

## Resources for Reducing Toxins in the Home

### Books

Berthold-Bond, Annie. **Better Basics for the Home: Simple Solutions for Less Toxic Living**. New York, NY: Random House, 1999.

Horn, Greg. **Living Green**. Topanga, CA: Freedom Press, 2006.

Hunter, Linda Mason and Halpin, Mikki. **Green Clean: The Environmentally Sound Guide to Cleaning Your Home**. New York, NY: Melcher Media, 2005.

Laporte, P. B., Elliott, E., and Banta, J. **Prescriptions for a Healthy House**. British Columbia: New Society Publishers, 2001.

O'Brien, M. and Ford, D. **Homemade Cleaners: Quick-And-Easy, Toxic-Free Recipes**. Berkeley, CA: Ulysses Press, 2014.

### Books at the Walla Walla Public Library

Boyd, David R. **Dodging the Toxic Bullet: How to Protect Yourself from Everyday Environmental Health Hazards**. Vancouver: Greystone Books, 2010.

Breedlove, Greta. **The Herbal Home Spa**. Pownal, VT: Storey Publishing, 1998.

Kocsis, Anne B. **The Complete Guide to Eco-Friendly House Cleaning: Everything You Need to Know Explained Simply**. Ocala, FL: Atlantic Publishing Group, 2010.

Loux, Renee. **Easy Green Living: The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home**. New York, NY: Rodale, 2008.

### Product Information

Household toxin factsheet from Silent Spring Institute:

<http://www.silentspring.org/sites/default/files/Household%20dust%20factsheet%20FINAL.pdf>

Product assessments and information: Environmental Working Group

- Sunscreen Guide: <http://www.ewg.org/sunscreen/>
- Personal Care and Cosmetic Product Guide: <http://www.ewg.org/skindeep/>
  - Summary of common ingredients to avoid: <http://www.ewg.org/skindeep/top-tips-for-safer-products/>
- Tips for safer cleaning: [http://static.ewg.org/files/2009/10/school-cleaners/home-tip-sheet.pdf?\\_ga=1.135517241.96732146.1481835817](http://static.ewg.org/files/2009/10/school-cleaners/home-tip-sheet.pdf?_ga=1.135517241.96732146.1481835817)

Material Safety Data Sheets (MSDS): <https://www.msds.com/>

Meanings of different eco-certification labels: <http://www.ecolabelindex.com/ecolabels/>

Cleaning efficacy: [http://www.nccch.ca/sites/default/files/Alternative\\_Antimicrobial\\_Agents\\_Aug\\_2014.pdf](http://www.nccch.ca/sites/default/files/Alternative_Antimicrobial_Agents_Aug_2014.pdf)

### Resources for Natural Products and Supplies

Good prices for natural personal care products: <http://www.vitacost.com>