

(Ebook free) Green Up Your Home: Create a Safe Healthy Home Environment

# Green Up Your Home: Create a Safe Healthy Home Environment

*Pilar Bueno, Lucy Bond*

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#247660 in Audible 2016-02-29 Format: Unabridged Original language: English Running time: 84 minutes | File size: 44.Mb

**Pilar Bueno, Lucy Bond : Green Up Your Home: Create a Safe Healthy Home Environment** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Green Up Your Home: Create a Safe Healthy Home Environment:

1 of 1 people found the following review helpful. Five Stars By Customer I found this very informative and helpful. 1 of 1 people found the following review helpful. Awesome book. if you want a better By Customer Awesome book. if you want a better, more natural and healthier way of life this is the book you need. 2 of 2 people found the following review helpful. Healthier and Safer Home with Fabulous Easy to Make Cleaners!! :) By Lauren A. Ebbecke This is an excellent resource for alternatives to our ever so overloaded commercial chemical cleaners! You too can make positive, healthy and inexpensive cleaners for your home by following the simple recipes in this book. As a biologist, chemist and environmentalist, I am impressed with the research and information in this eBook. It is presented in a way that everyone can grasp the information and make their own cleaners!! The author begins by discussing some of the chemicals that are harmful in our homes such as phthalates (reduces sperm levels and found in makeup, soaps, and fragrances), Perchloroethylene (Perc) which is a neurotoxin, Trichlosan is another hormone disruptor, and other chemicals. All of these chemicals do enter our water system including phosphates and nitrates found in our detergents. She cites several studies and has definitely researched this topic well. What I most love is all of the easy to make recipes such as non-toxic bathroom cleaner, toilet cleanser, homemade bleach, oven cleaner, laundry booster, laundry detergent, furniture polish, carpet shampoo, and more! Just switching over to these easy recipes will make a huge

difference in ones health and the environment. This is resource is for you to make positive choices for a greener and safer life!!!

This everyday guide will help you transition into a green and more sustainable lifestyle by helping you: Make informed green choices and decisions to furnish and clean your house Identify what toxic chemicals to avoid Understand the damaging impact toxic chemicals in your cleaning products can have on your health and the environment Shop more eco-consciously for a greener and safer home Discover: Handy tips and ideas to implement for a more environmentally friendly home Safe, natural, and toxic-free fragrant homemade cleaning recipes (and tips) made with a few cheap and basic ingredients and essential oils: Air fresheners Dishwashing liquid Natural bleach substitute Bathroom cleaner Washing powder, and many more It is easy, simple, and cheap to go green. Why wait?