

CAMP LIKE A GIRL

by

Sara Riley Mattson



FINDING HEALTH AND
WELLNESS IN NATURE

A CARGO VAN CONVERSION STORY

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Camp Like a Girl: Finding Health and Wellness in Nature. A cargo van conversion story.



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In this humorous memoir and technical direct, Sara Riley Mattson shares the tale of converting her cargo van into a mold-resistant camper to be able to pursue a complete recovery from mold toxicity and biotoxin illness. Along the way, she charms with her intimate writing style and dedication to helping others live well, be healthy, and explore our beautiful world. Excerpt: I also needed to feel safe, and I didn't feel secure at all in a home made from drywall and particle board cabinetry. Apart from high-quality hardwood, whenever I looked at just how houses were made right now, it was like looking at mold restaurants. Welcome to our new cafe, Mr. " Personally i think like I sat around a campfire with a fresh friend who somehow already understood me and from whom I discovered much, not just about conversions and overcoming disease, but about life, especially about resilience and how tenacity, when tempered with gratitude and optimism and sprinkled with creativeness, doesn't stress your forearms or keep your fingers completely clenched. Mold. On the menu tonight we've some damp drywall, a nice assortment of ply woods and particle boards, and some fantastic dusts we've been letting age group in the duct work." Oh, not to mention, for the benefit of any little mold children that might come along, we have the full assortment of anti-fungal paint and fungicide-resistant genes already in full complement in our facilities. All mold offspring from this establishment show full resistance to these rather pitiful human being attempts to control our numbers. If you want to stay for a while, we have some special dust-filled insulation and floor covering I think you will discover quite cozy. Compliment for Camp Such as a Girl: "" and Mrs. It offers you freedom to let go of fear and lay hold of peace and joy. The authenticity is warm & palpable. - Brooke Young



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While we didn't live in a sprinter van, we do a lot of the adjustments Sara described to your regular Honda Odyssey van like eliminating the second captain's chair and bench chair, installing wire metal shelves, keeping things structured in boxes, and keeping issues wiped down. Helpful and amusing vignettes of her trip are peppered with step-by-step with photos / and how-to suggestions. I actually don't suffer from an illness. Fabulous resource for anyone dealing with environmental sensitivities or considering van living. If you're environmentally sensitive, you need this book. If you're searching for advice for a simple, manageable van conversion, you need this book. I hated them both. Sara's matter-of-factness in discussing the essential strategies for coping with biotoxin illness is so refreshing. Because so few doctors understand it, patients are often left on their own in figuring out how to manage it. But this book will leave them much less on their own." Excellent! The reserve is something special to anyone dealing with this disease. And she spells out her strategies in her own conversion in helpful fine detail, explaining the exact components she used and her reasoning for choosing them. Regardless of whether you decide to follow her specific approach, you'll get to root through her treasure trove of great tips. I highly recommend it to anyone affected by biotoxin illness-- including family, close friends, and medical personnel. Very helpful. I really liked this little publication. None of the "I can't start until I understand my method to the end" obstacles that I'm continuously throwing up in my own path. Reading this little book offered me thus much encouragement and hope! Sara's great example strips aside all the normal vandweller "must-haves", starts using what is essential, and gets occupied. She understands a solution and goes for it, piece by piece and piece by piece. Well done! Just what a great go through you've given us! Thank you, Sara, for encouraging me to step out beyond my fear of failing and just go for it! The outcome camper van is lovely and useful, and her guidelines are readable and easy to follow. Hopeful. Not all adventurers are young, wealthy, or invincible. Sara provides authorization, instruction and insight for us less-ideal specimens to put into action our dreams. Her severe awareness of her needs get her customization each stage of just how. To suit a vehicle to individual need is at most everyone's capabilities. Sara Riley Mattson has an "I can do it" spirit that let me talk about. She translates her health struggles to empowerment, an attitude that problems me to look at my own limitations honestly, select the right equipment and progress with existence. Nope, she forges ahead with simple straightforward guidelines and gets the job done well. It's about hope! However, not most of us have the time or capability to figure out how to perform it/make it. A tent can be low stress. This is an excellent, thorough resource for individuals wanting to continue the road for any reason in a van conversion -- but especially for those who might need to do so while seeking healthier environs. The world needs more stories like this, stories about healing and recovery from environmental illnesses. Though Camp Like a Girl includes many brilliant ideas and clever strategies for changing a camper and healing from mold illness, its real beauty can be that from start to finish it is filled with optimism and hope. Great book. Great guide to a green van conversion! Reading it, you feel like you have a warm, smart, practical friend who has recently trodden this route. Couldn't put it straight down. Highly highly recommend. I couldn't place it down. Very useful. Being a biotoxin sufferer myself with MCS, I must say I appreciate all the important insight and references. Easy peasy 1 two three! Most of us need a 'spare' healthful bedroom, a place to camp in, a 'hotel' area when travelling, or perhaps a place to live in fulltime while discovering crazy and/or pristine areas. Personally, I purchased and marketed two fiberglass trailers. And when you happen to fall in both classes, you've hit the jackpot! When new they're very toxic, but when used they often times had maintenance problems, hidden leaks, mold, & most of them involve some kind of floor

covering all over the walls and ceiling. They are small, however they still need towing, hitches, stabilizers, chocks, levelling, maintenance, winterizing, and managing the terror of changing lanes on highways where semi's are barreling by. It's just too much stress, therefore i just regularly tent camp, and throw the tent out and get yourself a new one when it gets relatively yucky. She found it! Great read. Five Stars Excellent information about mold avoidance and camping just like a girl. I wouldn't need to give up my own automobile. No towing, no hitches, no difficulty, no axles, no worries about plumbing leakages or rainfall intrusion, no learning how to maneuver a trailer on the road, making narrow turns, learning how exactly to back up, managing visitors, and on and on. Just drive. This is an excellent guide to converting a van in an economical way! It's all way too much of a period sink to figure out. Here, it's laid out. Actually, I wish the writer had included a lot more photos, even diagrams, plus much more detail. Not really a big one. The even more the better. Also, added some decorative touches. You can even give the book to someone and say, Here, perform it for me--(after testing components). I might not get around to it soon, but I would just wish to accomplish what she do, or hire someone while I oversaw it--with several simple variations (might put in a portable a/c, might make use of wood cabinets, shellacked, under the bed). I possess a feeling many individuals will be causeing this to be sort of van conversion. Hopefully their very own insights and fixes will lead to future conversions which are even better. Useful Information Great book. I have a lot of chemical substance sensitivities and in recent years have developed severe allergy symptoms to mold. That is my dream, to generate my very own van/camper and hit the road south to Arizona and dry air. The writer gives lots of information regarding how she added a bed, shelving and cabinets to a transit van. Having helpful information to converting a van makes the idea a lot more approachable. This girl can write. This book was easy to read, and filled with helpful information. A helpful and hopeful reference! We also experienced incredible health changes by camping in the southwestern says and could have stayed longer if we're able to have afforded to take action. Excellent! I can't await her next reserve, Migraine, to turn out. I just got no idea how exactly to do it. And much more. The book is filled with a variety of practical suggestions and information, and is a great resource for all those wanting to heal in nature and understand biotoxin illness. But often I've viewed vans--especially the E350's with lots of windows, used by academic institutions and churches, and wished I possibly could convert one. The fact that the conversion materials used and the approach to cellular camper van living also have improved the author's health immensely stands as a hopeful guidepost for may others in similar circumstances. I do, nevertheless, want to live in an rv. I hope in future editions she gives as much fine detail as humanly possible. Such great hints for downsizing and living on the highway. Enjoyed reading very much. Thanks Great resource for anybody considering mold avoidance. Essential read for mold avoiders This book gave us the encouragement and tools to head out on a one month mold avoidance sabbatical in-may 2018. Great tips about changing a cargo van to a camper, but much of the information will be useful to anyone taking into consideration a tent camping sabbatical. most important book about my healing Journey This book was imperative to me getting my life back. I bought this book then threw myself headlong in to the van existence. This publication was the impetus had a need to eject from my life. I could not really completed it without this reserve. I am not absolutely all the way even better, at all, but I am no more in hell and I will have some control over my life and health. Sara really saved my bacon. I recognized that I possibly could convert a van and just shop it at a storage place when not deploying it, for \$18 per month for the parking space. Loved the reserve.



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