

CONNECT THE DOTS: HEALTHY EARTH, HEALTHY LIFE, HEALTHY YOU!

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*Coming
Home
to Health*



ECO-FRIENDLY home furnishings and building materials can help make your home a healthy one.

By ROBYN GRIGGS LAWRENCE

TWENTY YEARS AGO, holistic health practitioner Daryl Stanton remodeled her home in Los Angeles. She refinished her wood floors with polyurethane, replaced the carpet, painted the walls, reupholstered her furniture in the newest synthetics and added shelves built from particle-board to her closets. Stanton was delighted with her newfound space and sparkling surfaces.

Immediately after moving in, however, she began to feel sick. She developed asthma-like symptoms and headaches, and she had trouble concentrating. Stanton consulted several healthcare practitioners before she made the connection between her home remodel and her illness. "I began to research chemical exposure and discovered that a house full of off-gassing materials can make people sick," she says. "Ultimately, I left that house and built myself a healthier home."

Stanton is now living in Santa Fe in her third "healthy home," a straw-clay structure with plaster walls. The earthen floors — made from a mix of clay, sand and straw, and finished with linseed oil — look and feel like polished leather. Her sofa is upholstered with linen and stuffed with down, and her bed has an organic

wool mattress, organic cotton and wool blankets, and hand-dyed hemp-silk pillows. Having eliminated every possible toxic chemical in her domain, Stanton says she feels like she's living in nature, rather than apart from it.

"I have such a sense of relief coming home every day to my healthy oasis," says Stanton, who now uses her background in healthcare to create healthy indoor environments for others through her Santa Fe interior-design business.

Stanton feels lucky that she experienced the effects of the chemicals she lived with previously, because it forced her to educate herself about them. "Many people can't smell or feel these things, or they're used to feeling a little dizzy when they get new carpet or paint, and they think it's OK," she says. "People don't realize what they're being exposed to. But everyone should be aware of what's in many conventional, mainstream products."

Hidden Toxins in Today's Homes

People with chemical sensitivities may be the "canaries in the coalmine" — the first to experience the effects of toxins that will ultimately cause problems for most of →