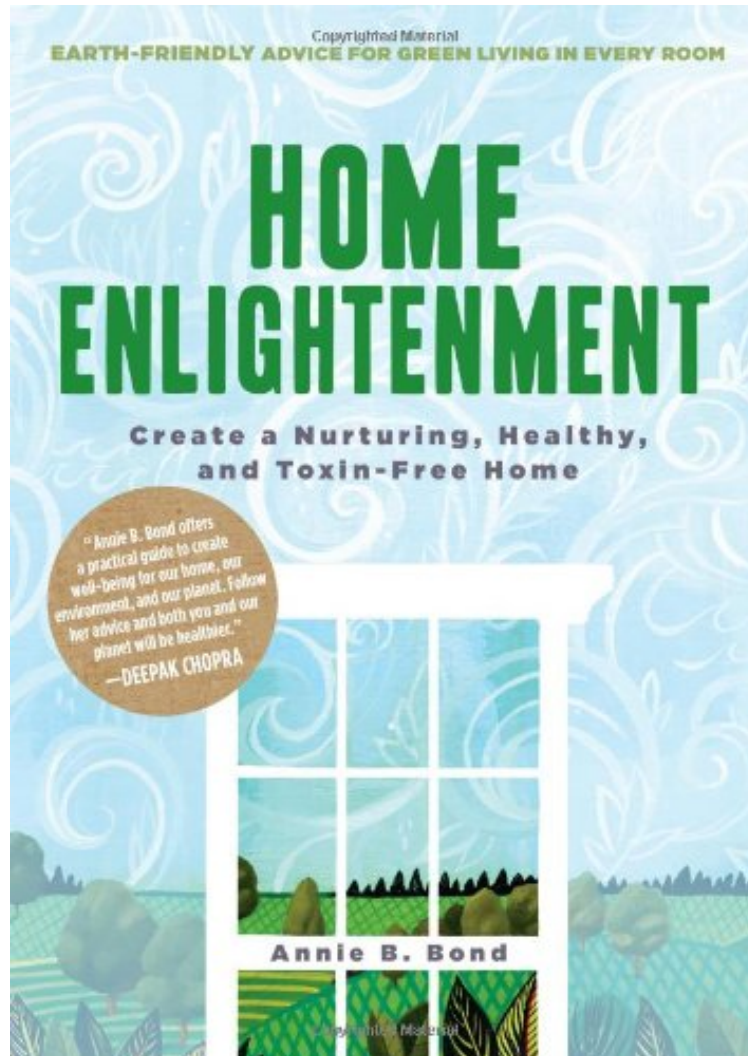


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Home Enlightenment: Create a Nurturing, Healthy, and Toxin-Free Home

Annie B. Bond

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Annie B. Bond : Home Enlightenment: Create a Nurturing, Healthy, and Toxin-Free Home before purchasing it in order to gage whether or not it would be worth my time, and all praised Home Enlightenment: Create a Nurturing, Healthy, and Toxin-Free Home:

6 of 6 people found the following review helpful. Wisdom-based, Not fact-basedBy CCazI was looking for a book with fact-based recipes to reduce waste and exposure to toxins. This book has some of this, but overall I find it no different from many other New Age-y books I saw, that seem to be very popular these days. Many things are recommended as healthy, or otherwise beneficial, if any ancient wisdom (or its New Age version) uses them. So, the

book talks about Buddhist practices, native american traditions, crystal therapies, aroma therapies, color therapies, homeopathy, etc. I acknowledge these as spiritual beliefs, but when I choose a detergent or a food ingredient, I just want to know what works and what does not, on the basis of well verifiable facts. Some scientific studies are mentioned, but without reference, and they seem to be selectively chosen to back up the author's beliefs. When talking about possibly harmful agents (like electromagnetic fields), the author mentions in passing that their effects are largely undocumented and unproven, then moves on discussing at length how vital it is to completely eradicate them from one's life. To be so zealous on the basis of unproven claims seems unreasonable to me. Overall, I appreciate the book for its many tips of practical use, like how to make homemade detergents, and so on. However I would very much prefer a book with a more fact-based, rather than belief-based, discussion.

1 of 1 people found the following review helpful. Didn't care for the spiritual aspect. I'm christian and ...By A. M. Jones
Didn't care for the spiritual aspect. I'm christian and felt it went in a direction away from that. Gave it to someone else that is into feng shui, maybe it will be suitable for them.

0 of 0 people found the following review helpful. Informative
By BluePetunia
This book is very informative for anyone trying to stay away from toxics live green. I refer to this book often. It has a very good resource section at the back of the book.

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.

From Booklist
Once relegated to the status of 1960s hippies, New Age journalists are just now coming into their own--and being listened to. Credit Rodale Press, in part, for generating the genuineness and trust that today pervade the words natural and organic, among other adjectives and nouns. In fact, Bond (*Better Basics for the Home*, 1999) covers the proverbial waterfront, with chapters devoted to fire, earth, water, and air to healthy alternatives for indoor pesticides (try the safe sugar ant hotel). Every page includes at least one clue or tip about natural choices; in the dining-living-family room section, for instance, Bond discusses pet care and the reduction of lead risks while taking a virtual tour of this space. The biggest issue? How best to locate all of Bond's ideas, recipes, recommendations, and techniques in a text layout that's alarmingly placid and without enough differentiating call-outs? Speaking from the heart (her central nervous system is permanently damaged because of pesticides), she gives hundreds of reasons to start infiltrating a bit of health into our homes. Barbara Jacobs
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"Home Enlightenment has the power to change the way we live and breathe. You will feel healed and whole just by reading this book: Its a beautiful thing. Annie B. Bond, mistress of the green household and expert on chemical poisoning, gives us remedies for the toxins that ail us. She spells out the ingredients for the good life and the illuminating benefits of sun and candlelight, and she identifies the quiet needs of the everyday. Stockpile copies of *Home Enlightenment* and give them to everyone you care about." Amy Goldman, advocate for agricultural biodiversity and author of three books on heirloom vegetables: *The Compleat Squash*, *Melons for the Passionate Grower*, and *The Heirloom Tomato*