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Toxins in Homes and Offices are Making Americans Sick, Reports Green Nest LLC
Company launches GreenNest.com to help educate consumers

IRVINE, Calif., Oct. 26, 2005 – Feeling sick? The house or office may be to blame. Although the Consumer Product Safety Commission (CPSC) connects 150 commonly used household chemicals to allergies, birth defects, cancer and psychological disorders, the U.S. Code of Federal Regulations exempts manufacturers from full labeling of products used for personal, family or household care.

Now, says Green Nest LLC, it is time for Americans to protect themselves from the toxins in their own homes and offices. The company has just launched GreenNest.com (<http://www.greennest.com>) to provide education about toxins in indoor air, drinking water, personal care, pet care, baby and cleaning products, along with resources to help consumers make their homes safer.

“The EPA has deemed indoor air quality one of the top five environmental health risks the U.S. faces today,” explained Ron Beres, Green Nest co-founder. “According to a Massachusetts special legislative report, 50% of all illnesses are caused by indoor air pollution. Our homes and the products and materials in them are literally making us sick.”

It’s a fact Beres knows all too well. In 2003, his wife, Lisa, then an interior designer, started feeling run-down and tired. After countless doctor visits, she began her own research.

Her findings were startling — and convinced the Bereses their home and the products they used were causing Lisa’s health problems. They learned that materials used to build and furnish homes today release the toxic chemicals they contain into the air. What’s more, man-made chemicals called xenoestrogens, which mimic estrogen in the human body and contribute to hormone imbalance, are found in common consumer products like plastics, detergents, birth control pills and hormone replacement therapy, and antibiotics in animal feed. Add cleaning supplies and personal care products into the mix, and it’s enough to make anyone ill.

Once the Bereses made changes in their own home, Lisa’s health problems disappeared. Encouraged, she decided to study Baubiologie, a field pioneered in Germany that examines how buildings impact life and the living environment. She became a Certified Baubiologist, and Ron began studying Baubiologie as well. Their studies led them to found Green Nest LLC in 2004 to combine Baubiologie with interior design.

Through GreenNest.com, the Bereses hope to help others suffering from the effects of environmental toxins. In addition to offering organic and non-toxic products, the site features advice and information on reducing toxins to create healthier homes and offices.

“We hope to share what we’ve learned and teach people how to reduce or eliminate the toxins where they live and work,” said co-founder Lisa Beres. “GreenNest.com allows us to do that on a broad scale. People need to know they don’t have to feel sick all the time.”

For more information, visit GreenNest.com at <http://www.greennest.com> or contact Lisa and Ron Beres at http://www.greennest.com/contact_us.php.

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