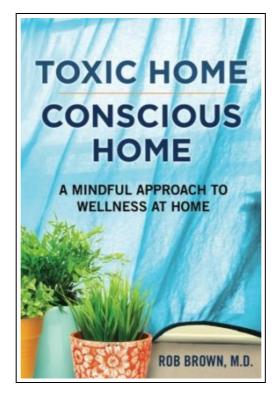
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TOXIC HOME/CONSCIOUS HOME: A MINDFUL APPROACH TO WELLNESS AT HOME (PAPERBACK)



ROBERT R BROWN, 2018. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. In Toxic Home/Conscious Home, Rob Brown, MD examines the health dangers lurking in the modern home and offers simple, straightforward solutions as to what you can do about them. This book will help you understand how you interact with your environment physically, chemically, energetically and electrically. He answers questions such as: How can you uncover urgent and insidious sources of home toxicity? What changes can you make to improve the health and well-being of your household? Why are so many harmful products in the marketplace? What effects can toxins and other dangerous products have on your health? This book is divided up into three sections: essentials, conveniences, and energy sources. The first three chapters are dedicated to elements in the home that are required for life. Chapters include the water we drink, the air we breathe, and the whole foods we eat. In the second block of chapters, materials in the home that make our lives easier and more pleasant are covered. Processed foods, food preparation and packaging materials, housecleaning agents, and personal care products are all discussed. The third section explores more subtle forms of energetic toxicity, beginning with indoor sources of illumination, sound and sources of electromagnetic frequency (EMF). The controversy surrounding EMF is discussed along with the suspected biological effects this form of radiation can have on our bodies. Following, a chapter on fEng shui describes subtle energy currents in and around the home. A final discussion on the importance of meditative focus to create and maintain a clear and peaceful mind concludes the work. By discerning and discussing the prevalence of indoor toxins and toxicants that we are all exposed to on a daily basis, this book will...



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