

The New Natural House Book



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This completely revised and redesigned edition of the bestselling Natural House Book brings you hundreds of practical energy- and money-saving ideas to enhance your home, your environment, and your well-being.

Originally published in 1989, The Natural House Book anticipated our problems with garbage disposal, indoor air pollution, water purification, and environmental hazards. Today more than ever, we need inspiration and cutting-edge information to transform our homes into havens for the body, mind, and spirit.

Lavishly illustrated with more than 100 full-color photos, combining the expertise of top architects, designers, and ecology authorities from all over the world, here is a hands-on, step-by-step, room-by-room architectural and design guide to bring you and your family safely and happily into the twenty-first century.

You'll find out how to: <UL TYPE=DISC> Use the latest toxin-free materials Improve air and water quality Save energy Minimize maintenance Create green space Combat environmental hazards Incorporate aromatherapy and feng shui Design a personal space for contemplation Build

an exercise room Use color, texture, and design to create a nourishing, stress-free environment for your family

Featuring a new Gaia House prototype design, a new Charter for Natural Building, and completely updated appendices on natural paints and varnishes, household cleaners, and indoor air pollution, as well as a mail-order resource list for furniture, carpeting, water filtration, and textiles, The New Natural House Book will help you create a better future.

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