

BOOK REVIEW

Our Stolen Future

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Plume a Division of Penguin Group

Like Rachael Carson's (.....) classic *Silent Spring* this book under review was and remains a classic in its field. And like Carson's book, this book seeks to alert us to the dangers we face from the products of modern science which were developed with good intent to serve a specific purpose, but without long term testing to identify unwanted and deadly consequences.

The book largely deals with a group of product ingredients known as Endocrine Disruptors. These chemical compounds leach out of products used to contain or process food into the food itself. When we consume those products contaminated with the chemical compounds those compounds enter our body, bloodstream and ultimately enter our endocrine system at the molecular level. Where they insert themselves and either remain or modify the molecular structure and leave. Having modified the DNA molecular structure they then pass on that changed structure to future generations, causing a variety of diseases, such as age-onset diabetes, autism, obesity and possibly a variety of cancers.

Endocrine Disruptors are now ubiquitous in our world cannot be entirely avoided. The best we can hope for is to be aware and limit our exposure to them. More than 300 known endocrine disruptors have been identified and more are being discovered daily.

The book opens with a forward by Preface by Al Gore and continues as follows:

Chapter 1 Omens

Chapter 2 Hand Me Down Poisons

Chapter 3 Chemical Messengers

Chapter 4 Hormone Havoc

Chapter 5 Fifty Ways to Lose Your Fertility

Chapter 6 To the Ends of The Earth

Chapter 7 Single Hit

Chapter 8 Here, There and Everywhere

Chapter 9 Chronicle of Loss

Chapter 10 Altered Destinies

Chapter 11 Beyond Cancer

Chapter 12 Defending Ourselves

Chapter 13 Loomings

Chapter 14 Flying Blind

Epilogue for Paperback Edition

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