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PRESS RELEASE

Maybe It's Not Your Boss That's Making You Sick at Work, Reports Green Nest LLC

Take Office Employees from the Grind to the Greened on Employee Appreciation Day

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IRVINE, Calif., Mar 06, 2009 (BUSINESS WIRE) -- The cause for the repeated headaches, throat irritation, and nausea that you face in the office 9 to 5 grind are not entirely rooted from your boss. According to the World Health Organization, up to 30% of new and remodeled buildings worldwide may be linked to symptoms of Sick Building Syndrome.

"Don't wait for Earth Day! Employee appreciation day on March 6th is a great opportunity for employers to create not just green, but healthy work environments that will mutually benefit companies as well as their employees," says Lisa Beres, Eco expert and co-founder of Green Nest, LLC (www.GreenNest.com). "In fact, indoor air is known to be 2-5 and up to 100 times more polluted than outdoor air and linked to 50% of all illnesses in the U.S."

By avoiding green, companies lose green to their bottom lines. As a result, reports estimate 69 million workers reported missing days of work due to illness, producing a total of 407 million lost work days and \$48 billion in lost economic output!

What is the solution in producing an idyllic, green environment that will prevent employees from taking sick days and save employers from the billion dollar price tag in lost productivity? The 9 to 5 Greened: 10 Steps to a Healthy Office, Green Nest's recently launched CD. On this audio, Lisa & Ron Beres take listeners on a journey of identifying the specific problems/causes of the dreaded Sick Building Syndrome, which includes inadequate ventilation and chemical contaminates from indoor and outdoor sources. The Bereses provide 10 essential secrets in creating a green office, while simultaneously informing listeners on the hidden chemicals that are lurking in their office including paint, carpet, cleaners, and even the printer. To learn the 10 essential secrets, visit: www.the9to5greened.com

The authors are Certified Bau-Biologists and owners of GreenNest.com, a website centered on creating healthy, green living homes and offices, even for those on a budget. The Bereses have made appearances on television shows including: The Today Show, Fox & Friends, and recently spoke at Maria Shriver's Women's Conference in 2008.

Contact Lisa and Ron Beres at http://www.greennest.com/contact_us.php.

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=5911572>=en

SOURCE: Green Nest

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