

COAST

REFLECTING ORANGE COUNTY'S FINER LIFESTYLE | SEPTEMBER 2007



O C-based Green Nest founders Lisa and Ron Beres (pictured) are all about helping you transform your health and quality of life. They're not personal trainers or doctors, but eco gurus who have first-hand experience with the toxic materials that fill our homes. Indoor air is often two to five times higher in pollutants than the outdoors, which can lead to everything from allergies to hormone imbalance. Their Web site stocks air purifiers, shower filters, non-toxic paint, and organic bedding. The duo offers phone consultations if you want to find out how sick your home may be.

Call (949) 387-3804; www.greennest.com



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