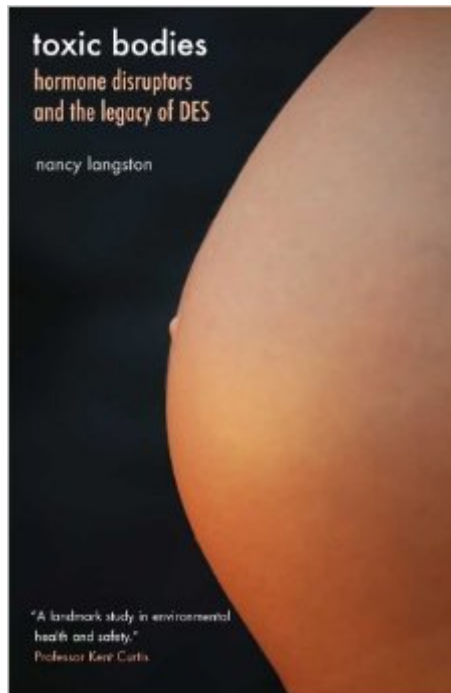


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# Toxic Bodies: Hormone Disruptors And The Legacy Of DES



## Synopsis

In 1941 the Food and Drug Administration approved the use of diethylstilbestrol (DES), the first synthetic chemical to be marketed as an estrogen and one of the first to be identified as a hormone disruptor—a chemical that mimics hormones. Although researchers knew that DES caused cancer and disrupted sexual development, doctors prescribed it for millions of women, initially for menopause and then for miscarriage, while farmers gave cattle the hormone to promote rapid weight gain. Its residues, and those of other chemicals, in the American food supply are changing the internal ecosystems of human, livestock, and wildlife bodies in increasingly troubling ways. In this gripping exploration, Nancy Langston shows how these chemicals have penetrated into every aspect of our bodies and ecosystems, yet the U.S. government has largely failed to regulate them and has skillfully manipulated scientific uncertainty to delay regulation. Personally affected by endocrine disruptors, Langston argues that the FDA needs to institute proper regulation of these commonly produced synthetic chemicals.

## Book Information

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## Customer Reviews

Having recently completed "Toxic Bodies" I chose to title my thoughts as noted above. Dr. Langston has presented the research and the conclusions about the heavy use of DES in our medical and agricultural systems in a manner that is readable and understandable for persons with lesser scientific backgrounds. She does this in a story like format that leaves one with a sense of urgency about the present and emerging chemicals that effect us in our daily lives. The sense of urgency on a personal level leads one to question a medical care provider about any prescribed medication and

to seriously consider any over the counter "drugs or food supplements" one might consume. I would suggest that readers (especially women) share this book with their medical care provider. The sense of urgency on the community level is to comment to law makers related to ongoing issues with chemicals that we are currently being warned about as harmful, especially to children. Great work on this book, Dr. Langston. Thank you for it. Nancy Moye RN, PHN

Toxic Bodies by Nancy Langston is a cautionary tale indeed -- one that should scare the heck out of any woman of reproductive age. Actually, everyone should read this book, and then contact their government representatives and insist on stricter regulations and overall transparency with regards to synthetic chemicals that enter our bodies through a myriad of ways; food sources, water, medications, and from mother to child. Apparently, I am one of the lucky ones -- even with a variety of frightening reproductive issues, I was able to bring a healthy baby to term -- but now she, at the age of 18, seems to be tackling some of the same gynecological issues I faced 30 years ago. Dr. Langston's concise and readable book should encourage all of us to live a more healthy, chemical-free lifestyle. And, to ask the right questions when visiting our doctors. Ladies and gentlemen, it's time to take a proactive stance!

This is one of the best history books I've ever read. I'm a historian (this is not my field, though), but it's so well written, as well as so relevant, that I'm going to encourage non-historian friends and family to read it. I also plan to assign it in classes. This is a book that many people, the general public as well as scientists, regulators, and historians, should read.

I've just finished reading Toxic Bodies and I have to commend Nancy Langston on a superb and desperately needed new book. Wow! The story (and stories) she tells are staggering and informative and written in an accessible style. This is a landmark study in environmental health and safety. It's also one of the finest combinations of the themes of gender, science, and the environment that I've seen in quite some time - I've already recommended it to colleagues and I'm sure it will find a home in many different environmental studies classrooms. Indeed, I intend to assign it in my Environmental History course in the spring semester.

An amazing book. Truly a must read.... I would read more now, but I can't put it down... ;o) Patti Negri

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