

The depth of knowledge and solid information in this book is truly impressive. *Homes that Heal* is a must for homeowners and renters of all ages. You'll refer to this book again and again: it has it all!

— Robyn Griggs Lawrence, Editor-in-Chief, *Natural Home* magazine

Athena Thompson has taken the complicated domains of public health and the built environment and has made them clear and accessible to those who need it most — families. *Homes that Heal* should be required reading for all homeowners.

— Robert K. Musil, PhD, MPH, CEO, Physicians for Social Responsibility



INCREASINGLY, news about the rising numbers of childhood asthma, autism and cancers – as well as learning and behavior problems – is being linked to indoor air quality, the health effects of mold, and the overall quality of the buildings we inhabit.

Homes that Heal addresses both of these developments, revealing that our own homes may be making us sick. Easy-to-read, solutions-oriented, and humorous, this book is full of advice and stories that empower families to take back their health on a daily basis. Topics covered include:

- a Healthy Home Quiz that enables readers to evaluate the health of their own home and identify many of the common home health hazards
- factors impacting indoor air quality
- a room-by-room examination of typical problems and solutions
- toxic materials used in building a new home, or remodeling
- cleaning products and other consumer hazards found in the home
- an easy-to-understand introduction to the science of Building Biology — an internationally recognized approach to healthy design and construction.



Packed with useful information and resources, *Homes that Heal* is written for anyone interested in the health of their family, especially busy mothers. Designed for the family coffee table, it is equally suitable for doctors' offices and home improvement stores.

If after cleaning your house, a question lingers: "it smells clean, but is it safe?" — then stop right here. This is the book for you! *Homes that Heal* is filled to the rafters with sensible and simple ways to create a safe and healthy home for you and your family.

— Wendy Gordon, Executive Director, The Green Guide Institute

.....

Athena Thompson is a certified Building Biologist. A Natural Health Specialist for over 18 years, she focuses on environmental health, specializing in children's health issues. Ms. Thompson is cofounder of Humabuilt Healthy Building Systems and lives in Lake Oswego, Oregon.



NEW SOCIETY PUBLISHERS
www.newsociety.com

ANCIENT FOREST FRIENDLY: PRINTED ON 100% POST-CONSUMER RECYCLED PAPER

ISBN 0-86571-511-4 52695



9 780865 715110

US\$26.95 / CAD\$35.95

HOMES that HEAL

ATHENA THOMPSON



NSP

ATHENA THOMPSON

HOMES HEAL

that

and those that don't

How your home may be harming your family's health

A MOTHER EARTH NEWS Book for Wiser Living