



**Freeing the world of toxic chemicals**  
... one household and one business at a time

**Our Website**

**In This Issue**

Did You Know?

Green your  
Fridge

Autumn Cleanse

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**Wise Words**

One of the things about equality is not just that you be treated equally to a man, but that you treat yourself equally to the way you treat a man.

*Marlo Thomas  
(b. 1943-)*

Dear Friend of Green Cleaning Products LLC,

Welcome to your Green Living Newsletter. Enjoy the educational articles I have extracted for you.

[Click here](#) to send us your thoughts, concerns, ideas, pet peeves, etc. This will help us to best serve you. We are dedicated to helping you pursue a green, healthy, and sustainable lifestyle.

Thank you for all you do for your family and our planet!

To a greener and healthier life,  
Rae Ann Dougherty  
Green Cleaning Products LLC  
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**Did You Know?**

Health effects from indoor air pollutants may be experienced soon after exposure or even years later. These include irritation of the eyes, nose, and throat; headaches; dizziness; and fatigue. Symptoms for diseases like asthma, hypersensitivity pneumonitis, and humidifier fever, may be triggered and/or made more severe soon after exposure to some indoor air pollutants. Immediate effects are usually short-term and treatable. Treatment usually involves eliminating the person's exposure to the source of the pollution once it is identified. Common household cleaning products and room deodorizers can contain harmful chemicals.



[Read more from ... Colorado Department of Public Health and Environment](#)

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**Video:** positive thinking and gratitude can help boost your immune system, improve your eating habits, and even motivate you to fit in those workouts.

[gaiam.com](http://gaiam.com)

## 10 Ways to Green your Fridge

The refrigerator consumes more energy than any other household appliance. According to the Union of Concerned Scientists, the average American fridge uses around 1,383 kilowatt hours a year, which is 14 percent of your household's electrical needs and about \$90 a year. But there are simple steps you can take to lighten your refrigerator's impact on your wallet-and the environment. More importantly, many of these changes-some large and some small-can cut down on the chemicals and bacteria lingering in your fridge, which is healthier for everyone in the house.

[Read more from ... Vegetarian Times Magazine](#)



## Internal Autumn Cleanse

Such rituals as fasting, sweating, and cleansing oneself during the spring and fall are found in diverse healing customs around the globe from Traditional Chinese Medicine to Ayurveda to Native American healing methods. Today, ancient wisdom is combined with modern methods as more holistic doctors and spas offer programs to help you rejuvenate your system.

[Read more from ... Healing Lifestyles & Spas Magazine](#)



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