

12 Easy Tips To Create a Healthy-n-Green™ Home

12 Steps to Create a Healthy-n-Green™ Indoor Environment

This CD is full of practical information to educate the listener on how important our indoor environment is to our overall health. Denise gives easy steps to make your indoor environment a healthy place to live and work, while having the least impact to our global environment. She shares years of research showing the direct link our environment has to the chronic illnesses and diseases we are encountering every day.

Denise will share:

- Her personal journey of caring for asthmatic children
- How the design of a building affects indoor air quality
- How Katrina and other hurricanes opened Pandora's box
- Health studies and the link to our indoor environment
- Be your own detective – what is HEALTHY-n-GREEN?
- URWhatUBreathe - 12 Steps to HEALTHY-n-GREEN
- How we can impact our planet by our daily choices

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