Healthy Child Healthy World: Creating a Cleaner, Greener, Safer Home

Change Begins With Small Steps

Leading medical experts and scientists team up with celebrity activists to help parents detoxify and green their households.

Nothing makes one more keenly aware of health risks lurking in the everyday world than becoming a parent. Most know the importance of using cabinet locks and child gates, but research is showing many more ways we need to be childproofing our homes. Tens of millions of American children now face chronic diseases and illnesses including cancer, autism, asthma, birth defects, ADD/ADHD, allergies, learning and developmental disabilities, as well as a host of lesser but disruptive ailments. And the growing research points to much of the increases on unseen threats wrought by exposure to chemicals in everyday products like cleaning supplies, beauty care and cosmetics, home furnishings, plastics, some foods and toys as contributing to these ailments. With that in mind, the non-profit organization Healthy Child Healthy World offers parents a definitive guide to creating a healthy, nontoxic, and environmentally sound home.

Filled with easy steps and simple solutions to improve family living without wreaking havoc on schedules or budgets, this book includes inspiring ideas for safe, eco-friendly cleaning methods, choosing healthier food, pet and garden care, nursery and home building materials, plus extensive tips for energy saving and family fun. With contributions from environmental science and public-health experts such as Dr. Phil Landrigan, Dr. Harvey Karp and Dr. Alan Greene, as well as many celebrity supporters (including Gwyneth Paltrow, Brooke Shields, Tobey Maguire, Sheryl Crow, Vanessa
Williams, and Tom Hanks), Healthy Child Healthy World is the essential guidebook for parents wanting to go green.

My Personal Review:
In my opinion, every parent should read this book. I could never express in words how much I love this book! I suppose all of the information in this book could be overwhelming ... Gavigan does go into great detail about how to make many healthy changes in your life. Although I have adopted some of the suggestions (green cleaners and detergents, no pesticides, slowly eliminating plastics, etc.), I am a work-in-progress and still need to make more changes.

Aside from all of the valuable information in this book, the biggest thing I learned was that you start with simple steps and do what you can work into your lifestyle. Most people wont be able to do everything thats suggested in this book, but Gavigan gives you all the information needed to make the choices of what to change.

PLEASE read Healthy Child Healthy World, it is an eye-opening education ... all parents should read this to understand the impact of chemicals and pesticides. Were surrounded by them every hour of every day. Do your part to lessen the impact on your children. You wont be able to shelter them forever, but at least you can control your environment at home.

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