



# The Complete Idiot's Guide to Organic Living

*Eliza Sarasohn, Sonia Weiss*

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Everyone knows that we should be doing more to be good to our body, but moving toward an organic lifestyle can be overwhelming. This guide provides step-by-step information on everything from food to cleaning products to how to detoxify our bodies. It includes choosing quality natural products, exploring holistic alternatives to conventional medicine, and determining what to eat - and what not to eat.

- Global market for organic products reached \$38.6 billion in 2006
- Practical, step-by-step advice for making the transition



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