

Be Choosy! News, Events and Tips

"FIVE GOLDEN BOOKKKS..."

There was not enough morning light in 2009 for me to escape into books. With a cup of tea, I eagerly sifted through studies, research and emails. I spent twelve months driven to learn - and LOVED it. This is *my* passion, but my clients beg:

Time to research! Please just tell me what to do!

From the 27 books next to my desk, may I recommend my top five for you? They are friendly, informative and practical. Order online or reserve at your library as a cozy treat for this winter.



Not Just a Pretty Face: The Ugly Side of the Beauty Industry by Stacy Malkan

Food Matters by Mark Bittman

The Omnivore's Dilemma for Kids: The Secrets Behind What You Eat by Michael Pollan.

(The original **Omnivore's Dilemma** is the love of my life. Tattered and warped, with scribbled notes in the margins. This version is the same learning experience, just contemporary food chain.)

The Essential Green You: Easy Ways to Detox Your Diet, Your Body, and Your Life (Green This!) by Deirdre Imus. You may wish I had written.

Green Clean: The Environmentally Sound Guide to Cleaning Your Home by Linda Mason Hunter and Mikki Halpin

WHAT IS THE DEFINITION OF BODY BURDEN?

- A) Pounds of a full laundry basket multiplied by # of stairs in house
- B) A 1978 Mick Jagger song
- C) Amount of harmful chemicals present in a person's body

If you choose B, continue to iTunes and rock on, but if you wisely selected C, check out this fascinating [video exploring recent body burden discoveries](#). This 20 minute video is one of the reasons I work week after week to create educational "how-to" experiences for women.

Now, are you curious to take control of what is going in your body? I can share the tools with you. Which workshop below matches your interest? If you were a 2009 participant, please consider coming to see the improved versions and bring a couple friends to share the journey with!

2010 TOUR: KICKING OFF IN MANSFIELD, MA

HEAD TO TOES, SKIN & WITHIN

Do you have a hand lotion? *Head to Toes, Skin & Within* explores 2009 headlines in an empowering workshop, turning alarms into informative actions.

Learn why harmful ingredients are in some personal care products, why they are used, and how they can affect your health. More important, explore the choices available to become a wise consumer. Explore the movement for safer products and protective laws that is quickly evolving in our own generation.

Cost: \$20.00

January 7th 2010 7:30 pm - 9:00 pm Holiday Inn, Mansfield, MA

[Register Here](#)

WHOLE LIFESTYLE SPRINGBOARD

This healthy household makeover combines Choose Wisers' most requested workshops in one foundation class. Start by discovering why harmful ingredients - including hormone mimickers- are found in personal care products, how they can affect your health and you can DO about it.

Then, learn how to replace ammonia, chlorine bleach, VOCs, BPAS and phthalates in household

Conclude by reducing antibiotics, synthetic hormones, and pesticides consumed in your meals. You will make significant impact without having to change your favorite foods.

At the end of the workshop, you will be empowered to make cost effective improvements in your home and create a healthier lifestyle.

Cost \$45.00 (25% savings)

January 7th 2010, 9:30 am - 12:30 pm Holiday Inn, Mansfield, MA

[Register Here](#)

Which of your friends are health conscience? Would you share Be Choosy! with them? I am building momentum and love recommendations!

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

Take care,

Kristi Marsh

