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Easy Green Living: The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home

Renée Loux

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Renée Loux : Easy Green Living: The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home before purchasing it in order to gauge whether or not it would be worth my time, and all praised Easy Green Living: The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home:

1 of 1 people found the following review helpful. superb if you have no idea what you're doingBy singinpirateI love this book, but I am mostly a novice at DIY stuff, pretty much, so keep that in mind... I know one review said this stuff is pretty basic and it is, really, but that doesn't detract from the validity of what she says or the recipes and she does give listings of products that one could buy instead of making it oneself, which is a nice option, too. But I like being able to make my own cleaning spray, every time I use it, I know that 1- it's not loaded with unpronounceable chemicals and I have to open windows so I don't pass out from the fumes and 2- I made it, yay! I can make it and I know exactly what is going in it, I choose what I want or don't want, I can research alternatives if I don't like

something, and I'm not always just being a complacent consumer. I am a huge book addict and this was a great first stepping stone to the world of DIY and (ps, I hate this phrase, it's used sooooo often, however) "greener living." There is a lot I didn't know, a lot I knew but ignored and a lot of just straight up good advice and information in this book. She backs up her claims with lots and lots of references, and gives great information on the hazards of so many common chemicals and chemical soups that make up so much of everything we use, consume, ingest, put on ourselves and into the environment. I've since done more research and obtained a few more books for some different recipes, but I haven't found many that differ very much from the ones in this book. I do not regret buying this book at all! I find myself referring to it for one reason or another almost everyday, I would recommend this book to anyone, novice or not. 1 of 1 people found the following review helpful. PERFECT start to the rest of your green life By neatnicole Thank you Renee for such a wonderful guide to green living. This is one of first books I have read on the subject (which was about 1.5 years ago). It is backed up by extremely detailed resources (as witnessed by the many pages of footnotes). It is an enjoyable read and has much information to create more more conscience domestic and personal routine. The book includes a great overview of products and companys in the "green arena." Unlike some authors, Renee does not seem bias in her recommendations. She also shares over a dozen cleaning recipes. These recipes have saved me so much money, work wonders and are oh-so-easy. I've purchased this book as a great for three people already and I plan on purchasing more in the future. I gave them as Christmas and birthday gifts in a basket with empty bottles and the items (vinegar, essential oil, Citra-Solv, castile soap) to make some cleaners. I threw in some organic towels and a few fresh lemons (great clenaing aid) and it made for a practical and beautiful gift. Instead of buying someone more stuff they don't need, but 'em this! My favorite "green" home book by far. 3 of 3 people found the following review helpful. Outstanding! This book is a textbook ...By deburn... on holistic and natural living. I thought I was pretty knowledgeable about green living but I learned a huge amount from this book, including some amazing and very scary facts about all the dangerous chemicals that manufacturers put into things that we eat, breathe and live in. These are chemicals like formaldehyde, chlorine and many, many, more that respected household names consistently include in everyday products. I was totally blown away - almost ANY product in your typical supermarket will contain these harmful chemicals. What's even more amazing is that there are plenty of natural options that already exist, and have existed for decades, and in some cases, centuries, that do the job at least as well, in some cases much better, with no environmental fallout. The price of these options (always a practical consideration for most of us) are sometimes cheaper, sometimes more expensive but definitely worth considering given the benefits. If you haven't read this book please buy it, or at least get it from your local library. That's what I did - I picked up a whole slew of books from the library, of which this is the only one that I really, really liked. I like it so much in fact, that I had to buy a copy for myself and it's one of two books that I'm going to be giving as Christmas presents; the other one is In Fitness And In Health. Check it out, it changed my life and I guarantee it will change yours!

We are what we eat, but we also are what we use to clean our homes, pamper our skin, and decorate our rooms, according to Renee Loux, accomplished raw food chef, award-winning author, and host of Fine Living TV's Easy Being Green. In her new book, Easy Green Living, she applies her whole-foods philosophy to home, garden, and beauty routines. Renee Loux demonstrates that being green at home is easy, affordable, and better in every sense of the word. She discusses the daily choices we face that can keep the home, personal care, and beauty routines free of toxins. She exposes the dirt on cleaning products and common hazardous ingredients and reveals her recommendations for greener options, including her "Green Thumb Guides" for choosing non-toxic, eco-smart, and human-friendly products. Peppered with compelling and inspiring facts, Easy Green Living is full of "5 Step" lists, products and recipes for green cleaning, helpful charts, safer choices for every room, and inspirational advice so we can save the planet--one cleaning spritz at a time. As recent special issues of Vanity Fair, Time, Newsweek, and other major publications have demonstrated, going green is an idea whose time has come. Whether addressing big-picture topics like renewable energy, or offering simple suggestions for everyday living, this complete lifestyle guide shows that healthier choices don't mean a radical or complicated life change--it is, after all, easy to be green.

About the Author Renee Loux, author of Living Cuisine and the Gourmand Award-winning The Balanced Plate, is a celebrated (and celebrity) raw foods chef. Host of the TV show Easy Being Green, she works as an eco-advisor for companies, spas, and hotels. Renee lives with her husband Shep Gordon in a house run on solar energy in Maui, Hawaii.