Book Review

Eric Frey

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Growing Green Families: A Guide for Natural Families and Healthy Homes

Donna Walls, RN, BSN, IBCLC, RLC, ICCE, ANLC © 2016 Praeclarus Press, 108 pages, paperback, \$9.95

Available from: <http://stores.praeclaruspress.com/growing-green-families-a-guide-for-natural-families-and-healthy-homes/>

Growing Green Families: A Guide for Natural Families and Healthy Homes is a great starting point for anyone interested in household do-it-yourself (DIY) activities and is quite informative even for a seasoned homesteader. Donna Walls is a certified aromatherapist and master herbalist who offers neat tips on how to use essential oils, dried herbs, and other natural household items to make a multitude of bath and body products, cleaners, and even to treat minor injuries. There's a great comprehensive list of essential oils and for what they are used, which is now bookmarked for easy reference in my house!

As the title suggests, the major theme of the book is how to keep your family healthy and safe from

chemicals in common household items, with a focus on childrearing from pregnancy onward. That being said, the basic premise applies to anyone, no family needed! There are lists of harmful chemicals, where to find them in your house, and ideas on how to replace them with natural products that you can make yourself.

I liked the DIY recipes in this book, but most of them are nothing new if you've hung out on the "mommy" blogs, which is why I think this is a good beginner's guide. Although there are more in-depth discussions and articles available elsewhere these days, especially online, this book has value in simply being simple.

Eric Frey is a professional musician, actor, teacher, and amateur apothecary. He makes his own soap, laundry detergent, dish soap, cleaning products, lotions and many other household necessities out of his own kitchen. His love for this world was triggered by his sense of smell and his disdain for the fragrances of most store-bought cleaning products.