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Ecoholic Body is the third book in the Ecoholic series by NOW Magazine's green columnist Adria Vasil. All three – Ecoholic (2007), Ecoholic Home (2009) and Ecoholic Body (2012) – are intended to help us lower our environmental footprint and reduce our exposure to unhealthy substances in our daily lives.

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- For Ecoholic advice on a regular basis be sure to check out the Ecoholic Blog! Ecoholic Body is the third book in Adria Vasil's Ecoholic series, and for those of you who are serious about what you put in and on your body, this entertaining and easy to read book has all your options covered.

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Ecoholic Body Your Ultimate Earth-Friendly Guide to Living Healthy and Looking Good . by Adria Vasil. COMPLEMENTING THE HIGHLY SUCCESSFUL ECOHOLIC AND ECOHOLIC HOME, THIS IS A WITTY, INDISPENSABLE GUIDE TO KEEPING YOU AND YOUR FAMILY HEALTHY, HAPPY AND GREEN. Adria Vasil, Canada's straight-shooting green living expert, is back, and this time it's personal . . . care, that is.

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Ecoholic Body Your Ultimate Earth-Friendly Guide to Living Healthy and Looking Good. by Adria Vasil. EXCERPT FROM BODY MAINTENANCE: THE DAILY SHOW. MAINTAINING OUR BODIES is a bit like maintaining a good home: we're forever fighting weird odours, struggling to keep bugs out and trying to ensure that surfaces are sanitzed.But while Canadians are switching to, say, greener cleaners for our ...

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So when her latest, Ecoholic Body: Your Ultimate Earth-Friendly Guide to Living Healthy and Looking Good hit the shelves last month, we asked Emma Alter, a young lady in the target demographic, to

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