



September 2005

Well Howdy All-

Looks like this will be the last month at the Harold Street house. We're currently doing shelf building and painting in Tigard so it looks like we'd better meet on the East side one more time. But next month we'll be at our new location, better and badder than before. Right now however, we're dealing with paint, sawdust, and other air quality issues. A couple days ago my nose ran after a day's painting. I mean it really ran, it poured. Go figure. But that does help introduce something.

This month's emphasis is on hidden dangers in the home. It's wonderful to eat healthy, but sometimes there are other factors that affect our health too.

Did you know that a stay at home mom has three times the cancer risk of one with an outside job? Did you know that those who clean houses for a living and use those handy cleaners and polishes constantly are a very poor health risk? Would it be right not to tell you of such things?

It's disturbing to discover what the standards are for cleaning products. *Non-toxic* means less than half of the research animals died over a two week period. I wouldn't trust my loved ones to that one.

Fortunately, there are alternatives. A few years ago, as people became concerned over such issues new products appeared. That first generation was disappointing. They might not hurt you, but they didn't do

much to the dirt either and cost a lot more than stuff that actually worked. However, more R&D was done and now there are effective, safe, and reasonably priced cleaners.

Hallelujah Acres has a line of cleaning products that has been thoroughly checked out and attractively priced. Over the past few years I've seen them drop some products as they found or developed better and tried to make the best available to others. This month we'll be talking about these products, and having them at special prices.

There are window cleaners, laundry soap, kitchen and bath cleaner, fruit and vegetable wash, carpet cleaner, and hand soaps. The laundry cleaner, 32 oz (32 load) is normally \$11.95, we'll do it for \$10 this month. Bar soaps are normally \$3.65, this month \$3.

Of course, our main emphasis is still diet and lifestyle. So at our meeting we'll share some food and recipes and just see how everyone's doing. Prayer needs anyone?

-Gary & Sandra-

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