

What Makes Our Mattresses So Special?

Our mattresses are:

- All-natural, no synthetic chemicals, no toxic out-gassing.
- Made with organic materials wherever possible.
- Completely biodegradable except for the steel coils, which are recyclable.
- Built to last.
- A great way to take care of yourself and our planet.
- Fabulously comfortable.

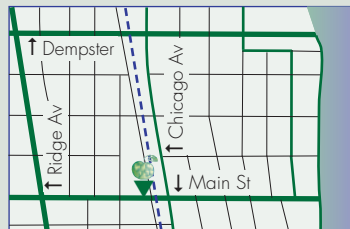


Zippered Sagittarius Mattress, unzipped and Pacific Rim Arts & Crafts Bed with modified footboard



Healthy Green Goods was opened in 2006 by Marny Turvill, M.D., a pediatrician with over 13 years of practice experience who also has personal experience with chemical sensitivities. We understand how important it is to use truly healthy products and how very difficult these products can be to find. Our mission is to bring you a wide variety of products that are safe for you and safe for our planet, helping to assure a healthy and happy future for everyone.

Our knowledgeable, non-commissioned sales staff is ready to show you our truly pure mattresses, so come on in and try out our demo beds, toppers and pillows! While you're at the store, be sure to look at our other healthy offerings, including organic sheets and towels, furniture, paints, carpeting, air and water filters, organic clothing, cleaning supplies, personal care items, gifts, candles, books and more!



Conveniently located just west of Evanston's Main Street "L" and Metra stations with lots of street and surface lot parking.

Don't Settle for Less!

702 Main Street • Evanston, IL

847-864-9098

Monday – Saturday 10 - 6 • Thursday 10 - 7

www.HealthyGreenGoods.com

 Printed on 10% recycled paper with vegetable inks.



Toxin-free, eco-friendly products for everyday living!SM

Are you ready for a really great night's sleep?



Then try a really great, healthy green bed!

Why Buy A Chemical-Free Mattress?

We now live in a world full of chemicals. These chemicals have changed life dramatically over the past 50 years, creating a myriad of conveniences that most of us can't imagine living without. However, it has become increasingly clear that these chemicals are also wreaking havoc on our bodies and on our planet. Many chemicals that are used in common household products have been shown to be carcinogenic, damaging to our nervous, immune or endocrine systems or capable of causing birth defects. Even worse, the vast majority of chemicals used in consumer goods today have not undergone any safety testing, and when safety data does exist, it shows only the effect of one chemical in isolation, not the effect of that chemical interacting with the hundreds of other chemicals we encounter every day.

Given what we know about chemicals and their effect on our bodies, is it really all that surprising that the dramatic increase in our daily exposure to chemicals over the past twenty-five years has been accompanied by astronomical increases in the rates of cancer, asthma, chemical sensitivity, learning and behavior problems, infertility, dementia and other chronic health problems? We can't prove a direct cause and effect because there are so many different chemicals out there, each one of us has been exposed to a different combination of chemicals, each of us has different genetic susceptibilities, and controlled testing on humans would not be ethical. It stands to reason, however, that our chance of developing health problems will be reduced if we limit our exposure to chemicals that are known to be hazardous and to those that do not have adequate safety data.

There are many ways to reduce your exposure to chemicals, some quite simple and inexpensive and others more difficult and expensive, but all well worth the effort and expense. Since you spend approximately one third of your life lying on your mattress and the time spent on your mattress is intended for rest and rejuvenation, sleeping on a chemically-laden mattress simply makes no sense. This is especially true for infants and young children who spend between one half and two thirds of their time on their mattress and whose still-developing immune, endocrine and neurologic systems are more susceptible to damage.

MATTRESS INFORMATION

Who Manufactures Your Mattresses?

All of our mattresses are manufactured by Pure-Rest Organics. In our experience, they have the highest standards of purity among natural mattress manufacturers. Like us, Pure-Rest Organics is not willing to cut corners when it comes to your safety. When you compare mattresses, please read the fine print and ask very specific questions about the chemical content of the materials.

What Is In Your Mattresses?

- Certified organic un-dyed cotton, no finishing treatments
- Certified organically processed un-dyed EcoWool, no moth-proofing or other finishing treatments, carded on dedicated machinery to avoid contamination with other fibers
- Either chemical-free Dunlop-processed all-natural rubber (third-party tested for purity) OR heavy-duty steel coils without petrochemical lubricants
- Heavy-duty hard plastic zipper (in some models)
- Poly/Cotton thread for quilting
- Kevlar thread along the edges for fire resistance.

What Is In Your Foundations?

- Certified organic cotton
- Certified organically processed EcoWool
- Poly/Cotton thread
- Solid pine, untreated and air-dried
- Steel nails and staples

Are Your Mattresses Flame Retardant?

Yes! The extra-thick layer of wool in our mattress covers allows our mattresses to meet the current federal fire safety standards with NO chemicals added at ANY stage.

All conventional and many “natural” mattresses have large amounts of chemical flame retardants added to the mattress, including decabromodiphenyl oxide, melamine, formaldehyde, boric acid, antimony, vinylidene chloride, and crystalline silica among others. These are all known toxins that people, especially infants and children, should not be in contact with. It has been proven that when you sleep on a mattress made with these chemicals, your body absorbs tiny amounts of them every night. This is not healthy!

What If I Am Allergic to Latex or Wool?

Usually what we call wool and latex allergies are actually contact sensitivities, meaning that symptoms only occur when your skin or mucous membranes come in contact with wool or latex. Since the wool and latex in our mattresses are covered, the mattresses are usually safe for people with these sensitivities. However, individual circumstances vary, and we strongly encourage you to talk with our owner, Dr. Marny Turvill, about the nature of your allergy and to take home a small sample of the materials to see if you react to them. If you have a true allergy or a severe sensitivity, then you must avoid the problem material completely.

Do You Carry A Vegan Mattress?

Yes. You will need a doctor's prescription to buy a chemical-free vegan mattress because it will not comply with fire safety laws. Alternatively, you may build your own sleeping system using natural rubber cores and organic cotton covers.

What About Dust Mites?

Dust mites don't like natural wool, and they don't like natural rubber. Many people with dust mite allergies are fine sleeping on our rubber mattresses without a barrier cover. If your allergy is severe or you are sleeping on our innerspring mattress, we recommend using an organic cotton barrier cover.

Why Choose a Rubber Mattress?

Unlike innerspring mattresses, our rubber mattresses:

- are made from renewable resources
- will not harbor dust mites
- support your spine perfectly
- dramatically reduce pressure points
- do not need to be flipped or turned
- are 99% biodegradable
- do not conduct electromagnetic energy
- will not lose support for over 20 years

Rubber mattresses also cost far less per year of useful life!

What Is the Difference Between Rubber & Latex?

Nothing. Rubber and latex are terms that can be used interchangeably. The critical factors are the source of the rubber (natural vs. petrochemical) and the other materials (natural soaps and zinc vs. petrochemicals and fillers) used in converting the rubber from liquid to solid form. Please read the fine print – the term “natural rubber” can be used even when the mattress contains more than 50% petrochemical rubber, and even rubber made entirely from the sap of the rubber tree can be processed with and out-gas dangerous chemicals such as benzene and toluene.

What Is So Bad About Synthetic Rubber?

Synthetic rubber (a.k.a. Temper-pedic®, viscoelastic foam, memory foam, etc.)

- out-gasses highly toxic chemicals for 5 – 8 years, even when there is no detectable odor
- does not breathe, so it creates an uncomfortably hot sleep environment
- often loses its support or develops body impressions after a relatively short time
- is made from non-renewable petrochemicals
- once discarded is not biodegradable and can release dangerous chemicals into our soil and ground water

What Firmness Levels Are Available?

Our Innerspring mattresses are available only in Firm (660 coil count). Our Rubber mattresses are available in a variety of firmness combinations and can be customized to your exact preference.

What Type of Foundation Do I Need?

You need a foundation that will support your mattress well and allow it to breathe so that there is no risk of mold growth in the cover or moisture retention in the rubber. We offer a beautiful wood slat foundation that is perfect for our organic mattresses and is available in 3”, 5” and 8” heights to accommodate your needs. We also offer slatted platform beds that can be used instead of a foundation. If you have a solid platform bed, we recommend either using our 3” foundation on top of it or drilling an array of 1” holes in the platform to allow air to circulate. Our mattresses should not be placed on the floor or any other solid surface.

How Can I Protect My New Mattress?

Older kids and adults can use either our organic wool moisture pad or our quilted organic cotton mattress pad for great protection against sweat, drool and other small moisture problems. Babies, toddlers and anyone else that might have a wetting accident, should use these two pads together – the quilted cotton pad will absorb most of the accident on the first pass and the wool moisture pad beneath it will contain whatever gets through long enough for the cotton pad to wick it back up. Our kids have repeatedly proven that this combination works! Using a waterproof vinyl or plastic mattress cover defeats the purpose of having a chemical-free mattress because of the toxic out-gassing from these covers.

Do I Need to Turn & Flip My Mattress?

Innerspring mattresses need to be flipped one month and rotated the next on an ongoing basis to avoid premature wear to the coils. Natural rubber mattresses do not need to be flipped or rotated!

How Do I Clean My Mattress?

Prevention is the best answer, so buy a good mattress pad. Otherwise, the mattress covers can be spot cleaned with a natural enzyme solution or diluted white vinegar.

How Long Until I Get My Mattress?

Although we cannot guarantee it, our mattresses are generally ready to ship within two to four weeks of your order. We know it's hard to wait, but these mattresses are worth it!

Can I Return the Mattress?

Unfortunately, mattresses cannot be returned due to hygiene laws. We welcome you to spend as much time as you need lying on the mattresses in the store to determine which is best for you. Our zippered rubber mattresses do come with a 30-day comfort exchange option: within the first 30 days after receiving your mattress, you may exchange any of the inside layers of your mattress and pay only the shipping charges (both ways). If one of our non-zippered mattresses turns out to be too hard, adding a wool or soft rubber topper will almost always solve this problem. It is very rare for one of our mattresses to feel too soft.

What is the Warranty On Your Mattresses?

All of our mattresses and foundations come with at least a 10-year full and 20-year prorated warranty against manufacturing defects. The warranty does not cover normal wear and tear or damage due to misuse.

Can I Try Your Mattresses in the Store?

Yes! We have innerspring and natural rubber mattresses in the store. We encourage you to come in and lie down for a while to determine which one is best for you.

What Size Mattresses Are Available?

Our innerspring and rubber mattresses are available in all standard sizes from Crib to King. We also carry natural rubber mattresses for a wide variety of infant beds, and our rubber mattresses can be made in custom sizes.

