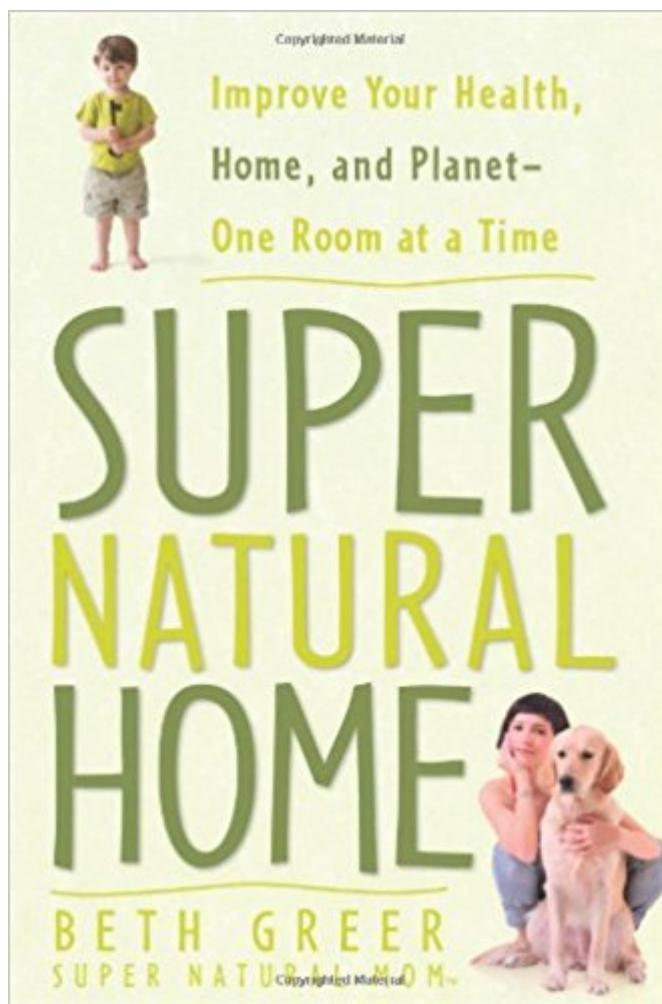


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# Super Natural Home: Improve Your Health, Home, And Planet--One Room At A Time



## Synopsis

Beth Greer had been living what she considered a healthy lifestyle when a medical crisis prompted her to reevaluate everything—*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 microscope—to scrutinize what Americans put in and on their bodies and bring into their homes—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*—complete with quizzes to help identify and correct potential toxic hot zones—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

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## Customer Reviews

"Beth Greer has written an invaluable book, filled with practical solutions on how to eat healthier, breathe cleaner air, and transform your home into a safe haven, free from toxic chemicals."

--Deepak Chopra, author, *Jesus: A Story of Enlightenment* Super Natural Home seeks out the silent violence--i.e. toxins--in and around the place where you spend most of your time, awake and asleep...It's required reading for anyone with a home and a healthy desire to see the unseen for the whole family." --Ralph Nader, lawyer and consumer advocate "Beth Greer's clear, comprehensive, and practical book is a godsend for anyone living in America who wants to make a real impact on reducing the pollutions and poisons that are ubiquitous in our surroundings. She's full of good humor, yet will help you live a far cleaner and more wholesome life than you might have thought possible. Hats off to her. Read this book." --Peter Coyote, actor and author Making simple changes can often have a profound impact not only on you and your family's health but also on the planet. Beth Greer has done a fabulous job of creating a practical resource that will let you know what these changes are and how to easily implement them." --Joseph Mercola, DO, founder of Mercola.com Super Natural Home is a concise and helpful book for people who want to lead a healthy life. I love it and think everyone should read it." --John Gray, bestselling author, *Men Are From Mars, Women Are From Venus* Super Natural Home offers important information on how to stay healthy along with practical, easy tips that are backed by scientific research. Every household should have this book on hand."--Marci Shimoff, New York Times bestselling author, *Happy for No Reason* and *Chicken Soup for the Woman's Soul* "For those of us who think our lives are already detoxified, Super Natural Home offers an important reminder that there is more we can do to create healthy spaces for ourselves and our families."--Stacy Malkan, co-founder, Campaign for Safe Cosmetics, and author, *Not Just a Pretty Face: The Ugly Side of the Beauty Industry* "Organic and green-minded consumers are waking up to the fact that we not only need an organic food and farming revolution, but a new economics in our households as well. Super Natural Home is an indispensable tool for conscientious Americans who want to do their part to address the energy and climate crisis."

--Ronnie Cummins, co-founder and national director, Organic Consumers Association "This easy to read, step-by-step guide offers practical advice and healthy solutions for reducing our toxic exposures, the ones that invisibly invade our lives on a daily basis...Here's to Beth for giving us all a wake-up call and challenging us to become educated consumers to save our health and our earth."--Judi Shils, director, Teens Turning Green "In a world where we are overexposed to thousands of dangerous toxic chemicals, education is the key. Super Natural Home provides vital information for anyone interested in reducing their chemical exposure." --Dan Jacobson, legislative director, Environment California "Beth Greer is a knowledgeable expert, and every reader will benefit from the insightful instructions and questions she offers that empower us to change the way we live for ourselves and future generations."--Lynne Twist, president, Soul of Money Institute, and

co-founder, The Pachamama Alliance "I love this book! It gives a unique blend of the author's personal experience as well as cutting-edge research to enlighten us on how our environment impacts our health. I highly recommend it." --Catherine Oxenberg, award-winning actress and mother of five "Beth Greer is a correspondent on the front lines who leaves no stone unturned in her search for emerging news of crucial and timely relevance to wellness in today's changing environment. I am eternally grateful to her as a resource for my family, my patients, and the entire globe. Thank you, Super Natural Mom!" --Michelle Veneziano, DO, family practice physician, Mill Valley, California

Beth Greer, Super Natural Mom, is an award-winning journalist and holistic health advocate. Her articles have appeared in numerous publications, including Us magazine and the San Francisco Chronicle, as well as online. She is the founder of SuperNaturalHome.com, a web site devoted to providing healthy, natural strategies and advice. As former president and co-owner of The Learning Annex, the largest private alternative adult education company in the US, Beth has helped thousands see new possibilities and feel empowered to make changes in their lives.

I got this book in response to an ER visit from new furniture. It has shown us cost-effective ways to keep formaldehyde out of our bodies. I really like that Greer states she is not a doctor or that she does not know it all - she has researched. This book was my jumping off point to do my own research. This book has some great features including: a test in the beginning to see how green your lifestyle is, lists for purchasing greener products and references for further research. I highly recommend this book to anyone looking to make their life a bit or a lot greener. It details plans for purchasing better items and gives step by step assistance as this type of shift does not happen overnight.

This is one of the favorite books I purchased this year and I read at least two books a month. Very thorough and easy read. It is also a great reference book you can refer back time and time again. I admit that following every advise on this book is impractical, but the awareness you gain from reading this book helps you make better, informed decisions about what you consume on the inside, out and around you! Highly recommend it!

This is a great book! I picked up many, many tips and have implemented the recipes for home-made cleaning products. I have tried very hard for the past few years to keep chemicals out of

our home as I am a FIRM believer in the harm they do. I read this book a few years ago and it was one of the first steps I took in understanding ways to go about living in a healthier home. Highly recommend!

We make an effort to eat and live healthfully and have read much of the science and information that is condensed in this very readable format. This book is a great easy-to-use reference guide with highlighted practical tips in each chapter. We keep it available in the kitchen. Even though we've always read labels, this writer has motivated us to look even more closely at the fine print on everything (with a magnifying glass when necessary) and to put our best intentions into action.

We have read several books on this subject from basic (Green Clean) to scientific (Our Stolen Future) both of which are very good. The subject can be overwhelming at first and yet this book provides clear simple steps one can take to rid our lives of ubiquitous chemicals that cause disease. If you still need to be convinced read the Summary of the President's Cancer Panel report 'Reducing Environmental Cancer Risk'. The panel spans two Presidents and succinctly identifies the risk and what we can do now to reduce our exposure to cancer causing toxins. "The Panel was particularly concerned to find that the true burden of environmentally induced cancer has been grossly underestimated. With nearly 80,000 chemicals on the market in the United States, ... un- or understudied and largely unregulated, exposure to potential environmental carcinogens is widespread." When nearly every study shows that children in the US are being born 'polluted', with industrial toxins in their blood, we have a problem. And yet government is unable or unwilling to address this outrage by banning known toxins. We need books such as this to guide us to a cleaner and more healthy life. The book is well documented and has many resources from making your own household cleaners - very easy, to evaluating the many chemical compounds in our food, water, air and consumer products - with simple ways to ban them from our lives. The gift of good health is a blessing and with some effort, knowledge and a little change in our routine we hope to maintain it. We thank you Beth Greer for Super Natural Home and showing us the way.

when i started to read this book i couldnt put it down. It actually startled me a little bit with all the things that i never had a clue about. Most days I never feel in tip top shape Im dragging all the time and just out of it. My eyes get so dry and bothersome. I just feel like crud. I had no idea it could have to do with the makeup i wear, the perfume and lotions i put on, and even the shampoo i use. After finishing this book I had hope of feeling good for once by changing what i put in and on my body

and the things surrounding me. It overwhelmed me that pretty much everything i have in my house has some kind of toxin in it and i so badly want to switch over to everything natural but looking at the prices of some of this stuff made my mouth drop. Its going to take a little time to get where i want to be and just starting little by little. I've just learned so much from this book real eye opener!!

This book is around 200 pages, but feels like 600 pages of jam-packed valuable information for detoxifying one's food, body and home - not to mention an exhaustive list of recommended resources. Beth Greer examines "What Goes In You" and "What Goes On You" and "What Surrounds You" and has created a reference book for "naturalizing" the home and beyond. Although she's the "Super Natural Mom", the book supports not only moms, but everyone. You don't need to have kids to take advantage of this wealth of research that could literally transform not only your lifestyle, but your life! Would make a great gift, too.

Love this book. A keeper with great recipes. Have tried some and they are wonderful.

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