

# THE HEALTHY HOME:

An Attic-to-Basement  
Guide to  
Toxin-Free Living



**Linda Mason Hunter**

"A sort of *Whole Earth Catalog* for the home..."  
--*The New York Times*

# Healthy Home An Attic To Basement Guide To Toxin Free Living

**Pamela D. Jacobs**



## **Healthy Home An Attic To Basement Guide To Toxin Free Living:**

*The Healthy Home* Linda Mason Hunter,1992-01-01 Practical advice on making homes more healthful environments The Washington Post     **The Healthy Home Workbook** Kimberly Rider,2006-02-23 A guide to creating a healthy home environment offering advice on how to remove commonly found dangerous or toxic materials and answering questions about household materials chemicals and product ingredients Covers each room of the house as well as outdoor spaces

**Chronic Fatigue Syndrome Treatment** Erica F. Verrillo,Lauren M. Gellman,1998-02-15 Combining a self help manual personal histories of chronic fatigue sufferers and a dictionary of symptoms and treatments this comprehensive volume details every facet of the disease and thoroughly discusses every treatment currently available from diagnosis to symptoms to traditional and alternative therapies to support groups     *Indoor Pollution* Steve Coffel,2011-04-06 We all know there are health hazards in the air outside but this powerful new book warns that we aren t safe within our homes or offices either The most comprehensive work available on this pressing issue covers publicized pollutants like asbestos radon and cigarette smoke as well as the secret contaminants in our heating electrical and plumbing systems     Organic Baby Kimberly Rider,2007-03-08 A guide for environmentally conscious parents offers a range of options for organic foods and non toxic products that promote a baby s health while ensuring the overall health of the planet     **Spirit and Place** Christopher Day,2012-06-14 Built environment surrounds us for 90% of our lives but only now are we realising its influence on the environment our health and how we think feel and behave both individually and socially Spirit how to moderate climate to make places of delight and realign social pressures so places both support society and maximise economic viability Thought provoking and easy to understand Christopher Day uses everyday examples to relate his theories to practice and our experience     **Power Healing** Leo Galland, M.D.,2011-02-02 Dr Leo Galland along with Doctors Bernie Siegel and Andrew Weil has been a pioneer in the emerging field of integrated medicine which combines the best of alternative and conventional treatments He is also a renowned medical detective successfully curing patients whose illnesses have defied prior diagnosis and treatment In Power Healing Dr Galland shares his breakthrough medical philosophy and program of healing developed over the course of three decades of education and practice He explains how you can apply four healing strategies that will help your body restore its own rightful balance and health 1 build healthy relationships community is the most powerful healing force 2 create a customized prescription for diet rest and exercise 3 purify your external environment and 4 detoxify your internal environment to help your body protect and cleanse itself Included for the first time in this edition is a dynamic new questionnaire Dr Galland has created to help you hone in on your medical priorities Filled with practical advice on detecting unsuspected causes of our sickness building resistance to disease and harnessing our own bodies natural desire to heal Dr Galland s innovative book represents mind body medicine at its best For those whose illnesses haven t responded to treatment or resist diagnoses or for anyone who craves a higher level of health Power Healing is essential reading Praise for

Power Healing If I were to get sick this is the doctor I would go to see and the book I would read Robert C Atkins M D author of Dr Atkins Vita Nutrient Solution A triumph The most comprehensive book I have ever seen about promoting all aspects of wellness Well organized easy to read and suitable for the layperson and health professional alike Total Health Dr Galland s invaluable advice has been a great help to me I m delighted that others will at last have the benefit of his wisdom in their search for healing Carol Burnett The medicine of the future will embrace and integrate the best of conventional and alternative approaches to health and healing Dr Galland makes a compelling argument that sickness is most effectively treated when the particular needs and underlying psychological emotional and environmental issues are addressed Dean Ornish M D *Save Your Sight!* Marc R. Rose, Michael R. Rose, 2008-12-14 The eye disease known as macular degeneration affects millions of people But it doesn t have to go unchecked Doctors Marc and Michael Rose show how you can prevent halt and even reverse the progress of macular degeneration and other eye problems **The Healthy Home** Linda Mason Hunter, 2000 The Healthy Home gives a complete picture of indoor health including a healthy home inspection checklist The New York Times called the book A sort of Whole Earth Catalog for the home The Healthy Home has tips on soundproofing safety detecting carcinogens and an appendix of products and services **The Workbook**, 1989 *Building Healthy Homes* Phyllis F. Adams, Sean P. Gimbel, 1994 Big Green Purse Diane Maceachern, 2008-02-28 Read Diane McEachern s posts on the Penguin Blog Protecting our environment is one of the biggest issues facing our planet today But how do we solve a problem that can seem overwhelming even hopeless As Diane MacEachern argues in Big Green Purse the best way to fight the industries that pollute the planet thereby changing the marketplace forever is to mobilize the most powerful consumer force in the world women MacEachern s message is simple but revolutionary If women harness the power of their purse and intentionally shift their spending money to commodities that have the greatest environmental benefit they can create a cleaner greener world Spirited and informative this book targets twenty commodities cars cosmetics coffee food paper products appliances cleansers and more where women s dollars can make a dramatic difference provides easy to follow guidelines and lists so women can choose the greenest option regardless of what they re buying along with recommended companies they should support encourages women to spend wisely by explaining what s worth the premium price some green products cost what s not and when they shouldn t spend money at all and differentiates between products that are actually green and those that are simply marketed as ecofriendly Whether readers want to start with small changes or are ready to devote the majority of their budget to green products MacEachern offers concrete and immediate ways that women can take action and make a difference Empowering and enlightening Big Green Purse will become the green shopping bible for women everywhere who are asking What can I do **The Healthy House** John Bower, 1997 Reprint of a 1989 work containing information on subjects that include airtightness and ventilation mold and moisture wood and wood products and their noxious and toxic potentials Includes source listings of manufacturers and suppliers Annotation

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    Five Hundred Tips for Coping with Chronic Illness Pamela D. Jacobs,1995     **The Efficient House Sourcebook** Robert  
Sardinsky,Rocky Mountain Institute,1992     **The Complete Book of Home Decorating** Friedman Fairfax  
Publishers,1999-03     **Healthy House Building for the New Millennium** John Bower,2000 Takes a step by step approach  
to the design and construction of a model house that minimizes indoor air pollution from asbestos lead and many more  
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