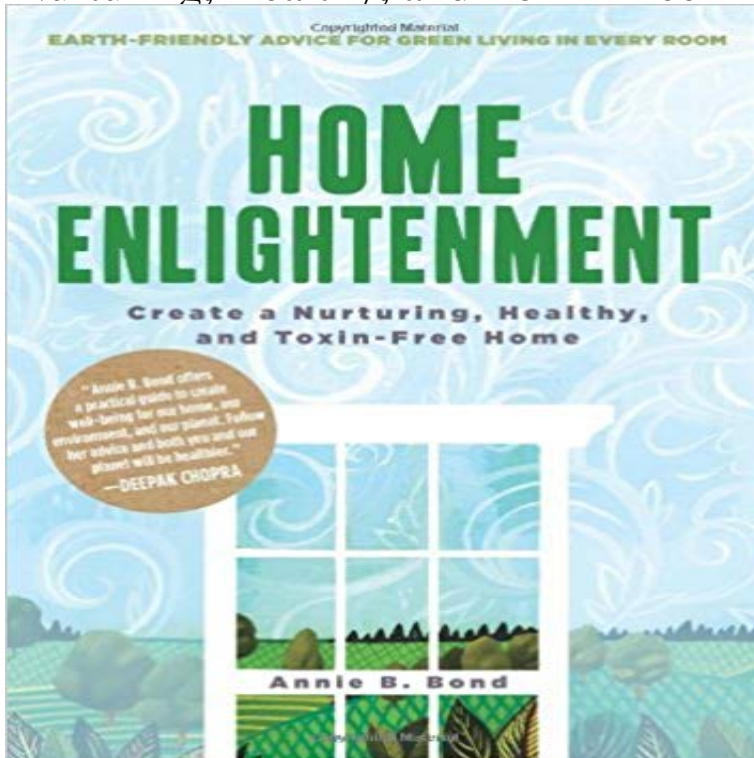


# Home Enlightenment: Practical, Earth-Friendly Advice for Creating a Nurturing, Healthy, and Toxin-Free Home and Lifestyle



An informative, practical, and inspirational guide, Home Enlightenment examines the environmental impact of the choices we make each day and addresses how common, everyday chemical exposures have a subtle but profound impact on our well-being and quality of life. You'll learn how to detoxify your home one product at a time, choose environmentally friendly furnishings over products that off-gas, and establish day-to-day practices that bring healing and natural spirituality to your body and soul. Once you start to develop a natural and nontoxic lifestyle, you can transform your home into a sanctuary of health, comfort, and rejuvenation.

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Healthy, and Toxin-Free Home and Lifestyle Annie B. Bond 2005 The Complete IdiotsHome Enlightenment has 38 ratings and 9 reviews. dina said: this is a great book Advice for Creating a Nurturing, Healthy, and Toxin-Free Home and Lifestyle.