

NON-TOXIC HOMES BIBLIOGRAPHY

1) Websites about the effects of the environment on children's health:

www.cdc.gov/exposurereport

Center for Disease Control and Prevention's Exposure Report.

www.checnet.org

CHEC's mission is to inform parents and all those concerned with the welfare of children about preventable health and development problems caused by exposures to toxic substances in homes, schools and communities and to encourage the public to take action to protect children against these toxic threats.

www.childenvironment.org

Center for Children's Health and the Environment, the nation's first academic research and policy center to examine the links between exposure to toxic pollutants and childhood illness. CCHE was established in 1998 within the Department of Community and Preventive Medicine of the Mount Sinai School of Medicine. CCHE's mission is to promote the health of children by conducting environmental health and policy research.

www.EnvironmentalHealthNews.org

Published daily by Environmental Health Sciences, a not-for-profit organization founded in 2002 to help increase public understanding of emerging scientific links between environmental exposures and human health. EHS also publishes:

www.OurStolenFuture.org

Our Stolen Future is a scientific detective story that explores the emerging science of endocrine disruption: how some synthetic chemicals interfere with the ways that hormones work in humans and wildlife.

www.ProtectingOurHealth.org (in partnership with the Collaborative for Health and the Environment)

This site tracks emerging scientific evidence on links between diseases, disorders and disabilities and possible environmental causes. It is designed to make new information accessible to people who care about these issues and who are looking for answers, not just about the "why's" but also the "what's," ... as in "what can I do?"

www.epa.gov/iaq

EPA Indoor Air Quality home page

www.ewg.org/reports/bodyburden

Environmental Work Group's Body Burden Report

www.iceh.org

Institute for Children's Environmental Health. Fact sheet on Children's Environmental Health basics, link to National Learning and Developmental Disabilities Advocacy Groups Analysis Body Burden Studies summary.

www.informinc.org/

INFORM is an independent research organization that examines the effects of business practices on the environment and on human health. Includes three fact sheets: Tracking Toxic Chemicals, Environmental Health Threats to Children: A Look at the Facts, and Toxics in Everyday Products.

www.kidsorganics.com

Aims to recommend the highest quality natural and organic products for children,-- newborn, toddlers, school-age, and teens--as well as products for the moms who give birth to them, raise them and keep them safe.

www.preventingharm.org

A resource and action center on children and the environment. Awareness of learning and behavioral disorders is reaching more and more people, either first hand or through someone we know. Can toxics in our air, water or food combine with other factors to keep our children from reaching their full human potential?

www.psr.org

Physicians for Social Responsibility (PSR) is a leading public policy organization with 24,000 members representing the medical and public health professions and concerned citizens, working together for nuclear disarmament, a healthful environment, and an end to the epidemic of gun violence. You can read or download their report "In Harm's Way: Toxic Threats to Child Development."

www.scorecard.org

An information service provided by Environmental Defense Fund. Get the real story on toxics in your community.. Scorecard lets you send faxes--for free--straight to the top-ranked polluters in your area or send email to key state and federal decision makers. Share views in discussion forums addressing pollution problems in your community, agricultural pollution, chemicals in consumer products, or the health effects of chemicals.

2) Green Living Resources

Websites:

www.checnet.org/safer_products/index.asp

Children are more vulnerable than adults to many chemicals found in ordinary household products. Unfortunately, product labels don't always tell the whole truth about ingredients and safety of products. There are a number of companies that sell products that claim to be safe for use on or around children and won't harm the environment. Verifying these claims, however, requires product testing and extensive research of product manufacturing practices. CHEC's partner, Green Home, provides this expertise, as well as an online store of safer products.

www.emagazine.com

E/The Environmental Magazine, Earth Action Network, Inc.

www.environmentalhomecenter.com

A source for green building including non-toxic paint, natural carpets, sustainable wood products, energy-efficient insulation and people-friendly cleaning supplies. A terrific site to study the entire concept of a non-toxic home.

<http://hpd.nlm.nih.gov/index.htm>

Household Products Database, from the National Institute of Health, National Library of Medicine (a Federal government agency). What's under your kitchen sink, in your garage, in your bathroom, and on the shelves in your laundry room? Do these household products pose a potential health risk to you and your family? Find out what's in these products and what are the potential health effects, and other safety and handling information.

www.organicconsumers.org/

Campaigning for Food Safety, Organic Agriculture, Fair Trade & Sustainability

www.seventhgeneration.com

A company that produces cleaning products from plant sources and paper products from recycled paper using non-toxic bleaching (or no bleaching) methods. Subscribe to their free e-newsletter "The Non-Toxic Times" a terrific resource for information.

www.safecosmetics.org/

Everyday products such as shampoo, deodorant and make-up contain chemicals linked to cancer, birth defects and other serious health consequences. Why? Because cosmetics manufacturers are allowed to use almost any chemical as an ingredient without government approval. Cosmetics should be made with safe, non-toxic ingredients. Some leading companies agree. So far, more than 280 companies have signed the Compact for Safe Cosmetics, a pledge to make safe products. Now its time for all cosmetics companies to do the same.

In October 2005 California passed a law requiring cosmetics makers doing business in their state to report potentially toxic or carcinogenic ingredients in their products to the Department of Health Services.

Books: (available in either bookstores or Amazon.com)

Baking Soda: Over 500 Fabulous, Fun and Frugal Uses You've Probably Never Thought Of
by Vicki Lansky

Better Basics for the Home: Simple Solutions for Less Toxic Living
by Annie Berthold-Bond

Clean House, Clean Planet: Clean your house for pennies a day, the safe, nontoxic way
by Karen Noonan Logan

This books presents information on toxicity of commercial household cleaners and why. It then presents non-toxic alternatives in a "recipe" way with complete instructions and explanations, also comparing with commercial counterparts by effectiveness and cost. A terrific way to get started.

Green Kitchen Handbook
by Annie Berthold-Bond

Hormone Deception: How Everyday Foods and Products are Disrupting Your Hormones - and How to Protect Yourself and Your Family
By D. Lindsey Berkson, et al.

Mothers and Others for a Livable Planet Guide to Natural Baby Care: Nontoxic and Environmentally

Friendly Ways to Take Care of Your New Child

by Mindy Pennybacker and Aisha Ikramuddin. Mothers and Others for a Liveable Planet, a national non-profit education organization (organized by Meryl Streep), is working to promote consumer choices that are safe and ecologically sustainable for current and future generations. By providing strategies that can reduce individual and community consumption of natural resources and by mobilizing consumers to seek sustainable choices in the marketplace, they aim to effect lasting protection of public health and the environment.

Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival? A Scientific Detective Story

by Theo Colborn, et al.

Safe Shopper's Bible: A Consumer's Guide to Non-Toxic Household Products, Cosmetics and Food, David Steinman and Samuel S. Epstein, MD. Macmillan, 1995.

This book has a complete evaluation of brand name household products.

The Complete Book of Essential Oils & Aromatherapy

by Valerie Ann Worwood

This is generally considered one of "the" reference books for using essential oils in healing, staying healthy, aromatherapy, and uses around the home.

The Encyclopedia of Essential Oils - the Complete Guide to the Use of Aromatic Oils in Aromatherapy, Herbalism, Health & Well-being

by Julia Lawless

Vim & Vinegar

by Melodie Moore

Asthma Resources

www.aanma.org

Allergy & Asthma Network Mothers of Asthmatics. A new approach to living with allergies and asthma. Founded in 1985, AANMA is a national nonprofit network of families whose desire is to overcome, not cope with, allergies and asthma. The shortest route to that goal is knowledge - that's why AANMA produces the most accurate, timely, practical, and livable alternatives to suffering. Look for link to breatherville.org for "Indoor AIRepair" report for a comprehensive way of looking and fixing asthma/allergy triggers in the home.

www.ehhi.org

Environment and Human Health, Inc. is dedicated to protecting human health from environmental harms through research, education and promotion of sound public policy. One of their reports is: "A Survey of Asthma Prevalence in Elementary School Children." Also includes general information on children and asthma.

www.epa.gov/iaq/schools/

Indoor Air Quality for Schools from the Environmental Protection Agency

www.lungusa.org

American Lung Association. Lots of information, including a program called "Open Airways for Schools."