

What is an Eco-Babe?

You! You care about environmental and social issues. You work hard and have lots of love in your heart. You are a vibrant, amazing woman; a modern woman whose inner beauty shines through. You are intelligent, sophisticated, independent, savvy and fearless.

This Guide is for You!

You are an intelligent woman, which is why I'm going to give it to you straight. In this book, you will learn not only how the decisions you make affect your health and environment, but also why it matters that you make a change. As you progress through this book, you should feel proud for every single change you make. From turning off the faucet to buying an organic carrot, you are living a green life.

Living green does not have to be tedious and boring, it's an exciting foray into the lifestyle of the future; a future of lush natural fabrics, refreshing essential oils, and a planet with abundant healthy ecosystems and clean air. Living green does not have to be all about tree hugging, unless you want it to be. If you're a hair dyeing, manicure loving, and Manolo wearing babe, you can be just as green as our dreadlocked, yoga doing, and granola loving sisters! Living green is not about changing who we are, it about adjusting how we are.

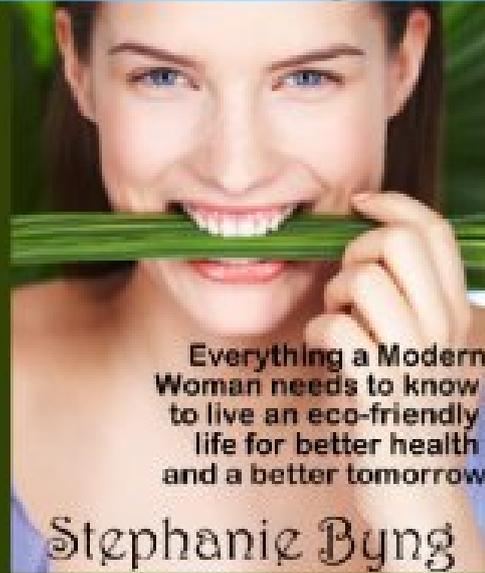
Together, we will learn about ways to green our:

- Menstrual Cycles
- Beauty Regimes
- Shopping Habits
- Diet
- Wardrobe
- Homes
- Cleaning and Supplies
- Trash and Waste
- Workplaces
- and much more!

For babes with babies, there is even an entire section dedicated to your needs including diapering, feeding, clothing, and furnishing.

Be sure to check out the companion website at www.StephanieByng.com for shopping resources, networking and much more.

An Eco-Babe's Guide To Greening It



Everything a Modern Woman needs to know to live an eco-friendly life for better health and a better tomorrow

Stephanie Byng

An Eco-Babe's Guide to Greening It

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Stephanie Byng

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Living green does not have to be tiresome and boring. It's an exciting foray into the lifestyle into the future; Living green does not have to be all about tree hugging, unless you want it to be. a future of lush natural fabrics, refreshing essential oils and a world with abundant healthful ecosystems and climate. If you're a locks dyeing, manicure loving, and Manolo putting on babe, you will be just as green as our dreadlocked, yoga doing, and granola loving sisters! Living green is not about changing who we are, it about adjusting how exactly we are. Kindle version does not include graphics and could contain some glitches from the formatting procedure. Together, we will learn about methods to green our: Menstrual Cycles Beauty Regimes Eating Habits Wardrobe Homes Washing Habits and Items Trash and Waste Workplaces Babies (diapering, feeding, clothing, and furnishing) and much more! However, content material is equivalent to printed version.



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great green guide This book is a great guide! i picked it up attempting to learn ways i possibly could be even more green in my own life and it was super informative. The writer has tried all recommendations herself so there you get initial person about what works best and why. which i found very helpful. A must-have! She addresses every subject feasible in here that a girl would need. I cannot say enough good things about this reserve, it is extremely informative and gives great insight into living a greener life style. Thank you. I've even caught myself going back to it a few times for more information. its definitely well worth picking up whether just to green up your daily life a little or a lot. I love the author's way or composing, and found it super easy to take what she was attempting to say. It's great for a complete read through but is arranged well enough to enable it to become a quick reference help handy to keep out for common use. Eco Review A fellow college student in my class simply published this reserve in 2008 so I just had to get it and have her sign it. It's written with a spunky fun author's voice that makes it relatable and memorable. I like the truth that she breaks down the label reading process rather than just giving you a few of the well-known carcinogens. I would definitely recommend this publication and purchase more by this author dependant on subject.Thanks! This one gave me a lot more than that. It come as planned and she treasured the thought of me buying her book. it gives you resources and listes of the produces to find and make use of yourself.(((huggs)))Like,George :) Where are you all my life.From green clothes, cleaning items, food, and beauty supplies, almost every thing. Eco-Babe In Progress I love this book! Thumbs up all the way. Great read! That is a phenomenal guide. Many green guides repeat the same info. It's obvious that the writer did her research (and lots of it). What's better still is normally that Stephanie Byng breaks it down to enable you to figure out what she's discussing even if you've never heard of it. Since ive read it ive picked a lot of these practices rather than to sound melodramatic nonetheless it has changed my life, especially the femine hygeine portion of how exactly to green it, i no more use tampons/pads im right now an avid enthusiast of the diva glass.



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