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Be Choosy! News, Events and Tips

### A LITTLE CONFUSED ABOUT PARABENS AND PHTHALATES IN YOUR BATHROOM?

“What’s A Girl to Do?” workshop discusses news headlines, explores alarms, and turns them into informative actions. This presentation is graciously sponsored by the Women’s Business Network and open to the public.



Discover why harmful ingredients are in cosmetics and personal care products. Implement simple specific changes to fit your lifestyle. Focus on money-saving alternatives. Become a vigilant consumer. Explore safer products and protective laws that are rapidly evolving now.

**Tuesday April 27<sup>th</sup> 9:30 a.m. – 11:00 a.m. Mansfield Town Hall**

Women’s Business Network is offering Choose Wiser’s workshop at a reduced rate: Members \$5, Guests \$10. Please RSVP to WBN at [info@wbnsma.org](mailto:info@wbnsma.org) and pay the door.

More [Workshop Descriptions, Times, and Registration Information](#)

I am currently planning tour dates for the fall and love to travel! Previous audiences include Moms Clubs, book clubs, home parties, parents at a karate studio, concerned moms of students, fundraisers, and a hospital Super Series evening.

### HERE’S THE MAIL, IT NEVER FAILS. IT MAKES ME WANT TO WAG MY TAIL. WHEN IT COMES, I WANT TO WAIL- MAIL! – The Mail Song

*Kristi,*



*I was overwhelmed with the amount of online information, and **how** to start changes. Your Audio Workshop on your journey helped me focus. I thought I was going to listen to it on my computer while paying bills but I was caught up in your storytelling. Thank you for what you are doing! You have a new follower! - - Sabrina F.*

You can preview the mini-workshops Sabrina is referring to, “**My Journey & Your One Intriguing Change,**” as well as “**The Ground and My Beef**” on [Choose Wiser’s Audio Download page](#).

### WHAT WOULD YOU SAY WHEN OUR YOUTH QUESTIONS THEIR SURROUNDINGS?

Choose Wiser’s Facebook audience exploded geographically to include fans from Florida, South Carolina, Washington, and Canada. Affectionately, I now refer to these men, women, and youth spanning three generations of perspective as “CW Nation.” One fan, a concerned twenty-something Texan, who has more depth than I ever had at her age, posted this plea. Please feel free leave comments or encouragement under Choose Wiser’s Facebook **Discussion** tab.

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*I heard on the news this morning that the USDA hasn't been doing their part to ensure meat is up to standards...ya think?! I think the term "excess pesticides" was used and I couldn't help but think...since when do people actually want to consume ANY pesticides...much less EXCESS pesticides. The story was talking about how Mexico sent back some meat because they decided it was unsafe and the same meat was sold in the US because there aren't laws to protect us from this.*

*Growing up on a corn/grain/cotton/soy bean farm, I have been around my fair share of pesticides, herbicides, (you name it, I've mixed it) and other potent chemicals. The fumes alone were potent enough to constrict your airways if you accidentally yawned or took a deep breath.*



*The crops we grew (like many crops in South Texas) were sold to be made into feed for cows.*

*Those cows, in turn, were sold and slaughtered for their meat for consumers to eat.*

*It's perplexing to me that even with all the evidence to back up the notion that these chemicals are dangerous to people, that laws haven't been put in place to protect us. DDT was a chemical years ago that was used on many farms and was found to poison water sources and fish were dying off as a result. Laws were in place to protect the water and the fish. Shouldn't there be laws to protect people as well?*

## TRANSLATOR OF A DIFFERENT SORT

**Sandra Stiengraber**, internationally recognized as an authority on environmental links to cancer and human health, is releasing her documentary Living Downstream along with her book. I am mesmerized by her wise maternal spirit and drawn to her dual spheres of influence, translating between scientists and activists.

I grapple with duality. Yin and yang, push and pull, toss and turn. I question, "What is my role?" In quietness, I clearly have my left foot passionately planted in the realm of an advocate. Researching, communicating, learning, and planning. Every morning. (Today waking at 1:15 am for two peaceful hours of typing.) Undeniable energy fuels my passion.

As the same time, my right leg is deeply rooted in mainstream mom existence. I still experience frustration when I turn children's shampoo to their backsides. Between laundry and dishes, I email friends to complain of the lack of a perfect sunscreen. Seeing ants on the floor paralyzes me because it is *one more* area I need to re-educate my ways. Then I pause. I switch hats and smugly realize as the next dang creepy crawler scurries by, he is providing a learning experience, a challenge... (By the 23<sup>rd</sup> sighting, I am certain my husband disagrees.)

It would be reassuring to find my place instead of being stretched in two parallel worlds. Then I realize, **I am both**. I am a translator of a different sort.



I am perched on that fence with a leg on both sides not because of ambivalence, but with purpose.

Reaching down, I extend a hand to curious ones who want an introduction to clean living. I use my strength to lift them up. They can look over the fence – what do they see? Do they like the future? If it is not the right time, then I look at them, smile, and know they will be back when it is

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time. For others, I balance precariously on the fence's edge and reach my hand down. With energy and passion, I pull them up until they get their balance. Slowly, they ease into a new lifestyle, and off they go proudly running to healthier lives. I am a human bridge. That is my place.

Ms. Steinberger's passions inspired me to dig deeper. I am honored to be invited to a private screening of Sandra's documentary [Living Downstream](#), with her next week. I look forward to the evening in Cambridge, MA, unless baseball practice and grocery lists supersede.

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

Take care,  
Kristi Marsh

**P.S. FREE FOOD!**

On April 21, PBS is showing Oscar nominated documentary, FOOD INC on the POV series. If you have not seen it yet, I recommend three actions:

- Watch the trailer,
- Ask three people what they have heard, and
- Set your DVR or TiVo so you can watch for free.