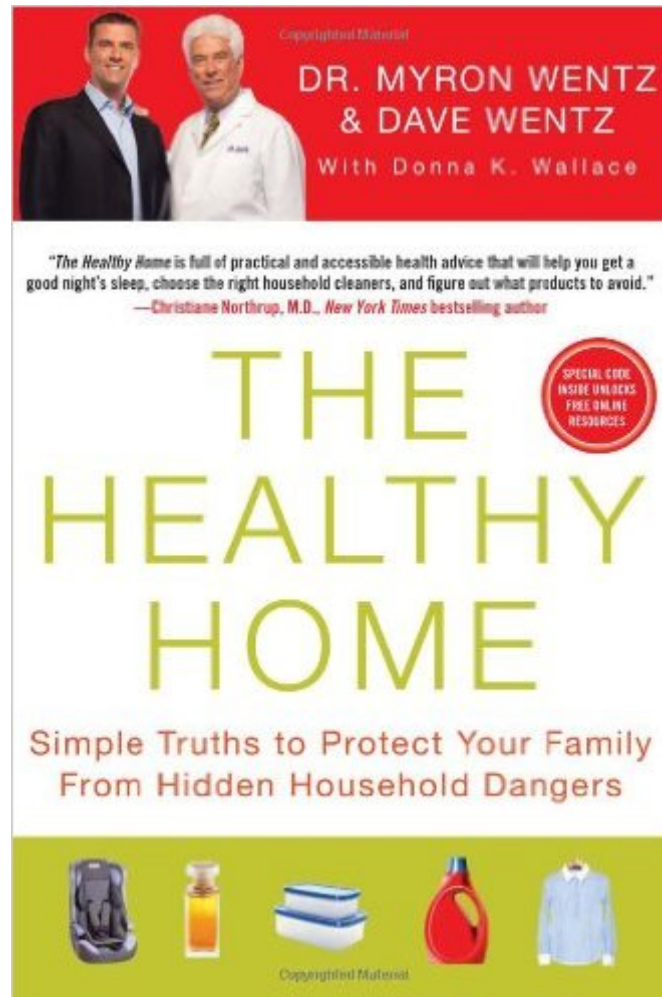


The book was found

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

Hardcover: 304 pages

Publisher: Vanguard Press (March 22, 2011)

Language: English

ISBN-10: 1593156553

ISBN-13: 978-1593156558

Product Dimensions: 9.2 x 6.2 x 1.2 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (95 customer reviews)

Best Sellers Rank: #693,328 in Books (See Top 100 in Books) #196 in [Books > Science & Math > Chemistry > Industrial & Technical](#) #889 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating](#) #1592 in [Books > Business & Money > Economics > Environmental Economics](#)

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.

[Download to continue reading...](#)

The Healthy Home: Simple Truths to Protect Your Family from Hidden Household Dangers Home Security: Top 10 Home Security Strategies to Protect Your House and Family Against Criminals and Break-ins (home security monitor, home security system diy, secure home network) The Unhealthy Truth: One Mother's Shocking Investigation into the Dangers of America's Food Supply-- and What Every Family Can Do to Protect Itself Hidden Dangers in What We Eat and Drink: A Lifelong Guide to Healthy Living (Jan de Vries Healthcare) Cheap and Functional DIY Box Set (6 in 1): Creative, Budget-Friendly Quick and Easy DIY Prepper Projects, Household Hacks, Decorating Ideas and Outdoor Designs (DIY Projects & Household Hacks) The Ultimate Guide to WordPress Security: Secure and protect your WordPress website form hackers and protect your data, get up to date security updates Good Housekeeping Simple Household Wisdom: 425 Easy Ways to Clean & Organize Your Home Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug Exposing the Hidden Dangers of Iron: What Every Medical Professional Should Know about the Impact of Iron on the Disease Process Uninformed Consent : The Hidden Dangers in Dental Care 365 Days of Decluttering and Organizing Your Home: DIY Household Hacks, DIY Declutter and Organize, DIY Projects, DIY Crafts, DIY Books, DIY Cookbook, ... Home Improvement (DIY Hacks Book 1) Gardening: Air-Cleaning House Plants to Purify Your Home - DIY Home, Home Gardening & Indoor Gardening (Healthy Home, Gardening for Beginners, Container ... Hacks, Healthier You, Outdoor Gardening) 365 Days of DIY Hacks - Home, Parenting, Pets, Gifts, Budged: (DIY Household Hacks, DIY Declutter and Organize, DIY Projects, DIY Crafts, DIY Books, DIY Gift, Do It Yourself, Home Improvement, Kids) How to Be Invisible: Protect Your Home, Your Children, Your Assets, and Your Life Prepper's Home Defense: Security Strategies to Protect Your Family by Any Means Necessary (Preppers) How to Protect Your Family's Assets from Devastating Nursing Home

Costs: Medicaid Secrets (7th Edition) How to Protect Your Family's Assets From Devastating Nursing Home Costs: Medicaid Secrets (8th ed.) "How to Protect Your Family's Assets from Devastating Nursing Home Costs: Medicaid Secrets (6th edition)" Home Defense: 15 Best Survival Strategies to Protect Your Home Feng Shui: Wellness and Peace- Interior Design, Home Decorating and Home Design (peace, home design, feng shui, home, design, home decor, prosperity)

[Dmca](#)