



It's Your Life - Avoiding Harmful Chemicals in Your Food

Professor Norman Ratcliffe

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This book:

- 1 Identifies harmful pesticides and additives in food and gives advice on how to avoid them; it emphasises the importance of removing such chemicals from the diets of babies, children and pregnant women.
- 2 Gives details of the rates of pesticide contamination of fruit, vegetables and other types of food using easily interpreted tables.
- 3 Provides a summary table for identifying the least chemically polluted foods. 4 Gives a list of organic foods that are the most important to buy and an explanation of why, in these financially challenged times, it is unnecessary to eat just organic foods.

Professor Norman Ratcliffe is a Fellow of the Royal Society of Medicine and has published over 200 books and research papers on immunology, cancer, influenza, tropical diseases and MRSA. Five years ago Professor Ratcliffe decided to produce a comprehensive but easily accessible book on health and fitness to help people of all different ages lead more healthy and fulfilling lives; the result of this five year project is the 'It's Your Life' series of books. There are six books in the series; five of these offer advice in specific areas, whilst the sixth - It's Your Life: End the confusion from inconsistent health advice - includes all of the advice given in the rest of the series.

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Chapter 1: Are Pesticide Residues Present In Our Food? Are Organic Foods Safer?

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pesticide contamination rates in fruit

pesticide contamination rates in vegetables/salad

pesticide contamination rates in other types of food

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Chapter 2: Is Our Food Safe? Additives: Preservatives, Colourants and Sweeteners

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summary tables of types of additives and safety concerns

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From reader reviews:

John Bennett:

Typically the book *It's Your Life - Avoiding Harmful Chemicals in Your Food* has a lot of information on it. So when you make sure to read this book you can get a lot of benefit. The book was compiled by the very famous author. Mcdougal makes some research before write this book. That book very easy to read you can obtain the point easily after reading this book.

Michele Williams:

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Nicholas McNeal:

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Gerard Armstrong:

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