

Get involved

*For more resources and to sign-up
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ImusEnvironmentalHealth.org*

Buy Green

Eat Green

Be Green

*We can help eliminate your toxic
cleaning products
and save you money in your:
School, Healthcare Facility,
And Business*

*Call Jim for a free
cost benefit analysis:
(551) 996-8071*



deirdre imus



How to Live Green

*With Deirdre
Imus*

Simple tips to get you started

- ◆ Plan a menu for the week



- ◆ Choose 1 item you and/or your family eat every day and make that Organic



- ◆ Eliminate 1 toxic cleaning product from your home or office and replace with a non-toxic one



- ◆ Add an oxygen boosting plant to your home or office



Philodendrons, English ivy, mums and daisies.

- ◆ Take a walk after dinner or before work if possible.



- ◆ For More information, including what products to avoid, pick up a copy of my Green This! Series of books and visit www/ImusEnvironmentalHealth.org