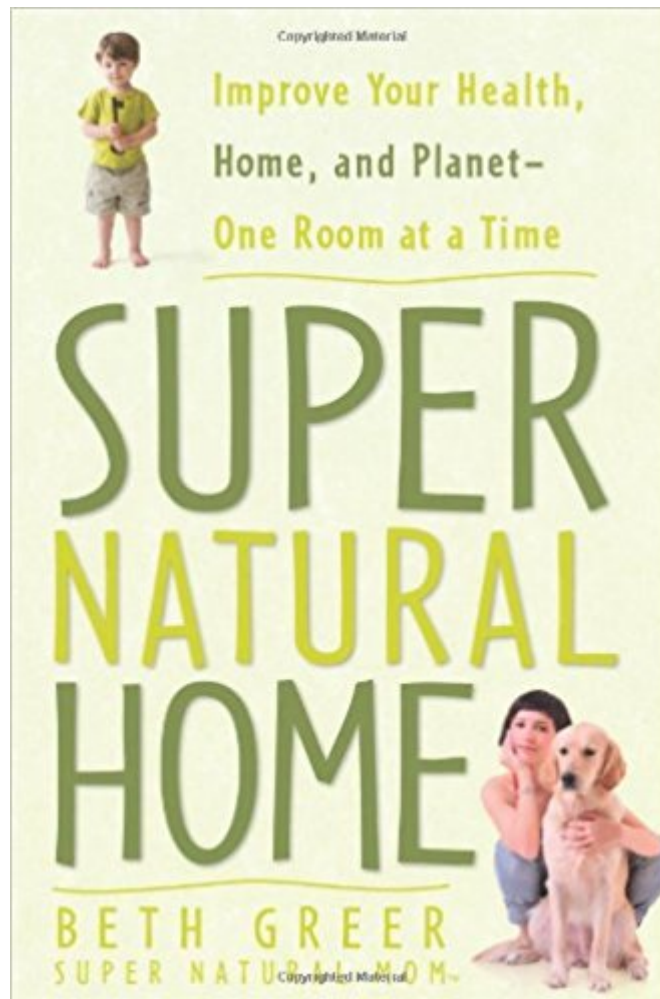


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# Super Natural Home: Improve Your Health, Home, And Planet--One Room At A Time



## Synopsis

Beth Greer had been living what she considered a healthy lifestyle when a medical crisis prompted her to reevaluate everythingâ€”from the food she ate to the personal-care products she used and the environment she lived in. Now, in *Super Natural Home*, she shows the alarming extent of the dangerous chemicals we unwittingly expose ourselves to every day. As she did in her own life, she invites readers to put their lives under a microscopeâ€”to scrutinize what Americans put in and on their bodies and bring into their homesâ€”and to make personal choices that will enable them to "live clean" in a toxic world. The straightforward, solutions-based approach of *Super Natural Home*â€”complete with quizzes to help identify and correct potential toxic hot zonesâ€”speaks directly to what environment-conscious consumers really need: ultra-practical advice on what they can do right now to limit exposure to the poisons that are endangering them and their children. At a time when impeccable scientific research points to an alarming correlation between common chemical compounds and cancers, allergies, psychiatric disorders, and birth defects, among other serious health concerns, *Super Natural Home* gives consumers the tools to start protecting themselves and their families.

## Book Information

Paperback: 256 pages

Publisher: Rodale Books; Original edition (March 17, 2009)

Language: English

ISBN-10: 1605299812

ISBN-13: 978-1605299815

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (53 customer reviews)

Best Sellers Rank: #524,481 in Books (See Top 100 in Books) #123 inÂ Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning #597 inÂ Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating #1107 inÂ Books > Crafts, Hobbies & Home > Sustainable Living

## Customer Reviews

This book is an excellent guide to going green. The author covers toxins in foods, bottled water, toothpaste, furniture, paint, cosmetics, and lots more. Most of us never dreamed our houses and

lives were so full of toxins. The book takes you through each room of your house with information about all the things you need to watch out for and there are suggestions about how to correct the problems. The book has a huge amount of info crammed into its pages and this review doesn't begin to do it justice. I plan to use it as a reference and I know it's a book I'll keep coming back to. It should be on everyone's bookshelf.

Have you ever gone to the grocery store and heard someone complain about the expense of an organic food? You might run into them a few minutes later in the meat department selecting a 12-ounce T-bone steak with a price tag well over \$10.00. Obviously, they aren't thinking about what they are getting for their money or they'd toss that steak back and buy the organic spinach. Most of us have grown up making the wrong choices . . . water in plastic bottles, packaged foods with long lists of unidentifiable ingredients, and cleaning supplies strong enough to take the paint off the wall. If you care about your health and the health of those you love, you will want to buy this book and then read it cover to cover. Inside this book is well-founded information which can help us avoid many of the toxic chemicals we can't see or taste, which are putting our health at risk for diseases and even death. If you're over 40, you probably have noticed (like I have) that you know many more people who are dying of cancer than when you were younger. There is a reason for that, my friends, and the toxic chemicals in our food and home is a definite contributor to our demise. Beth Greer has become a well-known expert in this topic, and every page of her book tells us something we didn't already know. Would you have imagined that most of our garlic comes from China, and that it is whitened with bleach and injected with growth inhibitors to prevent sprouting? Don't look the other way . . . buy this book, get smart, and get healthy! Lynette Fleming, Coauthor of Lunch Buddies: Buddy Up for a Better Diet

The subtitle of the book basically says it all -- improve your health, home and planet-- one room at a time. Going green and living natural seems to be a challenge to all of us, but especially for families. We want our kids and ourselves to be safe and secure. Yet we are unsure which products are just buzz in the marketplace and which products and practices really work. Greer, who bills herself as the super natural mom is both a journalist and a holistic health advocate. Her book is divided into four sections that include a) what goes in you b) what goes on you c) what surrounds you and d) supporting information. The foreword is written by the nationally known environmental lifestyle expert Danny So which is a nice opening to the volume. If you want to go green and do it without lots of additional stress, this is a great book to read and follow. I personally loved the part about cosmetics

and enjoyed following the author's advice as I updated my makeup and got into the pink as I went green at least in that part of my life! Fun advice like Feng Shui tips and where to buy products is sprinkled throughout the book so it's easy to read in sections. Just remember you CAN get started one room at a time. Great gift to give for a wedding shower -- add some of the green products that the author recommends to a natural basket you can give to the bride and groom with pride. So politically correct!

This book was very interesting to read. However I cannot endorse an author who makes assertions without citing her sources. This woman is an investigative journalist, so surely she has heard of crediting her sources. Over and over she stated information that may very well be true (i.e. "this product contains such-and-such chemical, which is linked with cancer, reproductive disorders, mutating DNA, blah, blah, blah.") Well, linked by what study, at what research institute, by what scientists? There are no footnotes that would enable me to look things up for myself. Since Beth Greer does not have a Ph.D. in Chemistry, Human Biology, or anything that would give her authority on the subject of how these horrible chemicals effect us and our families, why should I believe that she is not just making stuff up? Similarly, much of her "evidence" is anecdotal, as in "I was talking to my friend who made this change and reaped wonderful health benefits." Hardly a clinical trial. If Ms. Greer had related the same information with footnotes documenting how she knew this, I would gladly give this book 5 stars. As an alternative I would recommend "Easy Green Living" by Renee Loux. She uses extensive footnotes, and even though I have no intention of looking up every single one, I know that I could.

I borrowed a copy of this book from my local library. Before I finished reading it, I cleaned my pantry, refrigerator, cubbards and medicine cabinets of 80% of the harmful chemicals mentioned in this book. I love this book because the author does not preach to you. She states the facts and provides practical ways for everyone to go green. Now that I've completed the book, it's tabbed so much that I will have to purchase my own copy. I'm also giving them as Christmas gifts to all my family and friends.

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