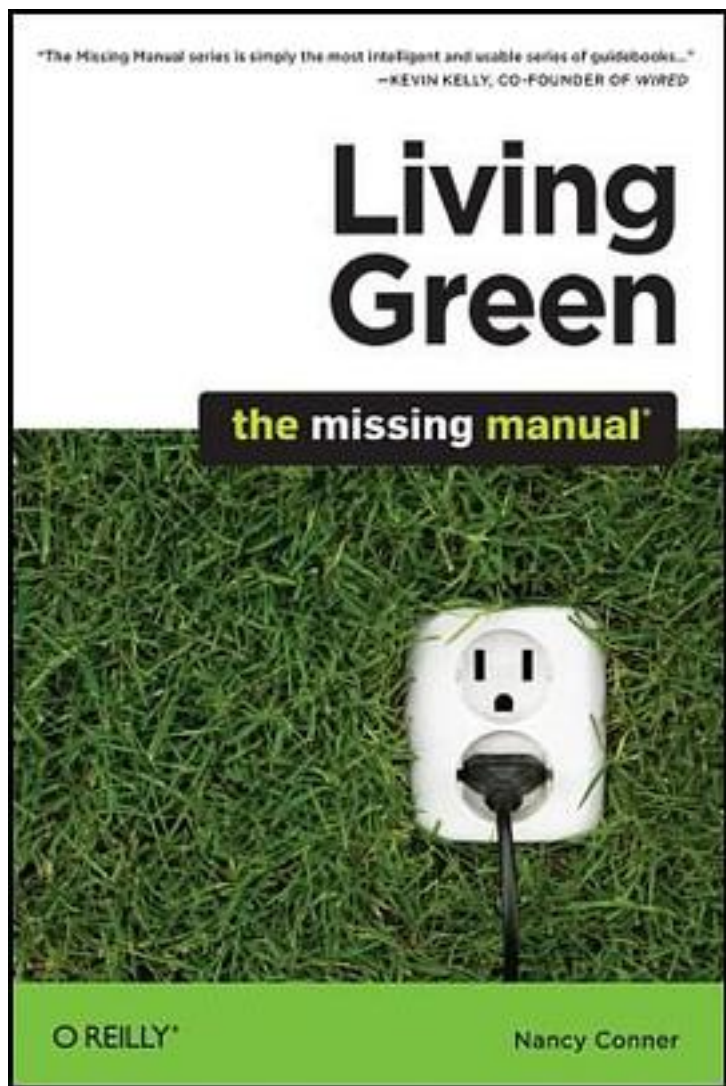


Living Green



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Over 85% of Americans today express concern about health and the environment, but only a small fraction say they know where to begin. Whether you are concerned about climate change, personal health, or just want to live more lightly on the planet, this book is for you. It helps you get past the worry and take positive action to improve both your health and the health of our environment. Based on a lifetime of research and practice, this practical guide for living green offers advice and solutions you can easily put into practice, like: *The 10 foods you should always eat organic to avoid pesticides, herbicides, hormones and antibiotics. *Affordable and practical ways to offset your "carbon footprint" and neutralize your personal impact on global warming. *The most chemically-intensive personal care, household cleaning and lawn care products, and their effective natural alternatives. *How soft plastic water bottles hurt your health, your pocket book and our environment, with a simple and refreshing alternative. *How a simple carbon filter can dramatically improve your everyday health and potentially add years to your life. *The truth about hybrids and flex fuels. *Why an organic mattress is the most important health investment you can make. Foreword by Jordan Rubin, New York Times best-selling author of The Maker's Diet.

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