

FOREWORD BY **MERYL STREEP**

# HEALTHY CHILD HEALTHY WORLD

CREATING A CLEANER,  
GREENER, SAFER HOME

Christopher Gavigan



**WITH CONTRIBUTIONS BY**

**Dr. Harvey Karp and Dr. Philip Landrigan**

**PLUS** Gwyneth Paltrow, Brooke Shields, Michelle Obama,  
Tom Hanks, Tobey Maguire, and Kate Hudson

Christopher Gavigan

## Healthy Child Healthy World: Creating a Cleaner, Greener, Safer Home



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Learn how to develop a cleaner, greener, more secure house with Christopher Gavigan and the trusted experts at Healthy Child Healthy World. Healthy Child Healthy World is the essential guide for parents! Harvey Karp, Dr Philip Landrigan, and William McDonough, in addition to many celebrity parents like Gwyneth Paltrow, Tobey Maguire, Sheryl Crow, Erin Brockovich and Tom Hanks. It begins with the small steps to creating a wholesome, less toxic, and even more environmentally sound home, which is the definitive book to truly get you there. Regrettably, tens of an incredible number of Americans, overwhelmingly children, now encounter chronic disease and illnesses including malignancy, autism, asthma, allergies, birth defects, Increase/ADHD, weight problems/diabetes, and learning and developmental disabilities. The good news is that you could something to secure your kids with a few basic changes! Scientific evidence progressively finds chemical substances in everyday products like cleaning products, beauty care and cosmetics, home furnishings, plastics, food, and actually toys that are contributors to these ailments. The quantity gets higher each year and more parents question WHY? A special highlighted contribution from First Lady Michelle Obama on her best ways of dealing with her daughter's asthma. All parents want a happy and healthy kid in a safe house, but where do they start? Inside, you'll find useful, inexpensive, and easy life style advice for each and every stage of parenting including: \*Information on preparing a nontoxic nursery for a new baby \*What every expectant mother needs to do to possess a safer pregnancy \*Clarifying which plastics and baby items in order to avoid and the healthier solutions \*Tips to take to the grocery store, including the most and least pesticide-laden fruits and vegetables and the best healthy kid-approved snacks \*Which beauty care / aesthetic products pose the largest risk to wellness \*The best quality recipes for healthy snacks, low-cost and secure homemade cleaners, and nontoxic art materials \*How to very easily minimize allergens, dust, and business lead \*A greener garden, backyard, and outdoor spaces \*Suggestions to keep your pets healthy, and the undesired pests out normally \*Renovation ideas, naturally fresher indoor air, and safer sleeping choices, \*An 27 page intensive shopper's guide to most trusted and best items every home requirements Inside is also packed with over 40 presented contributions from famous doctors, environmental scientists, and public-health professionals like Dr.



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Useful for everyone While the target audience for this reserve is people coping with or expecting children, anyone who would like to minimize their exposure to environmental toxins or pollutants would find it very helpful. I am expecting my 1st kid in the fall and before reading this reserve, I considered myself pretty knowledgeable about what's in the world around us but I've learned so much!The approach isn't preachy but instead educational, and actually in early stages in the book is the statement "No one can do everything.We highly recommend this book." Therefore even if small changes are made in one's household, wellness will be improved.. Information is offered in each chapter as a series of steps, and readers can make the changes suggested in a single or all guidelines.Within each chapter are several sidebars written by either celebrities or others knowledgeable about them. Personally, I like these stories because they show how people (albeit rich people...) can incorporate the suggestions. Many times, the writers of the tales will discuss making a few major adjustments, but pointing out that another area hasn't been changed for certain reasons. SO that we understand So why it is important to make the adjustments to a cleaner, healthier lifestyle. Everyone can do something. It's an interesting read and websites are given for those who want even more in-depth info. A) it's somewhat dirty for a "new" book. I have learned so much from this one book.Seriously, this book is strictly what I am looking for. I am pretty disappointed with nearly all books targeted at parents that expenses themselves as "green" or "eco. There is no "filler" or empty paragraphs.Similarly, I used to think that ORGANIC was just better for the environment but it is so much better for all of us by decreasing the amount of exposure we need to chemicals used in growing and processing things such as cotton. Although I am not really revamping my entire life, this book has taught me to create simple changes that straight effect my daughter's well-being and health.org because the birth of my first kid two years ago. Some of them take on a "holier than thou" tone that I discover to become a big convert off.This is an excellent book that has changed my life- and it might do the same for you personally. I have a ways to proceed but this book has trained me HOW IMPORTANT it is for me personally to be conscious of what my child is exposed to and what she eats.(And maybe you can teach YOUR doctor a few of these things too! It made me realize that I need not do everything to boost the living circumstances in my own home.Healthy Child, Healthy World is normally filled with great, solid information to help any parent navigate the complexities of raising a child in a global over-burdened by chemicals. Like keeping the windows open for a few part of each day, using secure cleaning materials, using organic mattress pads and linens, and consuming only organic poultry, eggs and milk..Christopher Gavigan does an excellent job of wearing down the science in order that is clear to the reader.)Natalia Rodriguez Goldman, MD Best Book I've Browse.by far...By Far. Excellent book."), this publication left me feeling empowered. I still browse the chapters regarding being pregnant and babies, since we do plan on kids one day. This is actually the best book I've continue reading the topic. Suggestion: I tried performing one new thing from the book a week... Every page is important and jam-packed with info. I simply assumed that if it had been sold in america it had been safe- unfortunately, this is far from true. It actually gives you concrete information which you can use. Please don't expect your pediatricians to learn about this either- it is not taught to us though it Requirements to be. I believe they've covered every important topic. It generally does not preach, but it gives you specific actions you can take to live better. They aren't scared to be particular. I cannot say enough about it.. Very useful book!best book. nonetheless it is extremely easy and fun to read, with a clear structure and several anecdotes contributed by influencers. A MUST for all parents and families We am physician and in every of my years of schooling, I was by no means taught the valuable information I came across in this

publication. B) the corner of the reserve is bent. Healthy Child Healthy World Great Book for new Mothers and how to avoid toxic overload of their new infants and ideal for all mother who want to lessen the burden of toxins in the home. If I wanted a used duplicate, I would have ordered one..After an introductory chapter, the book covers limiting exposures to toxins in the following settings: while pregnant, cleaning the home, choosing foods, beauty and hygiene, kid's toys, gardening, air and water, pet care, home renovation, and lastly, putting everything together. Every Parent (and Grandparent) Should Own A Copy I am receiving e-news letters from HealthyChild.. THEREFORE I was thrilled when I acquired word that they'd released a book. I immediately ordered three copies (one for myself, two for close friends), sight unseen. Best book to teach people about natural basic products and a healthy lifestyle Must browse for soon-to-become parents Was extremely helpful in preparing my house for our kid. The verdict? Superb.This book is a resource guide on everything you should know about creating a wholesome environment for your family. There are many things I by no means knew about- just like the risks of chemicals we face regularly." Most of them look gorgeous -- published on recycled paper with plenty of pretty, glossy photo spreads.. (Cause its large amount of info)I am producing these changes not only for my daughter, but for my husband and I, and I encourage you to do the same. It offers helpful buyer and info resources in the back. And while it can include anecdotal superstar cameos throughout, I didn't feel just like I experienced to belong to a special club (or become fabulously wealthy) to be able to heed a lot of the assistance in the book. Best of all, where most books of this sort leave me feeling wretched and panicked by the time I've completed reading them ("I've poisoned my child!. The single best book I read while I was pregnant. Fantastic read This is a great read whether you have kids or not. We don't have kids inside our household, but it has really helped me to think a bit more about certain options we make when purchasing products for our home... More importantly, the book encourages you to grow your impact and shows you how. Excellent book.. I give this book to all my friends expecting or that have kids. Got the book yesterday, sat up most of the evening pouring over it. I've since gifted this to several friends. A great reserve for everyone (not merely parents or parents-to-be) This is a very informative book with a whole lot of technical information, like the examples of bad chemicals and just why they are bad for your health; Looks used Just received this book and it looks used. I'd not be the same easily hadn't read this reserve! In addition, it equips you with important everyday knowledge, DIY quality recipes and formulae, and lists of valuable resources. Worth the amount of money Best book to instruct people about natural basic products and a . For me, it is not only a must-go through for parents, but also a great resource for everyone that embraces health, wellness, and sustainability. I am giving this publication as a gift to a few friends and currently heard good things. Highly recommend this book. The spine seems fine which doesn't appear to have been in fact read before but based on the cover, it can look used. Out of this book, you will learn how to make healthier and greener choice to detox your environment, from your own kitchen to backyard.Happy Reading! I would recommend it to everyone. Five Stars Live by this.. After my one child got ill I . Buy it, go through it- and educate your loved ones on how to live a cleaner, healthier life... After my one boy got unwell I started looking at a wholesome way of life and this book was an excellent eye opener. I recommend for all parents.. & most of these skimp on the concrete details and details we parents have to make the right options for our families.



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