

HEAL of Southern Arizona Book Review: *Health Forensics* by Steven Magee

When Steven Magee developed health problems in his early 30s, he began a personal quest to discover the causes and learn how to maintain good health. In *Health Forensics*, Steven presents a revolutionary theory: by adapting the behaviors of an astronaut who is living on a space station, one can stay fit and strong. This requires discipline, daily physical conditioning, and a healthy diet regimen. After several months following these lifestyle changes, Steven reports that as he has developed more muscle mass and is eating and sleeping well, he is much stronger and healthier than ever before. Most importantly, he is less reactive to electromagnetic radiation hazards.

The rest of the book gives an historical review of electromagnetic radiation science and forensics, including the growing number of places where EMF risks occur and how to reduce or eliminate them. I highly recommend it. *Disclaimer:* The writer is listed as a reference in this book. --*For more information about Steven Magee's publications, see www.environmentalradiation.com; www.facebook.com/EnvironmentEMR; or do a search using "StevenMageeBooks".*
-- Elizabeth Kelley, MA

This review appeared in the Spring, 2014, issue of Ecologic News, a publication of HEAL of Southern Arizona.

HEAL of Southern Arizona, <http://www.healsoaz.org/>, has been helping members learn how to cope with MCS since 1983, in addition to educating the public about MCS and the health effects of chemicals. It is a chapter of the Human Ecology Action League and welcomes new members. Annual membership: \$8 (for down-loadable version of the quarterly Ecologic News) or \$12 (for print copy). To join, send check along with your name, address, phone, and email address to:

HEAL of Southern Arizona
P.O. Box 36404
Tucson
AZ 85740
USA