

Ask EcoGirl's "Insanely Useful" Booklets

Bringing together key information that nurtures your health, wallet, family — and planet!



Ask EcoGirl

Detoxing Your Life
Assessing & Reducing Your Exposure to Everyday Toxics

A Guide to Protecting Yourself & Your Loved Ones

By Patricia Dines, EcoWriter & Community Educator
www.askecogirl.info • pd@patriciadines.info

Ask EcoGirl

Healthier Housecleaning
Easy, Less-Toxic & Cheaper Ways to Create a Sparkling Home

A Modern Guide to Protecting Your Family & the Planet

By Patricia Dines, EcoWriter
Author of the Ask EcoGirl eco-advisor column

Overview: What This Booklet Offers You

EcoGirl! I'm worried about the toxics in household cleaners. Are there less-toxic options? And do the job but are still affordable? Signal, Curious.

Dear Curious: Thank you for your wonderful question. You're right to be concerned. Many common household items do contain hidden toxics that can cause health problems for people, pets, and other creatures, and shared ecosystems. Even if you're not a "greenie" right now! Even worse? Even though this information isn't shown on the labels, it's true.

Thankfully, you can keep your house clean and healthy using simple approaches that will help you do that!

One easy solution is to buy non-toxic alternatives to your current specialized products. So if you're washing laundry wisely, avoiding both the toxic and the overpriced detergents, I'll also describe how you can make your own cleaners from ingredients you already have, including liquid soap, vinegar, and baking soda. This reduces family waste, frees up space under your sink, and costs significantly less...and yes, saves you money!

For instance, I'll explore the less-toxic ways to clean your bathroom and kitchen:

- Clean all the surfaces in your bathroom and kitchen;
- Polish windows and mirrors;

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Ask EcoGirl: Household Detoxifying

EcoGirl:
Encouraging
the eco-hero in
everyone

Eco-information is everywhere, but there's way too much to digest.

The result is that we can feel overwhelmed and thus not take much action at all. We wonder: Where do we start? Does this really matter for our everyday lives? What are the most useful actions to take?

Never fear — Ask EcoGirl is here!
Leaping overwhelm & despair in a single bound!

EcoGirl understands — and comes to the rescue! She does the research for you, pulling together the key information that you need to move into action. She boils it down to the vital essentials — the most useful, effective, and meaningful ways for you to be part of the solution, while also taking care of your own well-being. Because truly wise action does both!

EcoGirl: Making it easy to be green!

"What impresses me is that it is so comprehensive for such a small booklet. Often I see a flyer on one or two topics, but you have packed so much in this. You give the larger principles, how to think of these things, plus simple suggestions that anyone can follow to move themselves forward in the ecological movement, and feel good about it. You make it appealing to do, not a burden. This small but comprehensive booklet is a must-have."

Don Scully, MFT

To order EcoGirl's booklets, use this form or see www.askecogirl.info/booklets.html.

Quantity discounts and wholesale pricing is available. More titles are coming soon! To be informed when they're released, email that request to ecogirl@askecogirl.info. You can also stay in touch (and show your support) by becoming an "Ask EcoGirl" Facebook fan! Just go to www.facebook.com/AskEcoGirl. More of EcoGirl's uniquely useful information is in her syndicated monthly eco-advice column, "Ask EcoGirl," available in select periodicals and online. Encourage your favorite newspaper or magazine to bring her constructive empowerment onto their pages. For more information, see www.askecogirl.info.

HANDY BOOKLET ORDER FORM

Yes, I want EcoGirl's excellent eco-information. Please send me the quantity of each booklet noted below. For each item, I've enclosed the indicated amount plus postage & handling (75¢ for the first book, 25¢ for each book after that).

— Detoxing Your Life: Assessing & Reducing Your Exposure to Everyday Toxics (11 potently-packed pages that help you improve all the areas of your life, \$5)

— Healthier Housecleaning: Easy, Less-toxic, & Cheaper Ways to Create a Sparkling Home (15 fully-enriched pages offering tested & fun solutions, \$6)

Name _____

Address _____

Email or phone number for followup questions _____

Please send this form and payment to: Patricia Dines, 708 Gravenstein Hwy N, #104, Sebastopol CA 95472. Questions? Contact ecogirl@askecogirl.info.

Note: Your contact information is only for in-house use and is never given to anyone!

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... bringing together key information that benefits your health, wallet, family — and planet!



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Dear EcoGirl: I'm concerned about the health of my family. Are there less-toxic options that can do the job but are still affordable?

Dear Curious questioner: You're right to be concerned about the health of your family! I'm here to help. These cleaners do indeed contain hidden toxins that can affect your health and those of your family, pets, wild animals, and the environment. Some of the warnings are downright scary! Even worse is how little we know about how to avoid them.

Thankfully, you can keep your home clean and healthy with less-toxic approaches. This booklet will help you do just that.

One easy replacement to buy healthier solutions for your cleaning needs is to make your own. I'll give you tips for purchasing wisely, along with the toxic and the non-toxic green alternatives.

I'll also describe how you can make a few simple changes to use inexpensive less-toxic ingredients, including liquid soap, vinegar, and baking soda. You'll learn how to reduce your family's toxic load, trim packaging waste, and even how to turn a sink, simplify your life — and, yes, save you money!

For starters, I'll explore the less-toxic formulas you can use to:

- Clean all the surfaces in your home
- Polish windows and mirrors

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Ask EcoGirl® Household Bookcleaning

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■ Wash Laundry and Dishware

■ Clear clogged drains

■ Sprinkle your evergreen

■ Make your own laundry detergent

■ Freshen household posts

You can even add natural soaps to make your cleaning more enjoyable and effective, and less-toxic.

There's also information here about getting help, including toxic exposures and preparing for emergencies.

■ Eliminate household pests

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EcoGirl: Making it easy to be green!

To order EcoGirl's current booklets, use the form below. More titles are coming soon! To be informed when they're released, or for quantity discount pricing, email ecogirl@askecogirl.info. You can also stay in touch (and show your support) by becoming an "Ask EcoGirl" Facebook fan!

More of EcoGirl's uniquely useful information is in her syndicated monthly eco-advice column, "Ask EcoGirl," available in select periodicals and online. Encourage your favorite newspaper or magazine to bring her constructive empowerment onto their pages. For more information, see www.askecogirl.info.

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