



Home Enlightenment: Create a Nurturing, Healthy and Toxin-Free Home (Paperback)

By Annie Berthold-Bond

RODALE PRESS, United States, 2009. Paperback. Book Condition: New. Reprint. 221 x 160 mm. Language: English . Brand New Book. Keeping house in the 21st century means living in a healthier home - one that s free of toxins and synthetic chemicals - and creating a living space that brings rest, renewal, and harmony to our lives. It can start with the simplest changes - using a natural cleanser instead of a chemical one, cocooning in organic bedding instead of polyester sheets with a no-wrinkle finish, and choosing wall paint with low volatile organic compounds instead of an oil-based paint. This informative, practical, and inspirational guide - now available in paperback - from one of the most trusted names in the health and environmental awareness field shows how to detoxify our homes one product at a time and establish practices that will have a profound impact on our well-being and quality of life.



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