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The Smart Living Handbook - Creating a Healthy Home in an Increasingly Toxic World (Paperback)

By Melissa Wittig, Danielle King

BookPod, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Is your home healthy? Would you know if it wasn't? This book is for those who are renovating or building a parent or expecting a baby suffering from asthma or allergies recovering from an illness active in creating a healthy lifestyle. Discover how to create a beautiful home for your family that is functional, energy efficient and supports good health. Explore strategies to minimise your exposure to indoor pollutants that have been linked to a range of health concerns, including asthma and allergies, reproductive health, childhood development and cancers. Gain industry insights to navigate products and decisions in the home that will save you dollars. Learn how to adapt your home to be healthier and more sustainable - a smart way to live for so many reasons, starting with the health of your family! Author Biography: Healthy home expert Melissa Wittig is an accomplished health-focused interior design and property professional. She is the founder of Australia's Healthy Interiors information resource hub, and authored the Healthy Home app, a finalist at the 2013 National Mobile Awards. Sustainability consultant Danielle King is considered...



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