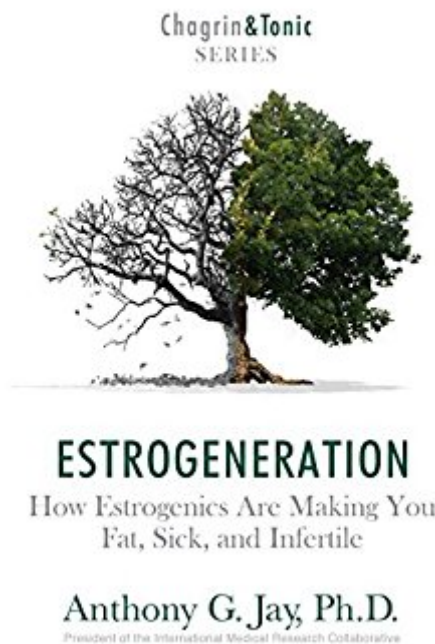




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Estrogenation: How Estrogenics Are Making You Fat, Sick, And Infertile (Chagrin & Tonic Book 1)



Synopsis

The devastating truth about a class of chemicals called "estrogenics" and how your daily exposures can cause weight-gains, depression, infertility and many other exploding health problems. In this book, Anthony G. Jay offers a clear and fascinating look at: THE Top 10 List of Everyday Estrogenics Cutting-Edge Weight-Loss Strategies New Muscle-Mass Building Discoveries How Estrogenics "Feminize" Males How Estrogenics Harm Children 3 Detailed Estrogenic Avoidance Plans Specific Food/Water Estrogenic Numbers Simple Clear Language and Definitions The US and EU Legal Status of Estrogenics A Direct Exposure on Scientific Bias Brand New Epigenetics Discoveries Amazing Fishing "Tail" Chapter Openers An Actionable Summary Appendix And much, much MORE...

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Customer Reviews

My husband and I dealt with infertility for nearly 5 years, during which time we did tons of our own research about anything we could possibly do to improve our fertility. We set out to clean up our life

and have made many of the improvements Dr. J suggests. I knew these things mess with fertility and the immune system but it wasn't until I read this book that I understood more about how and why these estrogenic chemicals destroy our health. This book was easy to read and understand but was also full of excellent info and references peppered with personal anecdotes and some painful puns. Haha. These are all things I've intuitively thought (chemicals, plastics etc should be avoided) but now when people call me crazy for not giving my kids main stream foods, snacks, sun screens, plastic toys etc I can point them to this book as a reference point! I'm really excited Dr. J is doing this research and getting this info out. I really look forward to his future work.

It is time for a cultural revolution to greatly reduce the poison in our water, foods, soaps, perfumes and even baby products. We all know friends and family members who are fighting terrible diseases, yet they are so young. Is everybody going to get breast cancer? Everyone? In his text Anthony Jay educates the everyday person of the hazards of very complex chemicals that not only surround us but that we daily ingest. He does so in a most positive, humorous way, adding hilarious anecdotes of his college and post grad years. Most important it is a practical guide for those who want to ensure greater health for themselves and loved ones. I give the book my highest recommendation.

I bought this book because it was billed as readable and understandable. It definitely lived up to that. I already knew that BPA was bad for me and my family, but I had no idea how bad the toxicity problem really is here in the US. If you're concerned like I am about the impact that chemicals ingredients found in beauty products, cleaning supplies, water, and food have on your health then I'd recommend this book. The author does a good job of boiling the science down for the average reader. And he breaks this up a bit with anecdotes about his personal life, which entertain and keep the pages turning.

Dr. Jay's book is an incredibly well-written text that achieves one of an author's most challenging tasks: synthesizing a massive amount of first-rate scientific research and packaging it into a format that the general public can digest. As a fellow author writing in a different field but trying to reach a public with similarly complex ideas, I deeply appreciated Dr. Jay's concision, wit, and just plain good storytelling. He throws in personal anecdotes at just the right moment to keep the reader engaged, while laying out the data to back up his arguments in a concise, no-nonsense manner. Some of the dangers he discusses I already knew about (e.g. contraceptives and cosmetics), but others were

new to me--especially his treatment of plastics. I also found it valuable that he broke down three different concrete possibilities for implementing what we learn from his book and indicating which items ought to have priority in our efforts to free ourselves from estrogens. A lively, enjoyable, and intriguing read, I highly recommend that you purchase this text and consider the proposals Dr. Jay sets before us.

Dr. Anthony Jay is witty, clear, kind, and engaging in this groundbreaking work. Both sides of his double major in Biology and Theology from Ave Maria University come through powerfully in his writing. With almost evangelical fervor, Dr. Jay logically convinces the reader how big the problem of estrogens is so that he can better persuade the reader to act accordingly. Estrogenation is easy to read yet highly informative; moreover, it is practical. That is the best part of the book, I think. In true Aristotelian fashion, Dr. Jay is not only informative but also "performative."

Amazing book! This is what the state of our health needs. Real science and guidance on how to let our bodies heal naturally! What to do, what to avoid and WHY! If you have any hormonal, migraine, infertility, male patterned balding, ANY hormone related health concern you NEED to read this book! Thank you Dr. Jay!

Dr. Jay has written an informative, scientifically-sound and practical book on an important topic in contemporary America. This book raises awareness of the link between environmental chemicals in food, drinking water, cosmetics and the general environment, to a range of disease states. By infusing the book with personal stories and anecdotes, Dr. Jay makes this an entertaining and worthwhile read. Philip C., Ph.D.

WOW! Were my eyes opened! How scary to think I've been walking around clueless of what is happening before my eyes. To think that our country would allow these dangerous chemicals to be allowed to be used when they are SO harmful to life blows my mind. Makes me very angry and frustrated! Anthony did a totally awesome job in explaining estrogens so that it is very easy to understand! Loved the humor he used though out the book!

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