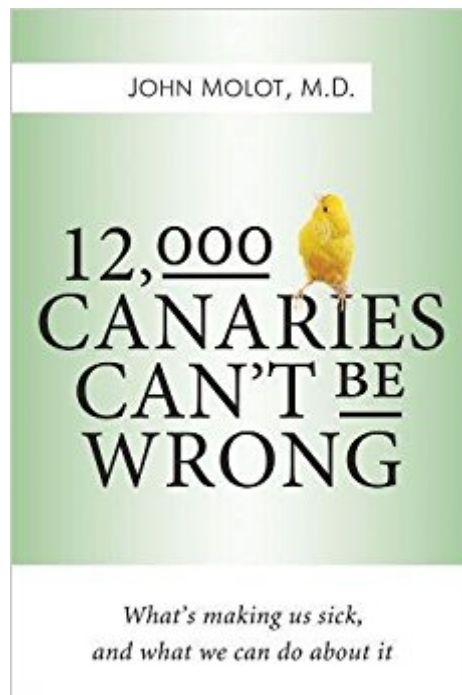




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12,000 Canaries Can't Be Wrong: What's Making Us Sick And What We Can Do About It



Synopsis

How does our environment impact our health, and what can we do about it? 12,000 Canaries Can't Be Wrong is a culmination of Dr. Molot's 30 years of experience seeing more than 12,000 patients with environmentally linked illnesses. He explains how the environment contributes to the development and progression of many common conditions and illnesses, including chronic fatigue syndrome, fibromyalgia and other pain disorders, chemical sensitivity, irritable bowel syndrome, allergies and asthma, diabetes, autistic spectrum disorder, and even obesity. Dr. Molot provides a nine-point plan that will make a positive difference to our health, and to the health of our children.

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Customer Reviews

"Compelling and well-written, this is a solidly researched, detailed explanation of the causes and effects of numerous modern health issues...It's possible to skip straight to the treatment plan, but it would be a shame, considering how persuasive, fascinating, and often mind-blowing Molot's case is." #151; Publishers Weekly

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including chronic fatigue syndrome, fibromyalgia and other pain disorders, chemical sensitivity, irritable bowel syndrome, allergies and asthma, diabetes, autistic spectrum disorder, and even obesity. Dr. Molot provides a nine-point plan that will make a positive difference to our health, and to the health of our children.

Overall, I thought this was an interesting book and very informative. At times the material was a bit complicated and hard to absorb, but I felt that he did a really good job of breaking things down so that those of us without scientific minds could understand what he was talking about. Where I was disappointed was in the "What to do about it section", the advice was very broad. I realize it can't be extremely specific because we are each unique, but it felt too broad. Also, where he addressed exercise I felt that he needed to do a better job of explaining why so that patients don't come away from that chapter feeling the same way they do every time they leave their doctor's office with the same advice. Also, I didn't like that he didn't include the citations to the literature that his arguments are based on, instead including those in a separate book (that costs more than this book).

As a person who developed MCS after my workplace installed new carpets in 2009, I have been through a whirlwind of doctors most of whom do not offer any advice or treatment, even some who have told me that MCS is not a real medical disorder. I have read many books on this subject, all which are informative, but Dr. Molot explains this disorder in detail and most appreciatively, explains why the medical field has historically avoided it. I have bought about 20 copies, for myself, my family members and my clients who suffer from MCS, CFS and/or Fibromyalgia. Validation is so important in this journey. Thank you, Dr. Molot.

This book is for everyone, not just those who are sick with MCS or environmental issues. It's the what, who, why and where of our current health systems, the politics and the big "experiment" that none of us signed up for! I highly recommend this book if you want to be healthy in today's world!

What I really like about "12,000 Canaries Can't Be Wrong" is that, not only is Dr. Molot's writing truly engaging, he makes the message of the canaries completely clear. Unlike other books that talk about the environment we live in without giving any explanation of how we can protect ourselves; or books that provide diets and solutions without explaining why we should think about modifying our lifestyle, he discusses both. Now I understand why the canaries are warning us about the effect pollution and evolution on future generations and his common sense

approach takes the difficulty out of how we need to make changes. Dr. Molot writes with the confidence of a trusted family doctor and even though at times the message is alarming, though I still wanted to read to the end. If my high school biology teacher had explained the science as clearly as Dr. Molot, I would not have dropped science so early in my education. I found Dr. Molot's blog site, johnmolot.com/category/news/, further reading on this important topic. My thanks to Dr. Molot!

This is the book I've just finished. It's really enlightening in terms of how much my body became sensitive to so many things, and Dr Molot (whom I met through the renown Women's College's Environmental Health Clinic) really makes a good case for how our environment affects our health. It helped me connect even more dots to how I was sensitive way back when I was a kid when others weren't. He often talks about fibromyalgia, chronic fatigue (ME) and multiple chemical sensitivity because those are so often found together as 'the pattern'. He also talks about other conditions which are related to environmental health such as asthma, 'sick building syndrome' and the like. So it's a book for everyone. It's very current on the latest research and on how they are stirring more and more towards those conditions affecting our bodies, especially the central nervous system. Dr Molot makes a strong case for that in the book, and even if we don't have the smoking gun to prove it yet, there is mounting evidence to point that way. Dr Molot also suggests different ways to boost mitochondria, detoxify and change your lifestyle in simple ways to help your already overloaded system (especially for people with many co-morbid conditions). I'm now integrating these into my life and I feel better about being able to do something about it that is more pro-active. Finally, changing my diet doesn't feel like such a burden. It's not changing it that would be thanks to Dr Molot's explanations, and the changes I've already made by following the book (like switching to fragrance-free laundry detergent and natural home-made cleaners) have indeed made a significant difference already. The natural products work just as well if not better, too. Highly recommended. Even with brain fog, I was able to go through the book, even if I had to read only a paragraph at a time. It was worth it! It complemented the visit we had with the doctor who spent 3 hours talking with us at the clinic.

A very interesting and wonderful read with an extremely large amount of interesting medical information

Dr. Molot, a highly experienced doctor, presents his extensive experience with environmental

illness. It is a book not unlike many others, explaining that the polluted environment is killing many of us. In other words, it is conventional "wisdom". Many of the issues are of pressing importance to those called "canaries", e.g. sensitive individuals. However the author gives no thought to why the "canaries" are so overly sensitive to an environment that has allowed us to live longer every passing year. Considering all the "carcinogens" that were banned, it clearly had no obvious effect. Why did age-adjusted cancer mortality in the US (excluding cigarette cancers) peak out around 1930, long before the chemical industry got going in earnest? Obviously it is important to clean up the environment to a practical level, but the "canaries" may hold the key to why we have become overly sensitive.

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