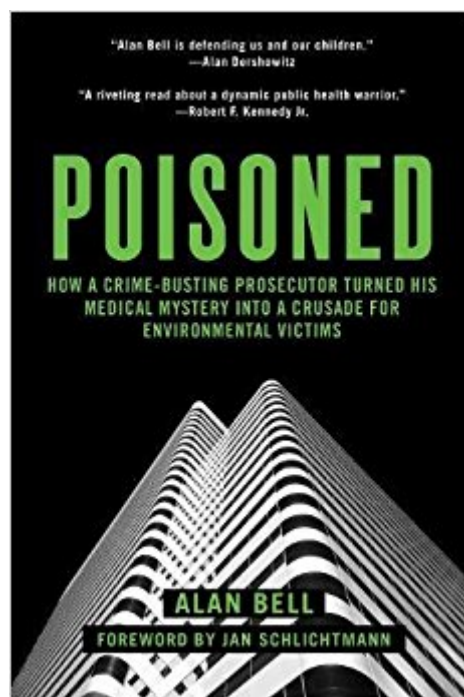




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# Poisoned: How A Crime-Busting Prosecutor Turned His Medical Mystery Into A Crusade For Environmental Victims



## Synopsis

After years of prosecuting hard-core criminals, rising legal star Alan Bell took a private sector job in South Florida's newest skyscraper. Suddenly, he suffered such bizarre medical symptoms, doctors suspected he'd been poisoned by the Mafia. Bell's rapidly declining health forced him to flee his glamorous Miami life to a sterile "bubble" in the remote Arizona desert. As his career and marriage dissolved, Bell pursued medical treatments in a race against time, hoping to stay alive and raise his young daughter, his one desperate reason to keep going. He eventually discovered he wasn't poisoned by a criminal, but by his office building. His search for a cure led him to discover the horrifying truth: his tragedy was just the tip of the iceberg. Millions of people fall ill and die each year because of toxic chemical exposures without knowing they're at risk. Stunned by what he discovered, Bell chose to fight back, turning his plight into an opportunity. Despite his precarious health, he began collaborating with scientists dedicated to raising awareness about this issue. Soon, he also found himself drawn back into the legal field, teaming up with top lawyers fighting for those who had already fallen ill. Both a riveting medical mystery and a cautionary tale, this book puts a human face on the hidden truths behind toxic dangers assaulting us in our everyday environments and offers practical ways to protect ourselves and our children.

## Book Information

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## Customer Reviews

"Horrifying and inspirational." Publishers Weekly "An important cautionary memoir."

•Kirkus Reviews "[Bell's] compelling story is a canary-in-the-coal-mine call for more stringent regulation of industrial chemicals." •Booklist "A riveting read about a dynamic public health warrior." •Robert F. Kennedy, Jr. "Alan Bell is defending us and our children." •Alan Dershowitz, Harvard Law School "We are under the greatest environmental assault in the history of humanity. The saga of Alan Bell will break your heart but leave you hopeful." •Suzanne Somers, actress and author of TOX-SICK "Poisoned is a moving and inspiring story about one man's descent into the environmental hell that threatens the health and existence of us all. Alan Bell makes a unique and profound contribution to the understanding of how technology's toxic residue is eating away at the fabric of our life." •Jan Schlichtmann, Esq., environmental and toxic torts attorney •The truth, the whole truth, and nothing but the truth: in this emotional new memoir, former Miami prosecutor Alan Bell lays bare his own battle against a mysterious illness and warns us that we—and everyone we love—may fall victim to the same fate, unless we learn how to protect ourselves against the toxins being poured into our environment every day." •Ed Begley, Jr., actor and environmental activist "Bell's amazing story must be told. His inspiring journey is compelling, riveting and a must read for us all. In contrast to saving the whales, birds or trees, Bell's crusade in saving the humans brings the environmental movement to its most basic purpose: how it affects you and me, here and now." •Blair Underwood, actor "Bell's message takes the environmental movement to the bottom line. His story puts a human face on this hot issue. He is truly a dynamic fighter for the health of us all. A riveting read." •Jim Vititoe, Esq., Vititoe Law Group •We are the first generation in history that has grown up in an age of environmental pollution. Pollution is taking a terrible toll, with a dramatic rise in human disease. The Environmental Health Foundation fights illness caused by pollution through prevention and by seeking cures. Let's join Alan's efforts in making a healthier America." •Kenny Loggins, singer/songwriter "Indoor air pollution makes millions of people sick and it doesn't have to. Take simple steps to protect your health and your life. Join me in supporting the Environmental Health Foundation." •Matthew Perry, actor "With dangerous chemicals abundant in our world, we need solid guidance coming from people we can trust, showing us the steps we can take to protect ourselves and our loved ones. And that is why I highly recommend Poisoned. Read it. It's a fascinating story, and your life will be better for it." •John Robbins, president, the Food Revolution Network; author, Diet for a New America and The Food Revolution "Alan Bell's poignant story calls our attention to the inherent vulnerability of the human condition and reminds us that there is no one, irrespective of his or her station in life or current health status, who is entirely

immune to the potential adverse effects of neurotoxicants." #151; Marcia Ratner, PhD, neurotoxicologist, Boston University #147; The Environmental Health Foundation [Bell founded] will produce a long-term agenda addressing the future of environmental health research. There is no question that we all can benefit from their efforts. I look forward to working with them. #151; Al Gore, former vice president of the United States #147; I congratulate Bell, and greatly admire what he is doing to increase awareness of and overcome the effects from exposure to environmental toxins. This is a mission I'm urging you to get behind, because if we don't, this world we call home could be plagued by a host of environmentally linked diseases that could dwarf any we've yet known. #151; Eugene A. Cernan, NASA astronaut and commander of Apollo 17 #147; Since 1950, more than 85,000 chemicals have been introduced into our environment. Few have been tested for their toxic effects on humans. We are conducting a massive toxicological assault on the American population, and our children and our children's children are the experimental animals. #151; Phillip J. Landrigan, MD, dean for Global Health, Mount Sinai Medical Center, New York

Alan Bell is an attorney who prosecuted drug and homicide cases for the state of Florida before developing multiple chemical sensitivity. He is the founder of the Environmental Health Foundation, which advocates for victims of environmental injury. Alan lives in Capistrano Beach, California. Jan Schlichtmann's groundbreaking work on behalf of people injured by environmental contamination and toxic products has received international recognition and spurred original work in scientific, medical, and legal journals and books. His representation of eight Woburn, Massachusetts, families against W.R. Grace and Beatrice Foods for the contamination of the city's water supply was chronicled in the New York Times bestseller *A Civil Action*. He lives with his wife and three children in Beverly, Massachusetts.

Everyone should read this book! Alan Bell's experiences and research verify that the chemicals we are introducing into our environment are the cause of most of our deadly diseases. We should all support efforts to identify and eliminate the use of toxic chemicals as well as testing for genetic predisposition to dormant diseases that can develop after exposure to certain chemicals.

Every American adult should read this book and take its message seriously. The author has written a striking account of how invisible chemicals hijacked his life and just as important, how they are harming us all. His willingness to share so much about what he experienced makes this a gripping

tale and his willingness to turn his enormous pain into a life of helping others is truly inspiring.

By the time I finished this book, I was nearly in tears over the condition Dr. Bell found himself in due to his exposure to toxins in his office. Couldn't put the book down. He is to be admired for his drive to clean up our environment.

good product

Very informative!!! This book conformed a lot about the side effects of chemical exposure I've witnessed

Very inspiring account of one man's return from severe environmental illness and resolve to help others suffering from MCS.

Thank you, learned a lot.

Alan Bell has written a remarkable autobiography about his life as a victim of sick building syndrome. If the story ended there, it would be worth reading, but fortunately for us readers, Alan partially recovered from his sickness and has become an advocate for people who have been harmed by the toxic chemicals corporate America has unleashed on the environment. His is a horror story, plain and simple, that I could not put down. I stayed up until two o'clock last night and finished the book just a few hours ago. Let's start at the beginning with young Alan Bell an up and coming corporate lawyer for the Travelers Insurance Company in Fort Lauderdale, Florida. He had just moved into 110 Tower, a beautiful new office building. Almost immediately he began to experience symptoms that ranged from clogged sinuses, shortness of breath, hot flashes, nausea, fever, and so forth. His doctor prescribed antibiotics, which helped temporarily, but Alan's condition went from bad to worse and thus began a search for a doctor who might help him. His doctors were well meaning, but ineffective. He became a hopeless wreck of a man who was almost completely incapacitated and helpless. But then he got lucky and met Dr. Seastrunk in Dallas, Texas, who correctly diagnosed that Alan was a victim of toxic chemicals in the environment and prescribed for him the drug Neurontin. Almost immediately Alan felt some relief from his illness and thus began his slow road to recovery; by recovery I do not mean complete health and fitness, that was gone forever for him. Now I am on

Alan Bell's web site and see a picture of him at Capistrano Beach, Dana Point, CA. The headline for the picture is Environmental Health Warrior, and that is just what he is. He has teamed up with lawyers like Ed Masry, who some of my readers might remember as the lawyer from the film Erin Brockovich, and Jan Schlichtmann who was one of the lawyers featured in the film A Civil Action. I highly recommend both films which show the great damage corporate polluters can do to the environment and the innocent people who are harmed by their callous disregard for safety in the disposal of their toxic chemicals. No one can read Alan Bell's book without dismay. Chapter after chapter he describes the human misery brought about by careless corporate executives dare I say criminal corporate executives who care more about profits than they do about the safety and well-being of the general public. We have entered a period in the history of our country where our water, air, food, and even the homes we occupy can be the source of toxic chemicals that can make us sick. In his Epilogue Alan quotes a study from the Massachusetts Institute of Technology that reports nearly two hundred thousand deaths each year as a result of air pollution alone. And this tragic figure does not begin to reveal the deeper problem we face as we try to protect ourselves from being poisoned by toxic chemicals. Think just for a moment about the food we eat such as apples, strawberries, spinach, and the like that are heavily sprayed with pesticides. The fact is that we are being poisoned by corporate America and Alan Bell's book is our wake-up call to protect ourselves and our loved ones. Poisoned is required reading for anyone who wants to understand the current state of affairs in our country as we attempt to slow down and then stop the destruction of our environment. Alan Bell is a fine writer; his book is a page turner. As mentioned at the beginning of this long review, I could not put it down. I was pleased to see his smiling face at Capistrano Beach, just down the road from where we lived in Dana Point, and I wish him all the best as he continues his crusade to awaken the American people to a most serious attack on our health and well-being. Recommended without reservation. Update 1: I read this book a week ago and it stays with me; that's how powerful and important it is. If you read this book, leave me a comment and tell me what you think of it. Thanks.

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