

## **Resource Guide to Healthier Living**

[www.truefoodnow.org](http://www.truefoodnow.org) The truth behind labeling and a comprehensive list on all the players

[www.centerforfoodsafety.org](http://www.centerforfoodsafety.org) This organization works to protect human health and the environment through information and action

[www.pcrm.org](http://www.pcrm.org) Physicians' Committee for Responsible Medicine is a wealth of information on health-related issues.

[www.organicconsumers.org](http://www.organicconsumers.org) They offer comprehensive information, links, current news and campaigns to promote change.

[www.sustainabletable.org](http://www.sustainabletable.org) This website helps consumers understand our food supply, alternatives to commercial foods and viable environmental solutions to food production.

[www.safecosmetics.org](http://www.safecosmetics.org) A coalition of environmental and public health groups committed to protecting the health and welfare of the public consumer and workers in the personal care industry. See also [www.ewg.org](http://www.ewg.org) Environmental Working Group

[www.organic-center.org](http://www.organic-center.org) This group is committed to creating a credible and easy-to-understand clearinghouse for information on organics, as well as promoting the use of organic methods in all walks of life.

[www.cspinet.org](http://www.cspinet.org) The Center for Science in the Public Interest, while controversial, is a no-nonsense site dedicated to advocacy for nutrition, food safety, sound science and policy.

[www.vrg.org](http://www.vrg.org) The Vegetarian Resource Group is a website committed to nutrition, recipes, meal planning and more on living green and going vegan.

[www.chooseveg.com](http://www.chooseveg.com) A slightly more radical website with information on animal welfare, nutrition and the environment.

[www.ota.com](http://www.ota.com) The Organic Trade Association delivers information on organic standards, public policy and labeling issues.

[www.chefsforhumanity.org](http://www.chefsforhumanity.org) A non-profit group committed to eliminating world hunger and poor nutrition in schools.

[www.greenpeace.org](http://www.greenpeace.org) The world's most effective environmental activist group is committed to issues of climate change, saving the forests, eliminating toxic waste and other health related issues.

[www.howstuffworks.com](http://www.howstuffworks.com) A fun site to learn... how stuff works!

[www.boironusa.com](http://www.boironusa.com) Company that manufactures homeopathic medicines

[www.homeopathyusa.org](http://www.homeopathyusa.org) Established in 1844, the American Institute of Homeopathy (AIH) is the oldest national medical association in the United States. Its mission is to promote the science and art of homeopathic medicine.

[www.uniteforher.org](http://www.uniteforher.org) Their mission is to make a positive difference in the lives of women and girls by supporting and providing breast cancer and wellness programs that educate, empower and restore. A great resource for healthier living!

[www.amajordifference.com](http://www.amajordifference.com) Home of the patented ION footbath cleanse program; detoxing the body in 30 minutes!

[www.organicyoung.com](http://www.organicyoung.com) Collection of skin and body care products, safe for sensitive skin, free from nasty chemicals and eco-friendly too!

[www.szepolet.com](http://www.szepolet.com) Certified 100% organic skin and body care for all skin types! Hand harvested to ensure delicate plant structure not damaged. Fruits, vegetables and herbs converted into pulps to retain the full power of the plants. So pure, you can eat them!

[www.localharvest.org](http://www.localharvest.org) The best organic food is what's grown closest to you. Use this website to find farmers' markets, family farms, and other sources of sustainably grown food in your area.

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**Hands, Heart, Healing Brought to You!**

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