

Amdur, Doull, Klaassen, Casarett and Doull's Toxicology, The Basic Science of Poisons, Pergamon Press, 1991. This medical textbook offers useful information about common toxins found in our environment.

Ashford and Miller, Chemical Exposures, Low Levels and High Stakes, 2nd edition, Van Nostrand Reinhold, 1991. This book is an excellent scientific overview on the growing problem of chemical sensitivities.

Baker, P., Elliott, E., and Banta, B., Prescriptions for a Healthy House, A Practical Guide for Architects, Builders, and Homeowners, Inward Press, 1998. The author of this on-line article is co-author of this book. It was written to help people build healthy homes with good air quality. It is practical and user-friendly.

Colburn, T., et al, Our Stolen Future, Plume, 1997. This book is a gripping account of the scientific research linking reproductive failures, birth defects, and sexual abnormalities to synthetic chemicals that mimic natural hormones, causing disruption of the endocrine system.

Green, N., Poisoning Our Children, The Noble Press, 1991. The contemporary pesticide problem comes alive as the author relates the nightmare she endured after unwittingly poisoning herself in her own home with repeated pesticide exposures.

Krohn, J. The Whole Way to Allergy Relief and Prevention, Hartley and Marks, 1996. This book is a useful and practical guide to the subject of allergies and sensitivities.

Krohn, J., The Whole Way to Natural Detoxification, Hartley and Marks, 1996. Dr. Krohn's book is a comprehensive compendium of effective detoxification methods.

Lawson, L., Staying Well in a Toxic World: Understanding Environmental Illness, Multiple Chemical Sensitivities, Chemical Injuries, and Sick Building Syndrome. Lynnword Press in Evanston, Illinois, 1994. This book is authored by a former medical writer with a thorough understanding of the contemporary chemical problem. It is highly readable, informative, and comprehensive in its overview of the devastating effects of toxic surroundings.

Pert, C., Molecules of Emotion, The Science Behind Mind-Body Medicine, Simon and Schuster, 1997. This book is an excellent discussion of the two-way relationship of mind and matter.

Radetsky, P., Allergic to the 20th Century, Little, Brown and Co., 1997. This book offers insight into the growing problem of chemical sensitivity.

Rapp, D., Is This Your Child's World? How You Can Fix the Schools and Homes That Are Making Your Children Sick, Bantam Book, 1996. Dr. Rapp shares with the reader her vast experience diagnosing and treating children whose behavior and mood has been altered by exposure to environmental triggers such as foods and chemicals.

Suggested Readings

Rea, W., *Chemical Sensitivity*, Vols. I -IV, Lewis Publishers, 1992. Dr. Rea provides the much needed clinical perspective derived from observing and treating over 20,000 environmentally sensitive patients.

Rogers, S., *Depression Cured at Last*, Prestige Publishing, 1997. Dr. Rogers covers a wide range of environmental triggers that can cause or exacerbate depression.

Rogers, S., *Tired or Toxic*, Prestige Publishing, 1990. Dr. Rogers gives detailed and comprehensive medical explanations about how chemicals are impacting human health.

Rosenstock and Cullen, *Textbook of Clinical Occupational and Environmental Medicine*, W. B. Saunders, 1994. This is a standard textbook for those in the field of occupational medicine.

Singer, R., *Neurotoxicity Guidebook*, Van Nostrand Reinhold, 1990. Dr. Singer is a neurotoxicologist, psychologist, and environmental health scientist who has written this practical reference.

Thrasher, J., *The Poisoning of Our Homes and Workplaces: The Indoor Formaldehyde Crisis*, Seadora, Inc. 1989. Dr. Thrasher offers a detailed analysis of the indoor formaldehyde crisis in the United States.

Wilson, C., *Chemical Exposure and Human Health*, McFarland and Co., 1993. This book is a reference guide to 314 chemical with a guide to symptoms.