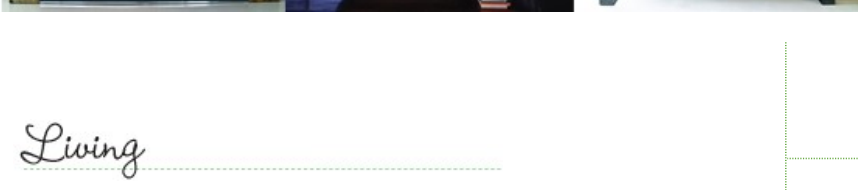


"A lot of time I think green is crusty and granola—you guys are so not that. EcoStiletto is hip and fresh and honest." —Jennifer Taylor, "Two and a Half Men"

environment[®]
Organic Contemporary Furniture



Ads by naturalpath

Members win free stuff!

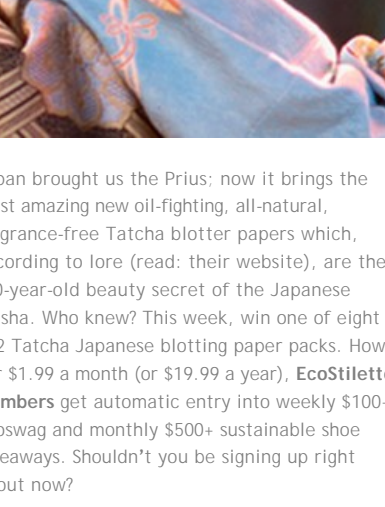
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EcoSwagonista, You Scored!



Japan brought us the Prius: now it brings the most amazing new oil-fighting, all-natural, fragrance-free Tatcha blotter papers which, according to lore (read: their website), are the 300-year-old beauty secret of the Japanese geisha. Who knew? This week, win one of eight \$12 Tatcha Japanese blotting paper packs. How? For \$1.99 a month (or \$19.99 a year), EcoStiletto Members get automatic entry into weekly \$100+ ecoswag and monthly \$500+ sustainable shoe giveaways. Shouldn't you be signing up right about now?

Living Archives

- Flu-Fighters: MD Moms, 7th Generation, Frais, Eat Cleaner, California Baby, Amy's Organics, Probiotic Health Daily, Bee M.D. & Ani Phyto's Raw Food Desserts
- Green Your Garden: Garden Organics, Garden Nerd, Heart Beet Gardening and Seeds of Change
- Top Three New Eco-Friendly, No VOC Paints
- Socially Responsible Investing for Financial Health: Advice from Gregory Wendt
- Holiday Gift Guide: The Green Living Edition
- Plan A Sustainable "Exquisite Corpse" Party: Bash Eco Events, MyPunchBowl.com and TreeCycle Paper
- Earth-Safe Dishwasher Detergents that Really Work from Ecover, Seventh Generation and Earth Friendly Products
- Eco Past Earth Day at Williams Sonoma, Pottery Barn and West Elm
- Eco-Flooring Options at Vinegar Hill: Vidrepur, Unity Creations, FLOR, Target and Coverings, Etc.
- Green Lawns That Really Are: LEHR, Brill and Eco-Lawn
- Glare-Free & Green: Kathy Pryzgod on CFL Lights at Home
- Danny Seo's Tips to an Eco-Friendly Backyard Barbecue: Green Hearts Briquettes and Method Home
- Eco-Reupholstering with Rubie Green, Mod Green Pod and Zafu Kapok
- Hot Trends in Eco-Friendly Alcohol from GustOrganics and TRU Organic Vodka
- The Future of Ecotourism is Travel Philanthropy
- Eco-Friendly Kitchenware from 360 Cookware, Green Cooking Pots and MUBamboo
- Wet Clean is Green Clean: Wet Cleaning Basics and Jendarling Bags
- The New Face of Communal Living: Intentional Communities at Nubanusit and Wana Start A Commune?
- Insider's Guide to a Greener Kitchen with Anna Rosemann, Nature Mill, Kenmore, GE, Viking and Thermador
- Living Al Fresco: Green Furniture from CB2 and Heather Road, Solar-Powered Sun Jars from Target and Solig Lanterns from Ikea
- Made-to-Order: Custom-designed Green Furniture from Cliff Spencer and Facundo Paj
- Fast Organic from Bare Naked, Eden, Amy's Kitchen, AC La Rocco Pizzeria, Kashi, Annie Chun & Kozy Shack
- New News: Recycled-Paper Green Home Décor at Wal-Mart, Target, Urban Outfitters & Green Veranda
- Ultimate Green Store: Cove, 180 Design, The Baby Shower, Viesso, Method and Mrs. Meyer's
- Eco-Friendly Biodiesel By-Products: Further Soap
- Eco-Friendly Laundry: Green Wash Ball and Laundry's Finest
- Green Pet Care from A Dog's Life, Cat Genie and Doggy Dooley
- Negate Allergies Naturally with Boiron Homeopathic and Rabbit Air Purifiers
- Get A Greener Office: New Leaf, Dolphin Blue, Greener Printer, Lobotomy, Ooms, AusPen, GreenPrint, EcoFont and Eco-Logical Surge
- Green Must Haves for the Eco-Survivalist: Hybrid Lite, EcoGuard and Clean Well
- Spring's Best Reusable Bags!
- Recession-Friendly Eco Furniture: Robin Bruce and Grandin Road
- Goldiehome Certified-Organic Cotton Bed Linens
- Organic Chocolates Taste and Do Good: Green & Black's, Dagoba, Allison's Gourmet and Shaman
- Sustainable, Recycled, Low-VOC, Eco-Friendly Poker Tables
- Green Your Gear with Bamboo Skateboards, Surfboards—Even Bikes!
- Best Organic Wine for 2009: Cliff Family Wineries
- Organic Wine and Carbon Neutral Shipping
- Dry Juniper Berry Natural Soda with Pure Cane Sugar and Herbal Extracts

2008 Archives

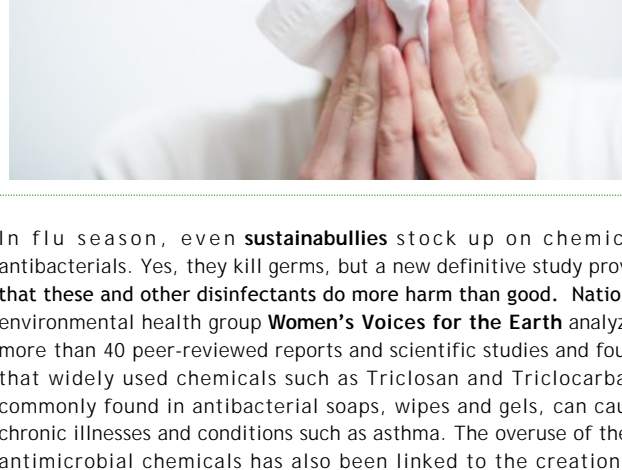
2007 Archives

Living

MD Moms, Seventh Generation, Frais, California Baby, Amy's Organic Kitchen, Probiotic Health D

January 16 2010

StumbleUpon It!



In flu season, even **sustainable** folks stock up on chemical antibacterials. Yes, they kill germs, but a new definitive study proves that **these and other disinfectants do more harm than good**. National environmental health group **Women's Voices for the Earth** analyzed more than 40 peer-reviewed reports and scientific studies and found that widely used chemicals such as Triclosan and Triclocarban, commonly found in antibacterial soaps, wipes and gels, can cause chronic illnesses and conditions such as asthma. The overuse of these antimicrobial chemicals has also been linked to the creation of "superbugs" that are resistant to the very antimicrobials designed to eradicate them.

And here's the kicker: According to the Centers for Disease Control and Prevention, frequent hand washing with hot water and regular soap is the best way to prevent infection and illness.

So why are sales of disinfectants projected to reach \$2.5 billion by 2010? One word: Fear. People are so terrified of the flu that they'll stop at nothing to stock up on well-marketed products that contain the very chemicals that can put their immune systems at risk.

Let's put the whole epidemic in perspective with a few **CDC** facts:

There are many strains of flu floating around. Like all viruses, H1N1, or swine flu, is transmitted through person-to-person contact. Someone touches something that someone with the virus has previously touched, or breathes the air in which a person with flu has recently sneezed or coughed.

Just like any flu, symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue—in fact, you won't know if you have H1N1 unless you get tested by a doctor, but the CDC warns that flu tests can be inaccurate up to 50% of the time. The length of symptoms depends on the severity of your case: people are contagious from one day before symptoms appear until as much as a week after they have dissipated. (So stay home at least 24 hours after your fever is gone. Duh.)

What can you do to stay healthy? Wash your hands with the aforementioned soap and hot water. On the go, try a squirt of PETA-certified vegan, chemical-free **Frais Hand Sanitizer**, which uses renewable sugarcane alcohol and a blend of eight essential oils to kill 99.99% of germs—and donates a portion of proceeds to clean water non-profits. Or wipe hands (and handles) with a paraben- and phthalate-free Cleansing Towelette infused with organic aloe, comfrey, ginger root and chamomile from **MD Moms** or an alcohol-free, biodegradable **Eat Cleaner** individually-packaged food (and hand) wipe, which utilizes citric acid, an anti-viral, to safely clean hands as well as it cleans produce.



WEEK OF 2.22 MEMBERS CAN WIN ONE OF TWO OF THESE \$64 MD MOMS BABY BASICS PRODUCT SETS!

You can also boost your immune system by drinking plenty of fluids, getting lots of rest and stocking up on immune-boosting, vitamin C rich **probiotics** like **PHD Citrus Boost** and foods like the Organic Chunky Tomato Bisque soup from **Amy's Organic Kitchen**.



WEEK OF 3.1 MEMBERS CAN WIN WIN \$50 WORTH OF AMY'S ORGANIC SOUPS! (We're addicted. And we're not even sick.)

Got a sneezer? Clear the air with **California Baby Colds & Flu Spritzer**, which blends **organic and sustainably grown** eucalyptus, tea tree and rosewater to kill germs.



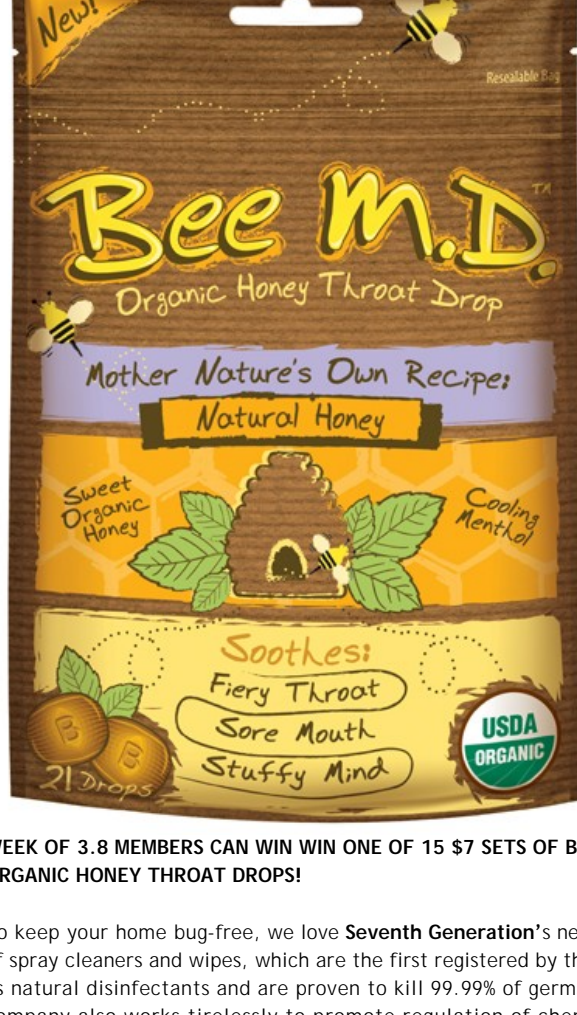
WEEK OF 3.15 WIN ONE OF FOUR \$25 CALIFORNIA BABY FLU & COLD SPRITZER AND MASSAGE OIL SETS!

Then bundle up with one of **Be Sweet's** sustainably sourced, light-as-air mohair scarves, which supports South African artisan women.



WEEK OF 2.22 MEMBERS CAN WIN WIN ONE OF THESE \$130 BE SWEET MOHAIR SCARVES MADE SUSTAINABLY IN SOUTH AFRICA!

Homeopathic or herbal, the remedy is up to you, but for soothing sore throats nothing beats the soothing sweetness of **Yummy Earth Organic Vitamin C Lollipops** or USDA-certified **Bee M.D. Organic Honey Throat Drops**.



WEEK OF 3.8 MEMBERS CAN WIN WIN ONE OF 15 \$7 SETS OF BEE MD ORGANIC HONEY THROAT DROPS!

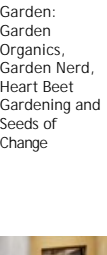
To keep your home bug-free, we love **Seventh Generation's** new line of spray cleaners and wipes, which are the first registered by the EPA as natural disinfectants and are proven to kill 99.99% of germs. The company also works tirelessly to promote regulation of chemicals through the Toxic Chemical Reform Policy—since 1976, more than 80,000 chemicals that have entered the marketplace, and only 200 of them have been tested for safety.

But we digress. What's Seventh Generation's secret weapon against germs? Thyme. Take that, Triclosan.

Also in Living...



Flu-Fighters: MD Moms, 7th Generation, Frais, Eat Cleaner, California Baby, Amy's Organics, Probiotic Health Daily, Bee M.D. &



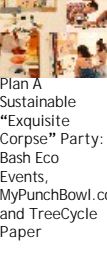
Ani Phyto's Raw Food Desserts



Green Your Garden: Garden Organics, Garden Nerd, Heart Beet Gardening and Seeds of Change



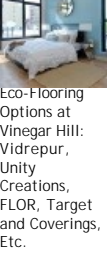
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