

select simpler...

respect the body...



Be Choosy! News, Events and Tips
January 26, 2010

A New Chemical of Concern in Town

Be Choosy!'s ultimate mission sprouted from my desire to disseminate elusive news to women - with Kristi-flair. Behind pages of Haiti's devastation, the FDA's announcement of a household substance as a "chemical of concern" has quietly unfolded. I think you will find *this* intriguing.

Come into my kitchen on this winter morning, and let us talk about this newly recognized chemical of concern. Bring a girlfriend and I will put on a pot of coffee or tea.

[Enter Here. and choose "What is BPA?"](#)

Choose Wiser's "Creating a Healthy Home" workshop now discusses how to reduce leaching of BPA into our personal environment. "Creating a Healthy Home" is a intimate home-party venue with a make-and-take household cleaner station.

Alternatively, you can [register for the next scheduled](#) "Creating a Healthy Home" on Tuesday February 23, from 7:30 - 9:00 in Mansfield, MA.

And please [Support the BPA Act of 2009 here](#).

My Quest for Egg-cellence

Very few moments in the quest for a fresh and toxic free lifestyle cause me to grimace, grumble, or complain but staring at overpriced egg cartons with a chest tightening anxiety was one of those situations.



I did not want scrambled pesticides from the cheap eggs, but USDA Organics were sadly..... pricey. Then, I found the golden egg. Almost a year ago, the Post Office called my home, "*Ms. Marsh? Your peepers have arrived.*"

We ran down to the post office where they handed over a small, insulated box harboring five fluffy balls of sweetness tentatively peeping for their new mom. The line at the post office congregated around, ooh-ing and awe-ing over the newest members of our family.

Ten months later, my shopping induced anxiety is gone and I am **bursting** to share the outcome! May I debut... (Drummm roollll pulleaze)...my first video production for Choose Wiser, created by Good Impressions...

[Fresh Eggs for Families Video](#)

Once on the video page, click on the thumbnail "Fresh Eggs for Families Video" and allow a moment for the video to load.

select simpler...

respect the body...



Perks for Choose Wiser Alumni

Were you a **participant** at *any* Choose Wiser function in **2009 or 2010**?

I would like to re-energize your voyage by offering a reward for Choose Wiser Alumni, like reading an intense book, only to gain inspiration and depth with the second experience.

When you bring two friends to attend a 2010 Choose Wiser workshop, **your** registration is free. I will gladly absorb the cost to encourage your growth.

With that in mind, the next upcoming event is:

What's A Girl to Do? (Formerly known as Head to Toes, Skin and Within)
Hosted by Personal Best Karate in Easton, MA - open to public.
Monday February 8th at 7:30. Register here.



The free alumnus reserves over the phone at 508 364 2649, while the two friends can register online or over the phone. The offer will not apply to future fundraising events.

Please recommend Be Choosy! to acquaintances! have a lot more fun media to come!

Until next time, ***Congratulations*** on your journey to choosing wiser, selecting simpler and respecting the body.

Take care,
Kristi Marsh