



Growing Up Green: Baby and Child Care: Volume 2 in the Bestselling Green This! Series

Deirdre Imus



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The essential, parent-friendly guide to raising a healthy child in our increasingly toxic environment.

The second volume in the *New York Times* bestselling *Green This!* series, *Growing Up Green: Baby and Child Care* is a complete guide to raising healthy kids. Environmental activist and children's advocate Deirdre Imus addresses specific issues faced by children in every age group -- from infants to adolescents and beyond. With a focus on preventing rather than treating childhood illnesses, Deirdre concentrates on educating and empowering parents with information such as:

- **How to make sure your child is vaccinated safely**
- **Which plastic bottles and toys are least toxic**
- **How to lobby for safer school environments and support children's environmental health studies**
- **Advice from leading "green" pediatricians and nationally recognized doctors such as Mehmet C. Oz, M.D.**

Chock-full of research and advice, *Growing Up Green* makes it easy for you to introduce your child to the "living green" way of life.



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