

select simpler...

respect the body...



Be Choosy! News, Events and Tips
December 29, 2009

MINI-MANI-MAKEOVER

Look at the labels on your nail polish bottles. Squint...closer...closer....can you read the tiny print? Do they contain the ingredients **formaldehyde, toluene** or **dibutyl phthalate**?

Say hello to three nasty ingredients we lavishly smother onto our porous nail beds. Did you know some nail polish companies removed the toxic trio from their polish recipes in 2009? However, some didn't. Would you like me to name names? Read on...

First, would you send a quick email to [me](#), sharing how many bottles with these ingredients you found? I am tallying our group's discovery and conquests. (Don't forget to check your daughter's supplies if applicable.)

Then, please forward to other **fun loving girlfriends**, or those with daughters, so they can play the tally game too.

Now, you can [download a nail polish wallet guide](#) listing eighteen companies who removed the toxic trio from their products. Print, fold, and place in purse for shopping or salon outings.



Click here if you would like to learn more about the toxic trio trios 2009 [facts and journey](#).

LOOKING FOR 6 MORE CURIOUS PARTICIPANTS.....

Can I say my **Whole Lifestyle Springboard** is the **best darn workshop** of its kind? I spent December revamping and refreshing the delivery and I am so proud! I have been looking around and *nothing* compares! I am grateful for my mentors that have catapulted Choose Wiser to an **exceptional educational experience**. I am looking for six more participants to round out this curious audience for January 7th. Oh, and dont feel pressured - I do not sell products!

Whole Lifestyle Springboard January 7th 2010 9:30 am – 12:30 pm Holiday Inn, Mansfield, MA

Start by discovering why harmful ingredients – including hormone mimickers- are found in personal care products, how they can affect your health and your children's health, and what **you can DO** about it.

Then, learn how to replace ammonia, chlorine bleach, VOCs, BPAS and phthalates in household products. Your actions will improve your **family's safety** and **indoor air quality**.

Conclude by reducing antibiotics, synthetic hormones, and pesticides consumed in your meals. You will make significant impact **without changing your recipes**.

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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)

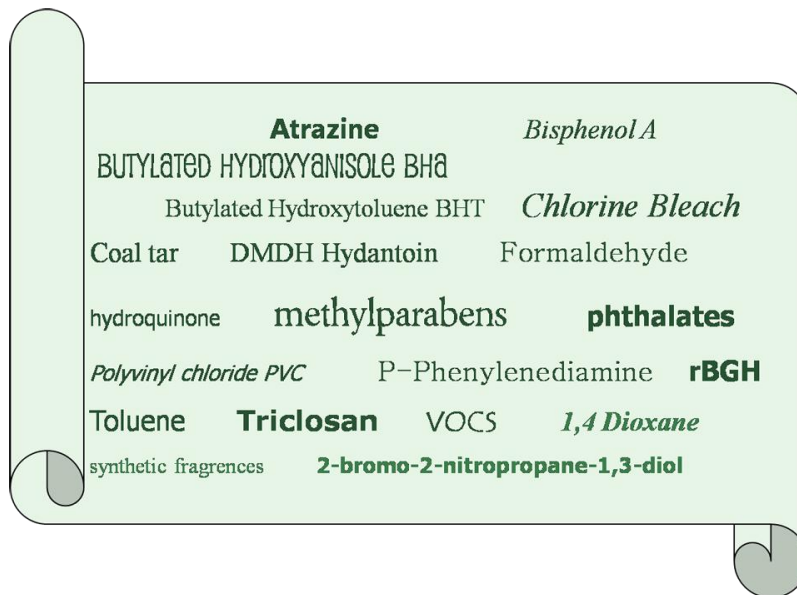
[Register online](#) through PayPal.

Walk-ins are welcome with check or cash only.

REPLACE THE TAINTED TWENTY IN YOUR HOME IN 2010

Can you spy these deceptive most wanted lurking around your home? Do you recognize them? Do you know their dangers? Together they form my laminated top Tainted Twenty list.

I would even venture to guess **you encountered** at **NINE** of them this morning. They can be found in your cosmetics, food, and indoor environment. They are known health offenders, some of them even banned from other countries for their potential impact to our bodies. And almost all of them can be replaced by products that care. Easily and economically. Swapped. Substitued. Switched. See Ya-Wouldn't-want-to-Be-Ya. Just like that.



You can do this on your own, or even better, lets make a home party out of the journey! Can you gather friends? I will travel and [customize a workshop](#) for your gal pals, workplace lunch, bunko group, yoga center, train car friends, or book club.

I am currently booking late February dates and early March dates. This is so much more fun to do with friends in the know!

My goal is to continue sending eductional tips throughout the year. Let me know if there is a particular area you would like to learn more about. Until next time, **Congratulations** on your journey to choosing wiser, selecting simpler and respecting the body.

Take care,
Kristi Marsh