

## Green Reading Three experts' timely books guide you in making changes for the health of your body, your home and your environment.



**Who:** Sloan Barnett, a regular on NBC's *Today* show, is a green activist and a television and print journalist specializing in environmental health. She lives in San Francisco with her husband, Roger, chairman and CEO of the Shaklee Corporation.

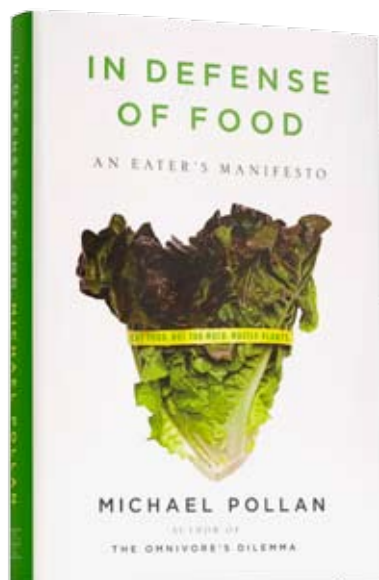
**Title:** *Green Goes With Everything: Simple Steps to a Healthier Life and a Cleaner Planet* (Atria Books; \$19.95).

**Noteworthy Notions:** In a chapter on household products, Barnett warns, "The government has no idea whether most of the chemicals used in everyday cleaning products are safe because it doesn't test them, and it doesn't require manufacturers to test them either." What to do, then? "Go to the Household Products Database at the National Institutes of Health ([hpd.nlm.nih.gov](http://hpd.nlm.nih.gov))" and read up on your "trusted" staples. She unabashedly touts Shaklee's Get Clean products in this book but backs up her high opinion with an independent study.

**Who:** Michael Pollan, author of *The Omnivore's Dilemma*, is the Knight Professor of Journalism at the University of California, Berkeley. Check out his 2008 talk for Authors@Google ([youtube.com/user/atgoogletalks](http://youtube.com/user/atgoogletalks)).

**Title:** *In Defense of Food: An Eater's Manifesto* (Penguin; \$21.95).

**Noteworthy Notions:** His opening line says it all: "Eat food, not too much, mostly plants." Pollan then makes a compelling argument for eschewing the Western diet, with its unhealthy emphasis on too much meat, low-fat everything, and nutrients (e.g., antioxidants) rather than the whole food (e.g., a peach). "Don't forget that trans-fat-rich margarine, one of the first industrial foods to claim it was healthier than the traditional food it replaced, turned out to give people heart attacks." His solution: buy real food. "Get out of the supermarket whenever possible. You won't find any high-fructose corn syrup at the farmers' markets." But if you must, "shop the peripheries of the supermarket and stay out of the middle," where most of the processed food is. "Don't eat anything your great grandmother wouldn't recognize as food."



**Who:** Deirdre Imus, author of *Greening Your Cleaning* and founder of the Deirdre Imus Environmental Center for Pediatric Oncology at Hackensack University Medical Center ([dienviro.com](http://dienviro.com)), is also cofounder, with husband Don, of Imus Cattle Ranch for Kids With Cancer.

**Title:** *The Essential Green You!*, volume 3 in the Green This! series (Simon & Schuster; \$15.95).

**Noteworthy Notions:** "When I buy an Earthbound Farm mesclun salad mix at a New York City grocery store, the number of miles it has traveled from California troubles me. But on the other hand, Earthbound Farm has turned 40,000 acres of farmland... into pesticide-free zones. And the fact that Wal-Mart is pricing their organic foods just 10 percent higher than conventional goods means that more low-income families can afford it. Healthy eating should not be a luxury of the wealthy." J.C.