

Why a healthy green nursery?

Creating a beautiful nursery to welcome your new baby is one of the true joys of parenting. As parents, we want the perfect room for our perfect new bundle of joy. We paint the walls, put down new carpeting, hang new curtains, and buy new furniture and a new mattress. It's perfect, except for the chemical fumes. Chances are that you, like most Americans, are completely unaware of just how toxic most consumer products are. The ugly truth is that new carpet and mattresses are generally the most toxic products brought into the average home, with paint, furniture and window treatments all coming in a close second. Putting all of these together into one small room, creates a serious threat to your baby's immediate and long term health.

Everyone needs a bedroom that is as free of synthetic chemicals as possible because the bedroom is where we spend one third of our life, and the body's job during sleep is to detoxify and repair itself. If more chemicals are going in than out during sleep, we wake up less healthy than when we went to sleep.

A safe bedroom is especially important for babies because

- All of their body systems are still developing and therefore more susceptible to damage
- They spend much more time in their bedroom
- Their small size and rapid respiratory rate mean that they breathe in substantially more airborne chemicals per pound of body weight than adults
- They explore the world through their mouth
- Their skin absorbs more because it is thinner

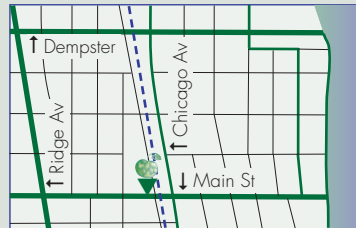
With a healthy green nursery, you get all the joy of creating a very special room for your new baby without the hidden dangers. You create a true sanctuary where your baby can thrive! And you have the added peace of mind of knowing that you are helping to save our planet for your baby's future enjoyment.



Healthy Green Goods was opened in 2006 by Marny Turvill, M.D., a pediatrician with over 15 years of practice experience who also has personal experience with chemical sensitivities. Dr. Turvill understands how important it is to use products without dangerous chemicals and how very difficult these products can be to find. Her 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 & happy future for everyone.

Visit us soon to learn about the healthy options available for bassinets/cradles/cosleepers, crib mattresses, cribs & nursery furniture, bedding, carpeting, zero-VOC paints, window shades, body care, baby carriers and cleaning products.

Healthy Green Goods and Dr. Turvill also offer in-home consulting, classes, workshops and group speaking engagements. Please see our website for details.



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

Please call or visit website for store hours.

www.HealthyGreenGoods.com



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

Babies and chemicals shouldn't mix.



Your baby needs a healthy green nursery!

CREATING YOUR HEALTHY GREEN NURSERY

CRIB MATTRESS

Your baby will spend 12–20 hours per day in the crib during her first two years of life! Conventional crib mattresses typically contain fire retardant chemicals and plastic covers and often contain synthetic foam. Each of these presents a known and significant hazard to neurologic, immune and/or endocrine functioning.



What to do: Choose an organic mattress, looking carefully at the materials used. Don't be afraid to ask very specific questions. Also, look for a crib and furniture made of solid wood, because particle board and MDF typically release formaldehyde fumes.

CARPET

Conventional carpeting (including most recycled/green carpeting) is the most dangerous product we bring into our homes. The bulk of the danger is in the adhesives used, which contain large amounts of chemicals such as formaldehyde, benzene, toluene and styrene, all highly toxic. New carpet will emit these chemicals for upwards of five years.



What to do: Choose hardwood floors or a carpet without these chemicals, such as FLOR modular carpet tiles or all-natural wool carpeting, such as Earth Weave or Nature's Carpet.

FRAGRANCE

Pretty much everywhere you look these days, products have added synthetic fragrance. All synthetic fragrance is dangerous, containing known neurotoxins (yes, that's why you get a headache in the perfume department). Read the ingredient list and avoid products with "fragrance" and "parfum."



What to do: Unless the only fragrance ingredient is pure essential oils...

- Completely avoid air fresheners (sprays, plug-ins, solids, candles & potpourri).
- Completely avoid wearing perfume & cologne.
- Choose unscented body care products for you and your baby.

PAINT

Conventional and even low-VOC (volatile organic compound) paints contain a myriad of dangerous solvents and other chemicals. These are most potent when painting but continue to be a problem for up to three months. **NOTE:** Pregnant women and infants should not be in the house for at least a week if using conventional or low-VOC paints.



What to do: Choose a zero-VOC paint colored with zero-VOC tints, such as YOLO Colorhouse paint, clay paint or milk paint.

CLOTHING & LINENS



Babies should have natural fiber clothing, sheets & blankets, but conventional cotton uses more pesticides than any other crop in the world. Furthermore, many of the dyes used in conventional clothing contain harmful chemicals and irritants, and all conventional sleepwear is treated with dangerous flame retardant chemicals.

What to do: Choose certified organic cotton clothing, sheets and blankets from responsible manufacturers who use eco-friendly dyes and practice fair trade. Beware of bamboo fabric, as much of this is unregulated and may contain chemical residues and irritating dyes.

FEEDING

Conventional infant formula contains rBGH (growth hormone) and many synthetic ingredients that don't truly mimic the nutrients in breastmilk and which may contain dangerous contaminants. Plastic bottles often contain BPA, a known hormone disruptor. Even BPA-free plastic is still plastic and will break down with repeated use, especially with freezing or exposure to high heat.

What to do: Breastfeeding is best and safest for your baby. When you cannot breastfeed, choose organic infant formula and use glass bottles.



RULE OF THUMB

If you wouldn't want to be stuck in a small unventilated room with a product, don't use it anywhere in your home!

BODY CARE

Conventional body care products, even those for babies, contain petrochemical oils, harsh detergents, harmful preservatives, irritating dyes and dangerous synthetic fragrances.



What to do: Choose all-natural and organic body care products for you and your baby. Read labels and avoid the following ingredients: petroleum jelly (petrolatum), mineral oil, laurel/laureth sulfates, parabens, PEG, DEA/TEA/MEA, propylene glycol, fragrance, parfum.

LAUNDRY & CLEANING

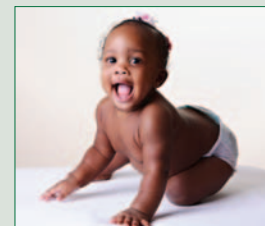
Conventional cleaning products use harsh petrochemical detergents and solvents and generally contain irritating dyes and dangerous synthetic fragrances.



What to do: Choose natural cleaning products and laundry soap, preferably unscented. Completely avoid fabric softener & dryer sheets. Don't be fooled by laundry products marketed for babies.

DIAPERS

Conventional diapers have plastic covers, are processed with chlorine bleach and contain petrochemical gel beads, which have been linked to fertility problems and skin irritation.



What to do: Choose organic cotton cloth diapers or unbleached disposable diapers without dangerous gels and use organic cotton washcloths instead of chemically treated disposable wipes.

REMEDICATION

While it is always much better to avoid toxins in the first place, there are things you can do to dramatically reduce the level of chemical fumes in your nursery and elsewhere in your home.



What to do: Use a high quality HEPA and activated charcoal filter to clean the air and open windows as much as possible to let in fresh air. You can also call us for other suggestions.