

select simpler...

respect the body...



Be Choosy! News, Events and Tips  
February 17, 2010

### A DELIGHTFUL AND INSPIRATIONAL VIDEO SERIES

It is finally time to unveil a series of video vignettes created for **you**. The next six newsletters will celebrate someone creating change with his or her personal passions in a video. You may know some of these individuals. Their efforts may all ready influence your daily life. On the other hand, maybe, you will be inspired try something new.

The first one captures a beautiful group gathering for a home party to explore do-it-yourself house cleaning products. Can you feel the energy and learning? Do you know women like them?

[Click Here to View](#), and click on the **Choose Wiser Home Party icon**

Isn't this the coolest **new reason to throw a** home party? Guests did not even have to bring checkbooks to take home goodies!

### DO YOU WANT TO PLAY TOO?

You can organize a home cleaning party *on your own* with recipes from Women's Voices for the Earth at [www.womanandenvironment.org/greenclean](http://www.womanandenvironment.org/greenclean).

OR

We can create an event for your neighbors and friends in May or June. [Let's talk here!](#)

OR

[Register to attend](#) a similar workshop on **Tuesday, February 23** at the **Holiday Inn, Mansfield, MA, 7:30 – 9:00 pm**. I have **six more seats** I would love to fill! at *Creating a Healthier Home*:

Focus on saving money while replacing ammonia and chlorine bleach.

Explore why VOC's, BPA's, and Phthalates are showing up in the news as well as our homes.

Learn why indoor air quality is possibly worse for your family now than in the past.

Make-and-take a household cleaner from scratch and experiment with it at home.

The purpose of this workshop is **educational**. To maintain this integrity I do not sell products discussed. I *do* infuse humor, stories, props, and activities to make this a memorable evening.



### LIFE ADVENTURE #83: TEA IN BERKELEY, CALIFORNIA

If you have received more than one *Be Choosy!* Newsletter you have seen my recommendation for **Not Just a Pretty Face: The Ugly Side of the Beauty Industry**, by Stacy Malkan. Stacy's book catapulted the safer personal care products movement into the public's eyes, bringing the consumer up to date with fast moving current events.

Two weeks ago, I flew to sunny, hip Berkeley, CA to have tea with Stacy. My intent was simply to connect to keep Choose Wiser integrated with the pulse of the movement. What unfolded was a fast-paced, energetic discussion bouncing between past events, future opportunities, and very exciting events impending for 2010.



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After two-oversized porcelain mugs of tea, and pumped with more inspiration than caffeine, I was energized to take on the world. Before parting, I handed her my copy of her book - well loved with notes in the margins and underlined key phrases – I was **honored** to have her write.....

*Kristi,*

*You are amazing! Thank you for making the world a healthier place and for helping give the beauty industry a makeover!*

*Stacy Malkan*

(I have recently seen the best prices on Amazon if you would like to order your own!)

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

Take care,  
Kristi Marsh