



Plastic Purge: How to Use Less Plastic, Eat Better, Keep Toxins Out of Your Body, and Help Save the Sea Turtles!

Michael SanClements

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Now a *Denver Post* #1 bestseller. Plastic is everywhere we look. Our computers and children's toys are made out of it, and our water and slices of American cheese are packaged in it. But why is there so much and what is it doing to our bodies? Is it possible to use less plastic and be happier and healthier?

In *Plastic Purge*, ecologist, SanClements has put together the most up-to-date and scientifically-backed information available to explain how plastics release toxins into your body and the effect they have on your and your children's health. Both approachable and engaging, *Plastic Purge* provides easy-to-follow advice for how to use less plastic, thereby reaping the benefits such as eating a healthier diet and living with less clutter. Dividing plastics into three separate categories: the good, the bad, and the ugly, SanClements shows you how to embrace the good (items like your phone or medical equipment), avoid the bad (food storage containers and toys that contain toxic chemicals), and use less of the ugly (single-use plastic that's just plain wasteful).

With the help of Michael SanClements's *Plastic Purge*, you and your family will develop easy habits to live a healthier and happier lives.

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From Reader Review Plastic Purge: How to Use Less Plastic, Eat Better, Keep Toxins Out of Your Body, and Help Save the Sea Turtles! for online ebook

Jennifer Stringer says

When I was at the Monterey Aquarium last month, I saw their plastics in the ocean exhibit and it is truly disgusting. I saw this book at the library and while a lot of the information included is nothing new, it was good to get a refresher on plastics and their alternatives.

Sharon says

A compelling book discussing the good, the bad and the ugly facts about plastic and ways you can decrease the amount of plastic that you use. Decreasing the amount of plastic is not just good for the environment but is essential to your health. I love his grading system for ease in making the changes he suggests. One Bottle means something that everyone can do with minimal effort. Two Bottles means requires a little time and effort, but are well worth it. Three Bottles require more effort and much more difficult to do long term. I have tried many of them prior to reading the book, so it's nice to see that I'm on the right track. Wish everyone would read this book!

Lee D'Anna says

Reading this book depressed me! I've always considered myself to be somewhat eco-conscious. After all, I've recycled since the very first Earth Day when I was in middle school (and got my parents to join me), I brought my own re-usable bags to the grocery store before it was cool, used cloth diapers for my children and even when we travel, I collect recyclables until we can find a place to recycle them. I'm so trained that it is depressing to read current headlines that recycling as we know it may not have a future. And, even when I thought we, as a country and a world were doing well, I was dismayed to learn that only about 10% of the plastic produced globally is recycled.

“Unfortunately, at some point, we got lazy, lost our way, or were seduced by the convenience of plastic, and now we find ourselves on that plastic dark side. As a result, our use has spun way out of control. We use ridiculous amounts and create all sorts of waste in instances where it’s completely unneeded. The consequences of this exorbitant usage are becoming disastrous for our health and the health of the environment we rely on to support society.”

As a vegetarian, I eat healthily and I've recently spent more time looking at ingredients in my health and beauty products, never thinking that the containers they are packaged in could be as harmful as ingredients inside! SanClements covers a wide range of topics pertaining to plastic and often interjects humor. I realize that more scientific types may have found this offensive, but I believe this added appeal to the more average reader. Heck, he even covers pets and sex toys (ok, I can honestly say it never occurred to me that sex toys could be harmful, at least not in THAT way!)

This book was published in 2014 (the first thing I looked at before reading) and I'm sure much has changed

but, unfortunately, not necessarily for the better. I admit I skimmed over some sections, but it was a quick, well researched and informative, albeit depressing, read.

Danielle DuPuis says

I was talking about this book to my students and my colleagues yesterday. I thought SanClements did a wonderful job of covering the topic of plastic- from how it was invented and then became a common household item to which types of plastics to avoid and how plastics can be recycled. I loved the suggestions on how to use less plastic. Great book, and one that I will be purchasing to keep on hand for reference. Highly recommend. This book is 4 years old. I really hope he will update some of the information I know has changed since the book was published and release a second edition.

Tori says

Fabulous! I already considered myself a semi-tree hugger, but reading actual numbers and facts about how BAD plastic can be for mot only the environment, but also your body, has really made me re-think a lot of interactions I have with plastic. I mean, who knew receipts were leaching BPA into our bodies?? I'm definitely taking a few suggestions from this book into my everyday life.

Pammie says

This book is well researched, quick and fun to read, and has lots of good tips for how (and best of all, WHY) to avoid plastics in our everyday lives. I liked the balanced presentation of pointing out that plastic is not all bad, showing which plastics are the worst for us and for the environment, explaining the total costs of plastics and their use, and the graded system for eliminating the worst plastics from your personal use. Some things I already knew and have been doing for years--bringing my own bags to the grocery store, for instance. My dear friend Phyllis and I were practicing that one before it got all trendy! Other suggestions were not as obvious, and he gave a lot of resources for alternatives for plastics that are readily available. I also liked the "quick and dirty" reference/summary boxes that boil down what you need to know. Like what those numbers on the bottom of plastic containers mean re: recycling and what they leach into your body when you touch them. Excellent resource.

Jessica says

I really enjoyed reading this. Personally, I have taken quite a few science classes and wish it could have been more in depth on the chemistry, but that is the reason for the resources/bibliography section.

Ever since I was younger, I have been drawn to preserving our earth, or at least trying to keep it looking nice by picking up trash and trying to recycle and reuse as much as I can. But I like how this book showed that some plastics are good (and some bad and ugly). I also did not know about the ability to burn trash in order to produce energy in place of using other forms of non-reusable fuel. Go Sweden! It is also quite upsetting

that a lot of what we try to recycle ends up going in the trash anyway, especially when I found out that my city does not recycle polyvinyl chloride (#3) and styrofoam (#6), even though the signs clearly state zero sort, all numbers 1-7 accepted...

I would definitely recommend this easy and very informative read, especially with the funny little history tidbits on plastics.

Angela says

I have read many books on how to live a more environmentally friendly lifestyle. But most of them make such extreme recommendations that I end up morphing into a belligerent teenager while reading them. Midway through the book I start thinking, You won't ever let me have any fun at all. You're the meanest author ever.

So I started reading Plastic Purge with some trepidation. But I quickly realized that the author is the Mike Brady of environmentalists. He wants what's best for us and he's gently encouraging us to do the right thing. But he's also very understanding when we fall short of the mark.

You can read the rest of my review here:
<http://theheartlandchronicle.blogspot...>

msleighm says

For the first chapter or two or three, I was worried that this was going to be a book "preaching to the choir." It stands to reason the majority of the people who pick up this kind of book are the kind who already care and are trying to do the right thing for themselves and the environment. And while that's probably true, there is *much* to learn, as I soon discovered.

There's a quote on the back of the book that sums the book up so well, I'm going to re-quote it here:
"Even as a conscientious consumer, obsessive recycler, and environmental advocate, it wasn't until I read 'Plastic Purge' that I realized how little I knew about the ubiquity and consequences of plastics in my life..." - - Aron Ralston

Because of this book, I will be modifying some of my future buying habits.

Jacqueline Hendricks says

It was eye-opening and so informative. If you had any questions about the dangers of plastic, please read this book. The chemicals used to produce the stuff leach into our bodies. From IV bags at hospitals to the receipts from the store. We are being inundated by the cancer-causing chemicals. They are in our face scrubs and tubes of toothpaste. They are washed down the drain and slip into our rivers, lakes and the ocean. And guess who eats them next? The fish that we consume. So if you think you washed it away, it is back on your plate ready to be ingested. The book is filled with warnings for our lazy insistence on plasticizing everything. Individual pieces of cheese product? Lazy. Buy real cheese and use a cheese slicer.

Erin says

There's nothing wrong with wanting to cut back on plastic but if you are reading this book you probably already use reusable grocery bags and stainless steel water bottles so you might as well skip reading this book.

- The book begins with a few interesting stories about the history of plastics which I feel could have been expanded upon in more detail.
- The writing style is overly casual which often trivializes the author's intended arguments and makes assumptions that the reader wouldn't want to be "bored" by scientific details.
- The author also assumes that BPA exposure is everyone's highest concern. A fact that overshadows some bigger environmental and health issues. For example, In list of common BPA exposure pathways Airline Boarding Passes is at the top. It may be surprising that BPA is in boarding passes and receipts but anyone flying enough to worry about BPA exposure through boarding passes has some bigger carbon footprint issues to deal with.
- The suggestions for cutting back on plastic in daily life were pretty obvious. This book may have been written a year or two before Keurig and Tassimo coffee makers took over the coffee industry and thus it is sadly missing the advice to not use those products. But again, any conscious consumer should realize this on their own.

I feel like there must be other better books out there that either :

- Go into the history of the plastic industry in more detail
- or
- Give more thorough advice on cutting back on plastic in our daily lives.

Rita says

I could only get through the first 30 pages of this book. I really wanted to go further, because the premise and content were so interesting to me, but the writing couldn't make up for that. When the word "downright" was used twice in one paragraph, and phrases such as "people went freaking crazy" and "Crazytown, right?" became frequent, I gave up. When I read about science and history, I get distracted if the text sounds like a Valley Girl conversation.

Emily says

Insightful read into the love hate relationship we have with plastics. The author uses humour to help readers not self destruct, while reading about all the problems that accompany high use of plastics. Majority of legislative and regulatory information was American centred, which is useful if you are actually from there. Not useful for anyone outside the U.S.A. It mentions some other countries legislation in passing, but does not elaborate further. A good place to start reading about the use of plastics and the dangers associated with it,

but by no means the most comprehensive volume in existence.

Lise says

I received a free copy of this book from the Goodreads First Reads program in return for an unbiased review.

First of all, a confession. Even though I am an ecologically conscious, self-aware, Green Party geek, I was a little bit worried that this book would be too preachy and guilt-inducing to read. I was relieved to find that it was readable, entertaining, and that the author acknowledges (fairly often) that change might be difficult, and that each of us will make our own risk-benefit analysis. Personally, I would have liked a bit more 'crunchiness'.

There is a bibliography (broken down by chapter), and the sources are varied. Several are environmentally based sources which I haven't dealt with before, but there are also quite a few peer reviewed publications and a range of governmental agencies cited. This does help to mollify my inner skeptic, but it would have been nice to see more detailed endnotes and to be clear on which fact came from which reference. It would also be nice to see a bit more detail on the impact of endocrine disruptors and phthalates, but I appreciate that this might make the overall work less appealing to the widest audience (again - detailed endnotes would have been appreciated).

There are a number of very useful sidebars and summary boxes, and I will be copying some of them to carry with me for easy reference when making consumer decisions. Although I found some of the information in the book depressing, none of that was *new* information. On the contrary, I found it encouraging to learn of advances in recycling technology, and even that there are companies successfully reclaiming fuel from plastic.

As the author is an expectant father, there is a chapter devoted to reducing harmful plastic exposure to children and infants, and I was personally disturbed that he assumed that all infants will be formula fed. Paragraphs devoted to cloth vs paper diapers, not one sentence devoted to nursing vs. formula (and it would have been nice to have a discussion of the safety of plastics used in breast pumps). If he hadn't mentioned that parenthood was impending I would have put it down to male blind spot, but as it is I have to wonder what on earth he was thinking. As it is, that's my biggest issue with the book, and, to be honest, it's not that huge a flaw.

Get the book, because, far from a whine fest, it's a good source of fairly easy things you can change, with more challenging changes suggested if you are up to them.

Ella says

I'm buying this as a gift for everyone I know this year, and you'll want to too.
Buy it for yourself first!
