



## Clean Design: Wellness for Your Lifestyle (Paperback)

By Robin Wilson

Greenleaf Book Group Press, 2015. Paperback. Condition: New. Language: English . Brand New Book. Designer Robin Wilson shares tips and tricks to detoxify and beautify your interior spaces and to help you create a more stylish and healthy home. Author Robin Wilson, plagued by allergies and asthma since infancy, has become an expert in Clean Design creating allergen-reduced home environments that comfort and protect families. Using Wilson's four principles of design sustainable, reusable, recyclable, and nontoxic every room in the home, from attic to basement and entryway to bedroom, can look sensational and stylish while reducing your wheezing and sneezing. Clean Design leads to amazing results: fewer allergy symptoms and asthma attacks, easier breathing, and better overall health. Whether building a new home, renovating, or simply updating the design of their current home, Wilson offers suggestions for the best eco-friendly, healthy, nontoxic furniture, wall and floor coverings, and window treatments to dramatically improve indoor air quality and reduce household exposure to dust, pet dander, pollen, mold, dust mites, smoke, household chemicals, airborne toxins, and other allergy and asthma triggers. By making eco-friendly design choices, you will not only protect yourself and your loved ones, but also contribute to the...



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