

Summary of Hear Today, Green Tomorrow: *Creating Healthy Homes for Our Children*

Speakers: Ron & Lisa Beres

Learning Objective of the presentation:

1. Learn to identify hidden dangers in the home and children's environment. Many people recognize the obvious, but you will discover many silent, odorless and colorless dangers that exist in our homes today.
2. Recognize the source and dangers related to each chemical or toxin and discover remedies of non-toxic/green alternatives to replace existing situations.
3. Obtain the tools to use and resources to locate a variety of solutions to each challenge found in your home. Learn solutions that can be implemented in hours or a weekend.

The 12 Categories of the presentation included:

1. Choose Organic Linens and avoid permanent press
2. Avoid use of manufactured wood
3. Use zero and low VOC paints
4. Avoid plastic bottles and toxic toys
5. Create Better Indoor Quality
6. Avoid Lead Paint
7. Buy an all natural, untreated crib mattress
8. Use Hard surfaces instead of carpet
9. Limit the use of electronics in and around the crib
10. Use non-toxic cleaning products
11. Avoid pesticides/antibacterial products
12. Use a chlorine filter for bathing water

Samples bullets of two categories discussed:

1. Choose Organic Linens and avoid permanent press

The Problem:

- * We spend 30% of our lives asleep in the bedroom
- * Formaldehyde in sheets
- * Pesticides in the fabrics
- * Stain resistant treatments

The Solution:

- * Avoid permanent press

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- * Choose organic fabrics
- * Use barrier covers

8. Use Hard surfaces instead of carpet

The Problem:

- * Carpet can outgas dangerous chemicals
- * Tens of millions of microorganisms can be found in one square foot of carpeting
- * VOC's have been found to outgas from the carpet materials

The Solution:

- * Wood
- * Natural Linoleum
- * Cork
- * Bamboo
- * Natural fiber area rugs
- * Leave shoes at door

Final Review Questions

- 1. Source of formaldehyde in the home includes:**
A. Pressed Wood Products, B. Textiles, C. Glues, D. All of the Above
- 2. Lead paint could be found on in:**
A. Window frames, B. Old hand-me-down cribs, C. Old Mattresses,
D. Both A & B
- 3. Low or Zero VOC Paints are:**
A. More durable today B. Not Reliable, C. Don't matter, D. All of the Above
- 4. Scientific studies show that even at very low levels Bisphenol-A can be harmful to babies:**
A. True, B. False
- 5. Studies suggest indoor air quality is 2-5 and up to 100 times more polluted than outdoor air. :**
A. True, B. False
- 6. What ways can you create healthier indoor air quality?**
A. Open Windows, B. Use a HEPA air purifier C. Avoid Synthetic Air Fresheners, D. All of the Above
- 7. Carpet can harbor millions of microorganisms and outgas dangerous chemicals:**
A. True, B. False
- 8. When choosing natural and hard surfaced flooring, choose:**

- A. Wood B. Cork, C. A & B, D. None of the above
9. **Younger people are more vulnerable to EMF waves due to skull-thickness.**
A. True, B. False
10. **Using a battery alarm clocks versus and electric clock by the head of the bed does not make a difference.**
A. True, B. False
11. **When choosing cleaning products you should look for: organic, natural and biodegradable.**
A. Organic, B. Natural C. Biodegradable D. All of the Above
12. **What percentage of Chlorine intake happens while bathing?**
A. 10%, B. 95%, C. 50%, D. 25%

Closing:

"As human beings, our greatness lies not so much in being able to remake the world. . . as in being able to remake ourselves."

Gandhi