

**Dr. Craig's Healthy Products Resources and**  
**Non-Toxic Alternatives**  
**Courtesy of The Chiropractic Zone**

Resources primarily from Annie Berthold-Bond's book, Better Basics for the Home.

**Books:**

1. Berthold-Bond, Annie. Better Basics for the Home. N.Y. Random House. 1999.
2. Berthold-Bond, Annie. Clean and Green. N.Y.: Ceres Press. 1990.
3. Bower, Lynn Marie. The Healthy Household: Complete Guide for Creating a Healthy Environment. Bloomington, IN: The Healthy House Inst., 1995.
4. Daar, Sheila, Helga Olkowski, and William Olkowski. Common Sense Pest Control. Newton, CT. Taunton Press, 1991.
5. Dadd, Debra Lynn. Home Safe Home. N.Y.: Penguin Putnam, Inc., 1997.
6. Grimes, Carl. Healthy Habitats Guidelines. Denver: Healthy Habitats. 1998.
7. Hampton, Aubrey. Natural Organic Hair and Skin Care. Tampa, FL: Organica Press, 1987.
8. Lifton, Bernice. Bug Busters; Poison-free Pest Controls for Your House and Garden. Garden City Park, NY: Avery Publishing, 1991.
9. Pearson, David. The Natural House Book. NY: Simon and Schuster Inc. 1989.

**Newsletters:**

1. *Alternatives*. The Washington Toxics Coalition. Seattle WA. 206-632-8661 [www.info@watoxics.org](mailto:www.info@watoxics.org). Excellent resource on toxics in consumer products.
2. *Canary News*: Lynn Lawson editor, Evanston Ill. 847-866-9630. email at [Lynnword@aol.com](mailto:Lynnword@aol.com). Excellent newsletter for the chemically sensitive. Author of *Staying Well in a Toxic World*.
3. *Co-op America Quarterly*. Co-op America, Wash. DC. 202-872 5307. [www.copamerica.org](http://www.copamerica.org) and [www.greenpages.org](http://www.greenpages.org). Also publishers of the National Green Pages. The largest national directory of socially responsible businesses.
4. *Earth Island Journal*: Gar Smith, editor. San Francisco CA. 415-788-3666. email at [journal@eii.org](mailto:journal@eii.org). [www.earthisland.org/ei](http://www.earthisland.org/ei). A very green journal.
5. *Earthword Journal*. Llynne Bayless, director. Laguna Beach, CA. 714-497-1896. email at [eos@igc.org](mailto:eos@igc.org). The newsletter for the study of sustainable living.
6. The Global Citizen. Donnelly Meadows, PH.D. Editor. Box 58, Plainfield, NH. 03781. 603-646-1233. Adjunct professor of environmental studies at Dartmouth College and writes the national column, The Global Citizen.
7. The Green Guide. Mothers and Others Publication, NY, NY. 888-ECO-INFO. A non-profit org., published 10x/year.
8. National Coalition Against the Misuse of Pesticides. Wash. DC. 202-534-5450. Info on pesticide dangers and alternatives.
9. Our Toxic Times. Chemical Injury Network, Cynthia Wilson, ed. White Sulphur Springs MT 406-547-2255. <http://biz-comm.com/CIIN>. Topics about chemically induced health issues, problems with workplace exposures, medical ignorance and testing and possible solutions.

## **Resources:**

1. The Allergy Store. Sebastopol. CA 800-824-7163.
2. American Environmental Health Foundation, Dallas, TX 800 428-2343. Catalog of products for the chemically sensitive.
3. Anderson Laboratories. West Hartford, Vt. 8802-295-7344. email [Anderson.lab@connriver.mnet](mailto:Anderson.lab@connriver.mnet). Lab that analyzes carpets, bedding, etc for toxics.
4. Aubrey Organics. Tampa, FL. 800-282-7394 A 100% excellent natural, certified organic line of hair and skin care products.
5. Auro Natural Plant Chemistry. Davis, D CA. 916-753-3104. Importers of building and renovating supplies made of natural materials, incl. Paint, waxes, etc.
6. Aveda Corp., Blaine, MN. 800-283-3224. [www.aveda.com](http://www.aveda.com) A far less toxic line of hair/skincare products as compared to most other salon products.
7. Bio-Integral Resource Center. Berkeley, CA. 510-524-2567. The leading international research center for less toxic pest control options. Their book, common Sense Pest Control is the bible in the field.
8. Burt's Bees, Inc. Raleigh, NC. 919-510-8720. Natural Body Care Products.
9. Center for Resourceful Building Technology. Missoula, MT. 406-549-7678. [www.montana.com/crbt](http://www.montana.com/crbt). Center that educates on issues relating to housing and the environment especially with emphasis on innovated building materials and technologies.
10. The Cotton Place. Dallas, TX. 800-451-8866.
11. The EcoMall. [www.ecomall.com](http://www.ecomall.com) Complete with news center, info on green organizations and links.
12. EcoTimber International. Berkeley, CA. 510-549-3000
13. Envirolink Network. [www.envirolink.org](http://www.envirolink.org). Internets most complete environmental service.
14. Environmental Building Supply. Portland, OR. 503-222-3881. Less toxic and nontoxic building supplies.
15. Environmental Home Center. 1724 4<sup>th</sup> /Ave S. Seattle, WA 206-682-7332
16. Lead Check. Consultants Framingham, MA 800-262-LEAD
17. Miller Paint Co. Portland, OR. 503-233-44491 VOC and biocide free paints.
18. National Environmental Health Assoc. Denver, CO. 303-756-9090. Provides listing of physicians who practice environmental medicine.
19. National Institute of Environmental Health Science. Durham, NC 800-643-4794. <http://ehpnet1.niehs.nih.gov/EHPHome.html/> A world center for environmental health science research.
20. Natural Animal Health Products Inc St. Augustine FL 800-274-7387. Safe pet products.
21. The Natural Pet Care Co. Seattle WA 800 962-8266
22. Rainforest Action Network. SF, CA. [www.ran.org/ran/](http://www.ran.org/ran/)
23. Real Goods. Ukiah, CA. 800-456-1177. [www.realgoods.com](http://www.realgoods.com). Catalogs of energy efficient products.
24. Seventh Generation. Burlington VT. 8000 456-1177. Excellent and Safe cleaning products.
25. Tom's of Maine. Kennebunk, ME [www.tom's-of-maine.com](http://www.tom's-of-maine.com)

