



Improve Your Health,  
Home, and Planet—  
One Room at a Time

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# SUPER NATURAL HOME

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BETH GREER  
SUPER NATURAL MOM.



Beth Greer

# Super Natural Home: Improve Your Health, Home, and Planet--One Room at a Time



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Beth Greer had been living what she considered a wholesome lifestyle whenever a medical crisis prompted her to reevaluate everything—from the meals she ate to the personal-care items she used and the surroundings she lived in. Today, in Super Natural Home, she shows the alarming degree of the dangerous chemical substances we unwittingly expose ourselves to every day.comprehensive with quizzes to greatly help identify and right potential toxic popular zones—speaks right to what environment-conscious customers actually need: ultra-practical advice on what they are able to do right now to limit exposure to the poisons that are endangering them and their children.and to make personal choices that will enable them to "live clean" in a toxic globe. At the same time when impeccable scientific research factors to an alarming correlation between common chemical compounds and cancers, allergies, psychiatric disorders, and birth defects, among other severe health issues, Super Natural House gives consumers the various tools to start safeguarding themselves and their families. As she do in her very own life, she invites readers to place their lives under a microscope—to scrutinize what Americans put in and on their bodies and bring to their homes— The straightforward, solutions-based approach of Super Natural Home—



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Everyone who all cares about the surroundings they breath and their personal environment should go through this book!" For 8 years this has been an incredible reference and has transformed just how we buy and make use of products. Excellent Great book with plenty of good resources to improve the toxicity in your house and elsewhere. This book was my jumping off point to do my very own research. I love this book because the author will not preach to you. Love this book- We let a friend borrow this publication and then We let her keep it. It details plans for purchasing better products and gives step-by-step assistance as this type of shift will not happen overnight. My partner loves this reserve!!. I picked up many, many ideas and also have implemented the dishes for home-produced cleaning products. I've tried very hard for recent years to keep chemicals out of our home as I am a FIRM believer in the damage they do. I read this book a couple of years ago and it had been one of the first steps I required in understanding ways to go about living in a healthier house. Highly recommend! A Motivating Guideline to Healthy Living We try to eat and live healthfully and also have read much of the technology and information that's condensed in this extremely readable format. This publication is a superb easy-to-use reference guideline with highlighted practical guidelines in each chapter. We keep it available in the kitchen. When I acquired pregnant, I began looking into natural lifestyle choices. Great book. I borrowed a copy of the book from my local library. Before I completed reading it, I cleaned my pantry, refrigerator, cubbards and medicine cupboards of 80% of the harmful chemicals mentioned in this publication. This book has some very nice features including: a test initially to observe how green your lifestyle is usually, lists for purchasing greener products and references for further research. My eye get so dry and bothersome. Now that I've finished the publication, it's tabbed so much that I will have to purchase my own copy. I'm also providing them with as Christmas gifts to all my family and friends. Wow, Quite an eyesight opener!Great Tips - Lots of Research I got this book in response to an ER go to from new furniture. very informative when i started to read this reserve i couldnt put it down. It actually startled me a little bit with all the items that i never really had a clue about. Many days I under no circumstances feel in tip good shape Im dragging at all times and just from it. She states the facts and provides practical ways for everybody to move green. I just feel like crud.We had zero idea it could want to do with the makeup i wear,the perfume and lotions i placed on,and even the shampoo i use After finishing this book I had hope of feeling best 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 possess in my house has some type of toxin in it and i therefore badly want to change over to everything natural but looking at the prices of a few of this stuff made my mouth area drop. Its going to take the time to get where i wish to be and simply starting over time. Five Stars very practical Must read!! Very informative! Despite the fact that we've often read labels, this writer offers motivated us to look even more closely at the fine print on everything (with a magnifying glass when necessary) and to put our greatest intentions into action. RECOMMEND! This book was exactly what I wanted! It provided many methods to easily change your life for the better. Like the name says, it literally has tips for every room inside your home. Love it and placing it to actions! She calls it her "Bible. I reccomend it to all or any my friends I have plenty of friends with families. This book is an excellent reference for cleaning up your home and your life. The worthiness of the information in this book is timeless! I have started with some issues and plan on obtaining rid of other things in my house. It serves as a great awakening and covers plenty of topics. You won't be disappointed. I needed a book that got all the information I needed in one place. Very helpful! Anticipate giving this to all or any my friends! It has shown us cost-effective methods to keep formaldehyde out of our bodies. We're always looking at labels now and trying to use the best and cleanest things possible. It does not go seriously into food, but there are books for that. Love this book- I let a friend borrow this book . Ive just learned so much from this book real eyesight opener! Life changer! Five Stars Love this book. She is very knowledgeable on healthful living and is so passionate to talk about it with everyone. Her publication covers everything and is crucial read. Haven't

been able to put it down. Eyes opener and has transformed my life. My home is officially on the right track to becoming Natural and HEALTHY. Highly recommend! This is an excellent book!.I highly recommend this publication to anyone seeking to make their lifestyle a little bit or a lot greener. I also bought the digital edition of this book. I like that Greer says she is not a doctor or that she does not know everything - she has researched. We saw Beth Greer personally and immediately loved her! A keeper with great recipes. Have tried some and they are wonderful.



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