

TESTIMONIAL



A Step-by-Step Guide to Your Safe & Healthy Home *The Kitchen*



This is a great book for somebody who wants to clean up their act, not just in the kitchen but all through the house.

There are some extremely interesting facts all through the book but one that quite surprised me was the Sydney based company that recycles the refrigerators and saves 30,000 tons of greenhouse gas emissions per year. That's phenomenal for just one place. I've got no idea how many places like that there would be in Australia but just by doing this Australia-wide we have got to be saving one hell of a lot of greenhouse gas emissions.

Anybody doing renovations or building a new house should read this book thoroughly to help them set up an energy efficient, green, safe environment for their family.

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There's No Place Like a Safe & Healthy Home

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A Step-by-Step Guide to Your Safe & Healthy Home *The Kitchen*



'Your Safe and Healthy Home--Kitchen' offers a step-by-step guide to creating a safer and healthier food preparation and cooking environment. Author, Sonja Grosser challenges our preconceived ideas and past behaviours towards food, cleaning products and even the air we breathe.

I was shocked to learn the high statistics of asthma, allergies, disorders and cancer with young children and the co-relation to toxic chemicals and pesticides in the home.

'Your Safe and Healthy Home' offers simple solutions on how we can protect our children, pro-actively avoid those toxic chemicals, remain safe and stay healthy.

Karen Tyrrell, author & teacher, Brisbane, Queensland
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A Step-by-Step Guide to Your Safe & Healthy Home

The Kitchen



The “A Step-by-Step Guide to Your Safe & Healthy Home ~ The Kitchen ~ Series One” by Sonja Grosser is an outstanding and excellent reference guide book presented in a holistic way to having a safe and healthy home. The author’s personal background along with her extensive knowledge, understanding and practical experience in this field certainly adds credibility to its content.

The book provides very timely reminders, highlighting risks and solutions in an easy to understand format. It is presented with day-to-day practical hints covering every aspect of the Kitchen comprehensively in a logical order with excellent illustrations and thought provoking questions. It also provides easy access to various links to videos, supplementary articles along with “do’s & don’ts” check lists to reflect upon.

I found the information empowering for the fact it enabled the reader to make positive and safer choices from an informed basis for both my family’s health and the environment. The book did not only cover the physical safety measures but also the risks to health posed by chemicals found in cleaning products, containers, food, and water.

The book is certainly both educational and informative with useful tips. Some of the facts were eye openers. I particularly enjoyed the part about the different types of cookware and various metals. Also beside fluoride and chlorine there is lead in our drinking water; next time I order my coffee I will be thinking about this statement made by Lead Group Inc "Will that be leaded or unleaded coffee sir?"

I would highly recommend this book as a must in every home not just for prevention of accidents and injuries but for maintaining a healthier and enjoyable life. I also look forward for future editions of the series.

Mr A. Antonious (B.Bus., F.C.P.A., J.P.)

Sydney, N.S.W.

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Living in this fast paced new aged world we tend to race around forgetting to take notice of the environment in which we live.

This is a beneficial reminder to use good household practises but also includes new warnings about many unknown issues created by modern technology. Ignorance is no longer an excuse with this well researched informative handbook on the simple do's and don'ts to protect you in your home!

I especially love the alternative way to clean and freshen your kitchen without harming you, your family or your environment. And that's a Win / Win situation for the generations to come and for our planet.

Congratulations Sonja... your passion to advocate all things natural is a real credit to you!

May it be infectious!

Bernadette Lawson

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As a mum of two young kids, I'm always doing things quickly, not thinking a lot about the safety of using something like a paper towel in the microwave or the use of plastics for food containers, or even where best to store food in the fridge, I just do it! But now, thanks to Sonja Grosser Author of the 'Your Safe & Healthy Homes Series' I am inspired and deeply informed about what I do to keep a Safe & Healthy for my family in an easy to understand way.

It's jam-packed with thoroughly researched information and current statistics on cancer causing chemicals, so now I can make more informed decisions about how I clean my home and what I use. No more losing sleep over if you are creating an unhealthy home...

So do your family a favour and get the entire Series for 'Your Safe & Healthy Homes' today! Created by mothers for families... There's no place like home.

Heather James

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