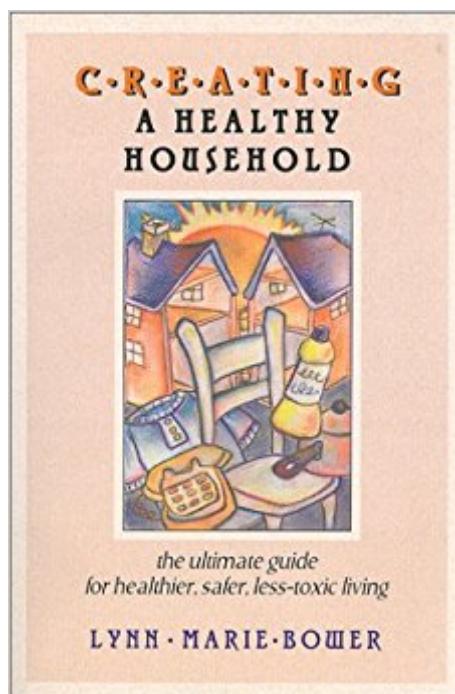


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# Creating A Healthy Household: The Ultimate Guide For Healthier, Safer, Less-Toxic Living



## **Synopsis**

Everything you put inside your house should be as healthy as the structure itself. Creating a Healthy Household offers practical suggestions for improving virtually every aspect of your homes indoor living environment. With chapters devoted to cleaning products, personal-care, clothing, linens, interior decorating, life-styles, housekeeping, air and water quality, and reducing electromagnetic radiation, no other book matches its thoroughness. Its an essential reference for anyone interested in their familys health and well-being. Containing an impressive 704 pages, this book is the only one of its kind. It is a complete reference library all in one book. With hundreds of listings for new companies, products, catalogs, sources, web sites, and a comprehensive index, its simply indispensable.

## **Book Information**

Paperback: 704 pages

Publisher: Healthy House Inst (March 17, 2000)

Language: English

ISBN-10: 0963715674

ISBN-13: 978-0963715678

Product Dimensions: 1.5 x 6 x 8.8 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #880,765 in Books (See Top 100 in Books) #138 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Power Tools #31006 in Books > Parenting & Relationships #94304 in Books > Health, Fitness & Dieting

## **Customer Reviews**

Many consumers are researching alternative products and greener lifestyles owing to the increasing prevalence of asthma, allergies, and chemical sensitivity. The author, who suffers from Multiple Chemical Sensitivity, offers suggestions and resources for more natural personal and household products based on her review of manufacturers' material safety data sheets, product literature, and discussions with technical-service personnel, consumer affairs specialists, dealers, and consumers. The first part of this well-organized book briefly discusses some of the medical conditions associated with unhealthy indoor environments and generally addresses purchasing alternative items. Six subsequent, detailed sections cover a wide range of home and personal issues, including cleaning, laundry, cosmetics, textiles, remodeling, automobiles, home safety, pests, hobbies,

appliances, and water and air quality. Throughout, suppliers are listed in boldfaced type, while a comprehensive resource list gives full contact information for each reputable company or organization mentioned. An extensive book that will empower users, this is highly recommended for public libraries. **DBonnie Poquette, Shorewood P.L., WI Copyright 2000 Reed Business Information, Inc.**

Lynn Marie Bower has a BS in education (magna cum laude). Since acquiring Multiple Chemical Sensitivity (MCS) two decades ago, she has edited a support-group newsletter, written scores of articles on healthier lifestyles, and two other books: *The Healthy Household* and *The Healthy House Answer Book*.

This is a great book with a lot of good ideas. I have severe chemical intolerance so I need helpful suggestions. It was worth buying

Ms. Bower's book is a must own reference manual for anyone concerned with making their personal environment healthier. Her comprehensive list of alternatives for common household chemicals, furnishings and textiles, lifestyle products (i.e. exercise equipment, cell phones, clothing, skin care, etc.) is fascinating because she also gives a brief history of most items while she offers safer alternatives. This book has an extensive, easy to use, index so you can quickly look up topics and has a resource list with phone numbers and web sites that make quick work of finding places to purchase products or for further research. Bower's book is the most comprehensive tool, dealing with Indoor Air Quality (I.A.Q.) issues that our agency has come across. We use this book frequently to find solutions for I.A.Q. problems with our clients. We loan this book and have donated copies to some of the remote branch libraries in our area. Creating a Healthy Household has become an indispensable reference book for our program... "An I.A.Q. Resource Bible" as one of our clients stated.

I love this book. I had already read several books on the subject by other authors, but none of the other books gave the level of detail I was seeking. This book provided far more information than the others, and was concise and well-organized as well. I wish I had found this book first! By the way, this isn't just for people with MCS--everyone who values good health should read it.

Lists a vast number of resources. The introductions to the sections give good orientations to the

issues involved in choosing products and processes. Would prefer a more thorough index, although in-depth table of contents serves as a type of index as well. Well worth the price.

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