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Plastic Purge: How To Use Less Plastic, Eat Better, Keep Toxins Out Of Your Body, And Help Save The Sea Turtles!



Synopsis

Now a Denver Post #1 bestseller. Plastic is everywhere we look. Our computers and children's toys are made out of it, and our water and slices of American cheese are packaged in it. But why is there so much and what is it doing to our bodies? Is it possible to use less plastic and be happier and healthier? In *Plastic Purge*, ecologist, SanClements has put together the most up-to-date and scientifically-backed information available to explain how plastics release toxins into your body and the effect they have on your and your children's health. Both approachable and engaging, *Plastic Purge* provides easy-to-follow advice for how to use less plastic, thereby reaping the benefits such as eating a healthier diet and living with less clutter. Dividing plastics into three separate categories: the good, the bad, and the ugly, SanClements shows you how to embrace the good (items like your phone or medical equipment), avoid the bad (food storage containers and toys that contain toxic chemicals), and use less of the ugly (single-use plastic that's just plain wasteful). With the help of Michael SanClements's *Plastic Purge*, you and your family will develop easy habits to live a healthier and happier lives.

Book Information

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Customer Reviews

Plastics. Can't live with it, can't live without it. SanClements knows this to be true, based on a failed experiment to go two weeks without buying anything made of plastic or creating any plastic waste. From the alarm clock smacked upon awakening to the toothbrush used before going to bed, it is nearly impossible to go more than a minute without encountering plastic in

some aspect of daily life. How did this invention, which has been around for little more than a century, become so ubiquitous? If the island of plastic garbage floating in the Pacific is any indication, will our planet eventually succumb to its tenacity? Examining the history, understanding the science, recognizing harmful as well as helpful plastic products, and incorporating ways to reduce, reuse, and recycle plastics, SanClements sets out on an educational quest to help readers truly see the commodity that is virtually everywhere they look. In hip, conversational tones and with an 'oh wow!' sense of incredulity about plastic's stealthy omnipresence, SanClements pens an eye-opening exposé of this product's damaging properties. --Carol Haggas

Even as a conscientious consumer, obsessive recycler, and environmental advocate, it wasn't until I read Plastic Purge that I realized how little I knew about the ubiquity and consequences of plastics in my life. Thanks to SanClements' effortlessly casual style, not only did I enjoy reading about the 'good, bad, and ugly' ways that plastics have infiltrated my home, diet, and even my wallet, but I learned how to reduce my plastic footprint. This is the much-needed guide to living with the plastics you need and eliminating the ones that you don't. • Aron Ralston, author of the New York Times Bestseller 127 Hours: Between a Rock and a Hard Place • A breezy yet highly informative trek through our plasticized world coupled with tips for reducing plastic from your life | This worthwhile little tome packs a wallop consisting of equal portions of healthy education and pertinent entertainment. • Kirkus Reviews • Examining the history, understanding the science, recognizing harmful as well as helpful plastic products, and incorporating ways to reduce, reuse, and recycle plastics, SanClements sets out on an educational quest to help readers truly see the commodity that is virtually everywhere they look. In hip, conversational tones and with an 'oh wow!' sense of incredulity about plastic's stealthy omnipresence, SanClements pens an eye-opening exposé of this product's damaging properties. • Booklist • We've never liked plastic, and Plastic Purge is a fantastic compilation of all of the reasons why we ought to seriously rethink our collective passion for it. SanClements provides clear, practical direction for anyone who wants to live a healthier, plastic-free life. We'll be following his advice closely. • Bruce Lourie and Rick Smith, authors of Slow Death by Rubber Duck • A fantastic guide to understanding plastics' role in an increasingly toxic world, including how to comfortably avoid prolific but unnecessary plastic products. • Crissy Trask, author of Go Green, Spend Less, Live Better • Plastic Purge is a witty, thoughtful, and very useful guide for people looking for a way out of our collective addiction to dangerous, polluting and (in many cases) completely unnecessary consumer products. Michael SanClements offers a breezy, fascinating, and insightful look at our buying habits, and how we

might change them in ways that will help ourselves and our planet.â•• McKay Jenkins, author of What's Gotten Into Us: Staying Healthy in a Toxic WorldâœPlastic Purge will make you smarter about the role of plastic in society and show you how to cut back on the presence of plastic in your own life. Read this book: Youâ™ll be healthier, and so will the planet. Though author Michael SanClements is an environmental scientist, he doesnâ™t write like one. Which is to say Plastic Purge is lively, informative andâ•dare I say about such a serious and important topic--a lot of fun.â•• Nena Baker, author of The Body Toxic: How the Hazardous Chemistry of Everyday Things Threatens Our Health and Well-being

I was so blind to what plastic is doing to us physically. Now i am off plastics completely, gone to stainless steel and glass. Its much healthier. Pay attention to the triangles on the bottom of your plastics and throw away all but #24 and 5. Otherwise, dont use any plastics and dont microwave in them. You will be amazed at how different your food tastes.

This is by far the most informative book about plastic and its affect on not just the environment, but also on ourselves. It was such an easy read, written in layman's terms by a Doctor of Environmental Science. What an eye opener this was! The thought that my plastic shower curtain liner was emitting toxins in my shower was enough to make me rush out to buy a cloth one(purchased on ,of course!)That was only one of the many frightening things about plastic that I read. SanClements also writes about the history of many plastics which was very interesting, to say the least. I do like the fact that he distinguishes between good and bad plastic. Want to know which are good and which are bad? Then buy this book. This is a **MUST** read for everyone!

Some of it I was already doing. But this book convinced me I should do more. It is very easy to read. A quick read. A valuable book full of interesting or valuable information. **READ IT!** Before you and your children get any more toxic. (One wonders what it is that has caused so many health problems in the USA in the past 50 years, from diabetes and asthma to obesity. It is probably a combination of things. But plastic is assuredly one of them. Maybe along with sugar. Bad air. Bad water. Chemicals in everything. But one has to start somewhere. Now I'm off to buy those mason jars.)

plastics are an old topic, something we all generally think are 'bad' for the environment. we've heard this most of our lives, so i was skeptical that there was more to say on the topic, but i was very surprised on how much more there is to say on the story of plastics. entertainingly written as well,

always a welcome element in reading!

Sobering and I thought I was a tree hugger. It's an easy read and worthwhile for everyone, it will definitely change your perspective and help you understand plastics more. Without being preachy, the author inspires you to make changes. I've already changed some things and was glad to re-affirm some current patterns.

Such a good read...reads like a novel and writer has a great voice so it kept me hooked straight through. So eye opening!! I will save it for a little while for the excellent guides included before I pass along to friends and family.

Easy read and practic advice on how to start to minimize plastic use for normal people.

Great book about the history, health impacts, and recycling of plastic products.Very educational

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