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Smart Mama's Green Guide: Simple Steps To Reduce Your Child's Toxic Chemical Exposure



Synopsis

Parents often feel overwhelmed and defenseless against a never-ending recall list of toys and baby products. Deciphering unpronounceable chemicals they encounter every day can be daunting if not impossible. With environmental exposures being closely linked to 70 percent of birth defects, new parents faced with the overwhelming responsibility for their babies' health frequently turn to organic products. But they quickly find they don't have the time to practice a completely green or natural lifestyle. THE SMART MAMA'S GREEN GUIDE delivers the information busy parents want and the tools to make informed, individual choices without the demand to go all-out green. Packed with practical tips on eliminating or reducing the hidden dangers of toxic chemicals that lurk everywhere, this book will empower readers to control what comes into their homes and make informed decisions instead of relying on government regulation of harmful chemicals.

Book Information

Paperback: 256 pages

Publisher: Center Street (June 24, 2009)

Language: English

ISBN-10: 1599951517

ISBN-13: 978-1599951515

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #2,195,704 in Books (See Top 100 in Books) #45 in [Books > Science & Math > Chemistry > Safety](#) #3151 in [Books > Health, Fitness & Dieting > Children's Health](#) #3607 in [Books > Parenting & Relationships > Family Relationships > Motherhood](#)

Customer Reviews

Environmental engineer turned environmental lawyer Jennifer Taggart makes a hearty attempt to educate and assist Moms (and dads) with small children be Greener, be more aware of the environmental dangers in the typical household and live healthier and less toxic lives. She tackles all the usual suspects: Radon, Abestos, Mold, Lead, and the lesser known by products or derivative elements that make up some common toxins or contribute to toxic environments. For advice and tips for the PREGNANT mom, she goes beyond the typical mercury warnings and delves deeper into dangerous foods and household chemicals that could impact the mom or her unborn baby. I must say while I pride myself on living a "Green" life, I shamedly admit that really amounts to using

mesh grocery bags, recycling, using water delivery versus purchasing multiple bottles and purchasing organic when I can afford to....um yeah. Imagine my surprise to go through Smart Mama's GreenGuide and read about all the horrific toxins that pollute every bit of mine and my family's existence. So the author started off a bit neurotic and compulsive about being toxic free. Being an environmental engineer didn't help. I suppose her sensitivity to toxins were also on account of the fact that she suffered early miscarriages and looking for sources was convinced that the environment must have been the cause. She had an uphill battle to learn all she could being that tragic momentous event happened in 2002. Fast forward to 2009, readers have the benefit of her research, background, education and resources in this book. The premise behind the book, especially for pregnant women, is that you are indeed what you eat and you can control what you are exposed to, once you are educated and become informed. Good try.

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