

The Healthy Home



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You want a beautiful home, but you don't want to sacrifice health and comfort in the name of elegance. With *The Healthy Home*, you don't have to. You'll learn how to promote and protect your physical, mental, and spiritual health as well as that of the environment. You'll also find the technical information you need to create and

maintain healthy living spaces for you and your family. You'll learn how toxin-free environments can reduce stress, address allergies and other ailments, boost vitality, and foster well-being. More than 75 full-color photographs illustrate attractive and creative approaches to healthy living. Use this book as your guide to transform your house into a gracious retreat that celebrates the good life and honors the environment. With The Healthy Home, you can turn any living space into a serene oasis where health and happiness flourish.

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