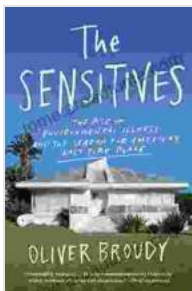


# The Rise of Environmental Illness and the Search for America's Last Pure Place

Environmental illness is a serious public health problem that is affecting millions of Americans. It is caused by exposure to toxic chemicals in the environment, such as air pollution, water pollution, and soil contamination. Symptoms of environmental illness can include fatigue, headaches, nausea, and difficulty concentrating. In severe cases, environmental illness can lead to disability and even death.



## The Sensitives: The Rise of Environmental Illness and the Search for America's Last Pure Place by Oliver Brody

★★★★☆ 4.4 out of 5

Language	: English
File size	: 3893 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 351 pages



The rise of environmental illness is a major concern for public health officials. The Environmental Protection Agency (EPA) estimates that more than 100 million Americans are exposed to unhealthy levels of air pollution each year. Air pollution can come from a variety of sources, including cars, trucks, factories, and power plants. Water pollution can also be a major

source of environmental illness. The EPA estimates that more than 30 million Americans drink water that is contaminated with harmful chemicals.

The search for America's last pure place is a daunting task. There are few places in the United States that are free from pollution. However, there are a few communities that are working to create healthy environments for their residents. One such community is the town of Ithaca, New York. Ithaca is located in the Finger Lakes region of New York State. It is home to Cornell University and Ithaca College. Ithaca has a population of about 30,000 people.

Ithaca has a long history of environmental activism. In the 1970s, the town banned the use of pesticides and herbicides on public property. Ithaca also has a number of community gardens and farmers markets. The town's farmers market is one of the largest in the country. Ithaca is also home to a number of renewable energy projects. The town has a solar farm and a wind farm. Ithaca is a leader in the movement for sustainable living. The town has been recognized for its efforts to reduce pollution and protect the environment.

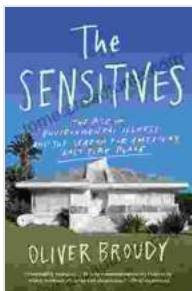
Ithaca is not the only community that is working to create a healthy environment for its residents. There are a number of other communities across the United States that are working to reduce pollution and promote sustainable living. These communities are helping to lead the way to a healthier future for all Americans.

## **What Can You Do?**

There are a number of things that you can do to reduce your exposure to environmental toxins and protect your health. Here are a few tips:

- Reduce your exposure to air pollution by avoiding busy roads and highways.
- Filter your drinking water to remove harmful chemicals.
- Eat a healthy diet that includes plenty of fruits, vegetables, and whole grains.
- Get regular exercise to help your body detoxify.
- Support organizations that are working to reduce pollution and protect the environment.

By taking these steps, you can help to reduce your risk of developing environmental illness and protect your health.



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