just what to do to fight for your health.

DR. WALTER CRINNION teaches what everyday objects to avoid and the simple diet and lifestyle shifts to clean up your health and home in mere weeks!

DR. STEPHEN SINATRA, America’s leading integrative cardiologist, explains that we have been approaching heart disease all wrong: a healthy gut, detoxed body, and quality fats are each crucial and cardioprotective.

DR. GARRY GORDON shares new protocols for removing toxic lead from the body, as well as ways to keep the most important gland in your body, the thyroid, clean and healthy.

From diet and supplement advice to coconut oil cleanses, everything you need to live clean and enjoy great health is in your hands.

TOX-SICK: From Toxic to Not Sick Details

Date : Published April 14th 2015 by Harmony

ISBN : 9780385347723

Author : Suzanne Somers

Format : Hardcover 384 pages

Genre : Health, Nonfiction, Self Help

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From Reader Review TOX-SICK: From Toxic to Not Sick for online ebook

Jayze says

Okay, so, basically I felt like this book was a cross between fear-mongering (Everyone is out to get you! You must protect yourself!) and a sales pitch (Buy my products to protect yourself!). It left me feeling liked I'd been had. Hundreds of pages just so Suzanne Somers can tell that I'm toxic and sick, I need to be fixed, and the way to do it is to buy her makeup line, her haircare line, etc. Mehhhhhhh....

That said, I do want to try her sauerkraut recipe.

Rachel DeV Vaughn says

This book took me awhile to read because I found all the information very interesting and I wanted to read it slowly to understand everything. I still feel like I need to read it again though to really process all the information and to make changes in my life.

The introduction section starts off with Suzanne sharing that her family members had been affected by specific TOXINS mentioned in this book, why she wrote the book, and what we can do right now to better our health. There is hope!

She shares 6 major toxic threats:

1. Plastics and other chemicals
2. The low-fat food movement and processed, sugar filled foods
3. Toxic mold
4. The overuse of pills
5. GMOs (genetically modified organisms)
6. EMFs (Electric and Magnetic Fields) and cell phones

In part 1, chapter one she briefly addresses all 6 toxic threats which I found very interesting. I personally found threat #2 most interesting since I tend to have alot of bloating and stomach issues.

The overuse of pills was also an interesting read and I totally agree with what she shared about overuse and antibiotics. My family and I personally use vitamins, homeopathic, and essential oils daily so we don't have to use prescriptions and antibiotics. I'm not anti-medicine, but I've found we are healthier if we just use natural things first to stay healthy. Plus, my youngest can't have any medicines or products with dyes in them, which is really hard to find!

In chapter two, Suzanne shares signs that our bodies are telling us something is wrong, like our GI tract. She also talks about genes versus the environment, benefits of probiotics, foggy brain, weight gain, the how the liver is affected.

In part 2, she talks about the gut, brain, heart, thyroid and hormones. These different sections are interviews between the author and the specific doctors in that field. It was a little difficult reading back and forth between the 2 people with the answering and asking questions, but still very informative!

In part 3, she addresses the detox basics which include a 9 point detox checklist, a list of supplements and their purposes, safe cleaning products, makeup, and skin care to name a few. She also shares how to do a specific detox called coconut oil cleanse.

She ends the book with a wrap up and encourages readers to “commit to making the change to achieve peak health. You are in control of your health by the choices you make regarding diet and lifestyle.”

Very good, informative book! I would highly recommend reading this if you want to make positive changes towards a healthier, more natural, lifestyle. This was my first time reading a book by this author and I really enjoyed it!

I was given a complimentary copy of this book from Blogging For Books in exchange for an honest review on my blog and social media-all opinions are my own.

SeaShore says

Somers is passionate about healing our bodies by first making us aware of the hazards of plastics, pesticides and herbicides; what's in the air we breathe; how to remove toxins in our home etc etc.

She makes references to leaky gut and how to heal a leaky gut and so stop a host of diseases including cancers, brain disorders, Parkinson's disease; and various problems in the GI tract; even gluten sensitivity. She includes interviews with patients as well as doctors (MDs and NDs) and then shows throw cleanses; removal of sugar from the diet and "cleaning house" we can live a healthy life.

I counted 18 chemicals she listed on page 231 that are in carpets.

The detox basics begin on page 249, Chapter 9 ---to page 324 followed by books for further reading.

I just finished reading, Josh Axe's Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It so there is a lot of repetition and the reader might realize that many authors, doctors are making us aware of this information.

Missy says

It's a good read for anyone with chronic health issues or anyone concerned about their health for that matter.

Darcia Helle says

My general sense of this book: Lots of great information offered, but the reading experience is too much like sitting through an infomercial.

To begin with, most, if not all, of this information is not new. That being said, the content is arranged well

and is easy to follow. Somers talks about a variety of issues behind chronic illnesses, from diet and digestion to environmental toxins like mold. She offers insight into avoiding the pitfalls of our modern life, as well as treatments for the wide array of resulting chronic health problems. While the tone is overly enthusiastic, bordering on preachy, the content is solid and well researched. She also interviews a few doctors at length, offering us a professional viewpoint.

All good, right?

Not so much. And here we come to my main problem with this book. Somers tells us throughout her narrative that each of us can get well if we simply follow her instructions and see the right doctors when necessary for treatment. She proclaims this with such excitement, over and over, that we begin to believe her. Until we take a closer look.

To give you a general idea: I have chronic Lyme disease with severe neurological complications. In this book, Somers mentions a doctor who has an incredibly high success rate in treating this disease. She talks about his treatment plan and how anyone in my situation can get well. I looked him up and found, much to my amazement, that he is within a 45 minute drive from my house. I was thrilled. Momentarily, at least. Then I explored his website. No insurance information, because he does not accept insurance. (Most of his treatments wouldn't be covered, anyway.) But I'm prepared for that. What I want is a cost estimate. I looked. And looked. His website doesn't even list the cost of an office visit. Not a good sign. Next I explored message boards talking about his treatment. And, yes, patients love him. The cost? A minimum of \$3,000 per WEEK! Someone like me, with long term, multiple problems, would need about six months to stabilize just enough to cut visits to once or twice a month.

Not once throughout this book does Somers acknowledge the absurdity of her proclamations for those of us who do not have unlimited funds. Even for those with an upper middle class income, following these treatment plans for any sort of chronic illness is an impossibility. If you're wealthy, then, sure, this book and these doctors will help you. If you're an average person with a chronic illness mainstream medicine can't handle, then you're still very much on your own.

But don't despair yet. The last quarter of the book lists an assortment of ailments, along with all the supplements/herbs you need to take in order to get well. Somers even gives us the best brand and recommended dosages for treating the ailments. So, if we can't afford the doctors, we can at least help ourselves this way. Right?

Maybe. Depending on how sick you are, that is.

If I took every supplement recommended for every symptom and health issue I have, I'd need to stop paying my mortgage. Even if I could afford it, I'm not sure I could swallow that many pills.

I should also mention that all the recommended supplements come from companies Somers has her hand in. She directs us to these websites several times throughout the book. One website of hers won't even allow me to look at articles unless I sign up, which I won't do, so I have no idea how helpful anything there might be.

In the end, I found this book too self-serving, and completely out of touch with the main problem many of us with chronic illness face: finances. While some of the content is important, this is not the book I'd recommend reading.

I received this book via Blogging For Books, in exchange for my honest review.

Anthony Messina says

I have to say this was not as good as I expected it to be. Yes, there is a lot of information that seems to make sense (and a long list of sources in the bibliography which I guess you could do further research if you chose), but it is not an easy plan to follow. Obviously, those that are more sensitive to toxins will get more out of this than the average Joe/Jane. By about 3/4 of the way through the book it degraded into a big infomercial for the supplements that she plugs which was a big turn off. If you took every supplement for every thing that might be wrong with you, you'd have no room left in your belly for any real food! (and go broke in the process) It is just not very realistic for the general population.

Diane Estrella says

Insightful. Frustrating. Educational. A necessary read.

Are you sick? Is there something that just doesn't feel right in your body?

This book may have the answers.

This book is incredibly encouraging and a wonderful teaching tool. It is also frustrating, because as good as any one tries to be with diet and lifestyle, in the day and age we live in, there are many factors affecting our health that are unavoidable. I guess, the best we can do, is pick the areas that we can make a difference in and change those items as best we can. This book has challenged me to start taking a probiotic daily and get a black mold test of our home. I like that the author used real life people as examples and also interviewed numerous doctors as well. There is a wide variety of information presented here that I think can benefit every reader in some way.

I received a free copy of this book from Blogging for Books, for my honest review. The opinions expressed here are my own.

Cheryl says

First off I would like to say that this book is scholarly. It's 367 pages long and 29 pages of that are lists of medical journal articles for further study. Also several interviews with medical doctors are included. I would also call this book thorough and exhaustive.

Some (not all) of the topics talked about are gluten intolerance, mold, phthalates, probiotics, enemas, leaky gut, inflammation, supplements, EMFs, home care products, and coconut oil. There are complete chapters on certain body systems such as the gut, the brain, the heart and the thyroid.

There are plenty of stories (some like case studies) for encouragement and motivation. Her own personal stories were relevant and interesting.

Some notable quotes are:

If you only take away one thing from this book, take this. This simple message is the most important change you can make: No sugar, no carbs (until you are healed.) [page 78, bolded in the original]

Coffee enemas are the single most important technique that you can do. [page 108]

There's nobody walking around today who wouldn't do better with a probiotic. [page 108]

After telling us why we need to detox, interviewing various doctors to back it all up, going through various body systems then she rounds it all out with a basic detox regimen which includes a very detailed list and information on different supplements. Very comprehensive and no real "fluff" either!

If you are sick and the doctors have not been able to help and you want to know what you can do from a natural perspective (as opposed to a spiritual perspective, like getting prayer or healing ministry) then this book is for you!!

Disclosure of Material Connection: I received this book free from Waterbrook Multnomah Publishing Group as part of their blogging for books program. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255: "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

Sophie says

Very good tips on how to detox our body.

Jessica says

This book was very high level, while being oddly specific. Rather than providing a general overview of toxicity or an in depth look at a specific cause and effect of a certain toxic reaction, this book provides a lot of disjointed details about a few symptoms and potential treatments. While I feel like the doctors interviewed had interesting information to share, the question and answer format didn't allow them to provide a coherent narrative.

Judy Collins says

A special thank you to Crown Publishing and NetGalley for an ARC in exchange for an honest review. Great cover!

TOX-SICK: *From Toxic to Not Sick* by talented *Suzanne Somers*, is a "must read" for all women and men of any age, and especially parents in today's toxic world--from foods, belly fat, chemicals, to the environment; deadly. *I read a number of books on this subject, due to my serious MCS (multiple chemical sensitivities), and severe food allergies; this is one of the best- highly recommend!*

Toxins are the invisible enemy. They have invaded our lives, our homes, our places of work. You cannot see them but they are there wreaking havoc on our health and environment. We are exposed to more than six thousand common everyday chemicals and each of them come with a list of symptoms. Toxins have many ways of interfering with the normal physiology of life. We are all overloaded, and we have reached a breaking point.

From big business, government, FDA, drug companies (deceit); our water, our air, our food and its packaging; creating serious illnesses such as cancer, heart disease, Alzheimer's, Parkinson's, autoimmune diseases, thyroid issues, ADD, allergies, and the list goes on and on. Toxins can mimic and lead to all of these issues. These chemicals were not meant to be processed by the human body. "95% of cancer is caused by diet and the environment."

The purpose of this book is to unravel the mystery illnesses in your body and offer you the recipe for health, for change. We have to take a stand, and take control of our health. I am a firm believer, and is reiterated in in TOX-SICK. It is up to each of us, to control the amount of our individual toxic exposure. To live and thrive, we need to truly think about every product we use and every bite of food we take. (I do). No-drug solutions do exist. (I am living proof). Learning to detox your body is key to a better life to effectively fight and reverse the effects of this phenomenon. You have to rid your body of these toxins, and replace with nutrients to heal.

?

In addition to being a talented actress, advocate, and a successful business woman, Suzanne has always been my "go to" author for years, when it comes to health, fitness and wellness. I admire her passion, drive, and intelligence, in regards to healthy living. I am in total agreement – TAKE CONTROL OF YOUR HEALTH by the choices you make regarding your diet and your lifestyle.

I am very obsessed with allergies, foods, toxins, wellness, and health facts. Having read ALL her books, she is my hero, as I devour each and every one of them. For the last fifteen years, I have been impassioned about learning how foods, medications, and our environment contributes to health; from toxins, allergies, to hormones. I appreciate how Somers incorporates and works with a list of highly trained medical professionals, and offers readers a wealth of information; nicely packaged, very informative, researched, useful examples, and summarizes each chapter with a wrap up. I particularly enjoyed the cancer parts, since my mom has colon cancer which has metastasized to the liver and the abdominal area, and in particular steps to take to rid the liver of toxins when taking chemo, as well as the myths of cholesterol and low fat deceptions. (also proactive solutions).

From the low-fat food movement, processed, sugar filled foods, plastics, chemicals, pesticides, toxic mold, overuse of pills, GMOs and EMFs, **TOX-SICK** addresses it all, and most of these we interact with daily (a scary thought).

Being in the same age range and growing up in the same generation, as Suzanne--I have experienced this toxic thing from childhood, teens, marriage, and child bearing, divorce to menopause. I am a stickler for researching medical information regarding my health, and have actually taken her books *highlighting page after page and bookmarking* to the doctors and specialists for my visits to discuss (thanks), among other information from online research.

Knowledge is power. Just because the doctor says something, does not mean you do it. This is my pet peeve with friends and family. It is your body. Start with your food and what goes in to you body -pay attention.

Thank you Suzanne, for this insightful book. Many folks have begun taking a stand against our toxic world, with blogs, recipes, and education. *I bookmarked so many pages in this book; some valuable information to refer to, time and time again. This is not a once read book.*

On a side note: I am thrilled Panera Bread has taken the step recently with their cleaner journey mission; hope it will be an inspiration for others to follow, naming all NO, NO chemicals, additives, and preservatives in their foods; the ones which do not exist, and the ones which will be removed by 2016. Wow, think about it...if Panera has a list this long, can you imagine McDonalds or other fast food restaurants? Our children deserve optimum health and so do we!

We need more books like TOX-SICK to educate, create awareness, and help rid our toxic world of poisons, illnesses, and diseases. I highly recommend this book and all Suzanne's books!

Read, study, and act now, as you can reverse the damage in your body by taking charge of your personal health and the choices you make from this moment on relative to diet and lifestyle. *I urge readers to also visit ForeverHealth.com which offers a wealth of information.*

JDCMustReadBooks

Julie says

I'd give this one 3.5 stars, so I'll just round up to 4. The premise is that we live in an increasingly toxic world that is constantly assaulting us, and our bodies are not naturally equipped to handle the poisonous buildup. Because of this, detoxifying is absolutely necessary in order to avoid/stave off the destruction of major organs like the brain, heart and liver. This book is packed with interesting and alarming information that is backed by tons of references and expert support. Somers links diagnoses and side effects to common toxins that we encounter on a daily basis, with a strong emphasis on mold. Much of this book is interview-based with Q&A between Suzanne and her cabinet of experts. If you're not into reading interviews or if you're totally satisfied with allopathic Western medicine, this is not the book for you.

A few complaints: Somers uses the phrase "the chickens have come home to roost" like 19 times throughout the book, which is minute but became a little annoying. She also used every opportunity to plug her own products and website, which is understandable, but might come off as gimmicky to some readers. I found that there was a lot of deferring to the experts' websites - the reason I picked up the book was to have an all-in-one reference, not to have to jump back and forth between the text and the web. There are charts toward the end of the book that recommend supplements to take in order to protect certain organs, detox from certain toxins, etc. but I think more detailed information like specific dosages and when to take the supplements throughout the day would have been helpful. Instead, readers are provided with a list and told to visit Suzanne's website to buy the packages of supplements her company produces.

I'd recommend this book to people who are interested in the topic and who are NOT hypochondriacs. The latter will certainly be sent into a tailspin with all of the doom and gloom associated with living in the developed world.

Kristi says

This book is scary. Everything from the air we breath to the packaging on our food, water bottles, carpet everything is toxic and ultimately poisoning us. If you think about it, it really is scary but I just cant see popping 100 supplements everyday, and giving yourself 10 enemas daily a practical everyday practice for the average person. Eating organically as possible to avoid pesticides and even doing the coconut oil detox was interesting is doable advice. But at this point as a society we have destroyed our environment and we have to pay the price. I do believe with the emission gasses and pesticides the things have caused the rise of cancers, autism, ADD, ADHD and many autoimmune diseases. We did this to ourselves and we have to find the best way to deal with it now. It is really sad. I did find the data and statistics about household cleaners

very interesting as well and how we are poisoning our selves with these products. But the regimens listed in this book to detoxify yourself, I just don't think the average person could keep up with realistically. You almost have to live within a bubble. There are some doable solutions. my take away is the importance of Probiotics.

Rhonnie says

Love the subject matter. She REALLY knows her stuff and is passionate! She has her own experiences that led her to all this studying and research. Yes, she's rich and can afford supplements and organic foods and treatments and consults with specialists, but it really does seem like she cares for all people to take their health into their own hands. The first half was a bit repetitive...I get it, healthy fats, leaky gut, probiotics.....so it could have been cut down a bit. But then I got really into it on the second half where she has some good recommendations. The mold info was crazy shocking--we hardly ever hear about mold making people sick. The Dr. Interviews were really helpful and gave great perspectives. I agree with so much of what she says and it's refreshing to hear more people talking about toxins in our environment and food and how to take back control of our health! It gives me some great ideas to slowly implement. Use glass containers instead of plastic...don't use your phone as an alarm...never microwave in plastic...avoid fluoride water. And of course continue to avoid processed food, sugar, and GMO/hormone & antibiotic laden foods. The fact that we are so sick in this country ...autoimmune, asthma, autism, cancers, allergy, diabetes, obesity, depression, etc etc...leads me to believe this stuff is real and we all need to open our eyes.

Jennifer Shirley says

I deal with many allergy and health issues caused by exposure to chemicals. This is one of the many books I have read concerning how our bodies are affected by plastics, poisons, molds, and chemicals that are EVERYWHERE. I am sick of being told how safe they are as my body suffers reactions to these items. The allergist I worked with in the early 90's told me I could end up living in a bubble. Would have been hard as I am allergic to formaldehyde, which is used in plastics. As Ms. Somers has had so many health issues and has gone the extra mile to get answers, I appreciate her researching and finding experts in the field of helping people like us, and getting the information out to those of us who need help. If you have been searching for answers to deteriorating health in this chemical laden land, I know you need to read this book. Thank you Suzanne Somers.
