

SOME RESOURCES

Something Fishy?

- ? Pocket fish guides: Seafood Watch's Regional Fish Shopping Guide: www.mbayaq.org/cr/cr_seafoodwatch/download.asp or Natural Resources Defense Council's Fish Shopping Guide: www.nrdc.org/health/effects/mercury/walletcard.pdf
- ? EPA "fish report" <http://epa.gov/waterscience/fish/advice/index.html#notp> & state by state advisories: <http://epa.gov/waterscience/fish/states.htm>

Not So Pretty in Pink

- ? Check out ingredients in cosmetics, cleansers and creams at www.safecosmetics.org or www.cosmeticsdatabase.com.
- ? Alternative body-care products: <http://www.utne.com/Environment/Non-Toxic-Body-Care-Product-Resources.aspx>

Clean and Green

- ? Less toxic cleansers: www.greenseal.org
- ? Organic gardening (online version of print magazine): <http://www.organicgardening.com/>
- ? NCAP Fact Sheets/Alternatives to Pesticides: <http://www.pesticide.org/factsheets.html#alternatives>
- ? Permaculture Institute: <http://www.permaculture.org/nm/index.php/site/index/>
- ? ATTRA publications on sustainable farming and farm-to-school and direct marketing programs: <http://www.attra.org/publication.html>
- ? Organic Store Locator for Arkansas: <http://www.organicstorelocator.com/arkansas.html>
- ? Hot Springs Farmers' Market Transportation Plaza Tuesday, Thursday & Saturday 6 a.m. – 11 a.m.

Breastfeeding Help/Information

- ? La Leche League International: <http://www.llli.org/>
- ? La Leche League of Hot Springs: <http://dev.llusa.org/AROK/hotsprings/> 3rd Tues. 11:00 AM. 501-623-2618

Body Beautiful

- ? A Massage with a Mission Studio 501-520-0113 <http://www.massagewithamission.com>
- ? "Leaner America" online BMI calculator and chart: <http://www.leaneramerica.com/bmi.htm#English>

To Read

Dooley, Erin, E, Ed. "Forum Beat." Environmental Health Perspectives. 116:4. 4 Apr. 2008.
<<http://www.ehponline.org/docs/2008/116-4/forum.html#beat>>.

Larimore, Walt, et al. Supersize Kids: How to Rescue Your Child from the Obesity Threat. Center St, 2005. ISBN: 044657760X.

Sarantis, Heather, et. al. "What You Can Do: Everyday Actions to Protect Your Health." Women's Health and the Environment. Apr 2007. <<http://womenshealthandtheenvironment.org/article.php?list=type&type=64>>.

Steingraber, Sandra, PhD. Having Faith: An Ecologist's Journey into Motherhood. NY: Berkeley, 2001.

---. "The Falling Age of Puberty in U.S. Girls: What We Know, What We Need to Know." The Breast Cancer Fund. Aug 2007. <www.breastcancerfund.org>. (Download report, "The Falling Age of Puberty in U.S. Girls," go to <http://tinyurl.com/ys6vbh>)

"What We Can Do" (several downloadable "toolkits"). Women's Health and the Environment. <<http://www.womenshealthandenvironment.org/article.php?list=type&type=64>>.

The Womanly Art of Breastfeeding. 7th edition. La Leche League International. ISBN: 0912500980.