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*****FOR IMMEDIATE RELEASE*****

KEEP YOUR HEALTH FROM GOING OUT THE WINDOW

You can have the best deadbolt locks, the most secure windows and the loudest alarm—and still be in mortal danger.

What from? Your house. Your castle. Su casa.

“Sick building syndrome” is suspected in up to half the illness in this country. Bad air, toxic household products, or just everyday materials that we take for granted could literally be killing us...and our youngsters.

How can parents teach their kids about these adverse health effects, and how to protect against them? By reading them a storybook about healthy versus unhealthy houses, one that’s full of valuable-yet-fun health lessons and bright, colorful illustrations!

That’s what author Lisa Marie Beres has done in her book, *My Body My House*. The book takes a fun approach to teaching ways to live in a healthy home—and its lessons will keep youngsters and oldsters vigorous and happy for years to come.

Plus, it’s just plain fun to read!

My Body My House tells the tale of The House and The Body. These two cheerful characters start off living in a very harmonious environment. But then The Body starts making irresponsible changes to the House, introducing toxins, and winds up feeling ill. As the Body begins to get sick, the House can no longer provide the Body with a safe place to come home to.

What’s a body to do? Well, once The Body hits rock bottom, he redeems himself and accepts the wise words of his friend, the House, by undoing the harm he’s done.

“The story depicts side effects that can occur from exposure to chemicals within our home” says Lisa. “And that we are held accountable for the choices that we make in our lives.”

The book also shows how everything in the universe is connected, and how good choices help create harmony. “Even children can make healthy choices, and it’s good to teach them that while they are young,” she notes.

The author is a Certified Bau-Biologist and co-owner of Green Nest, LLC (www.greennest.com), an e-commerce site dedicated to creating healthy homes. Lisa has appeared on several local and national television shows including Fox & Friends and The TODAY Show. She has also been featured on radio shows and in newspaper and magazine articles. She has 11 years of interior design experience and over seven in the fabric and textile industry. A portion of all proceeds will be donated to the non-profit organization Children’s Health Environmental Coalition. *My Body My House*, is Lisa’s first in a series of books. She resides with her husband in California.

(My Body My House by Lisa Marie Beres; ISBN: 0-9772392-0-9; \$16.95; hard cover; 8 x 10; 40 pages; GREEN NEST LLC)