

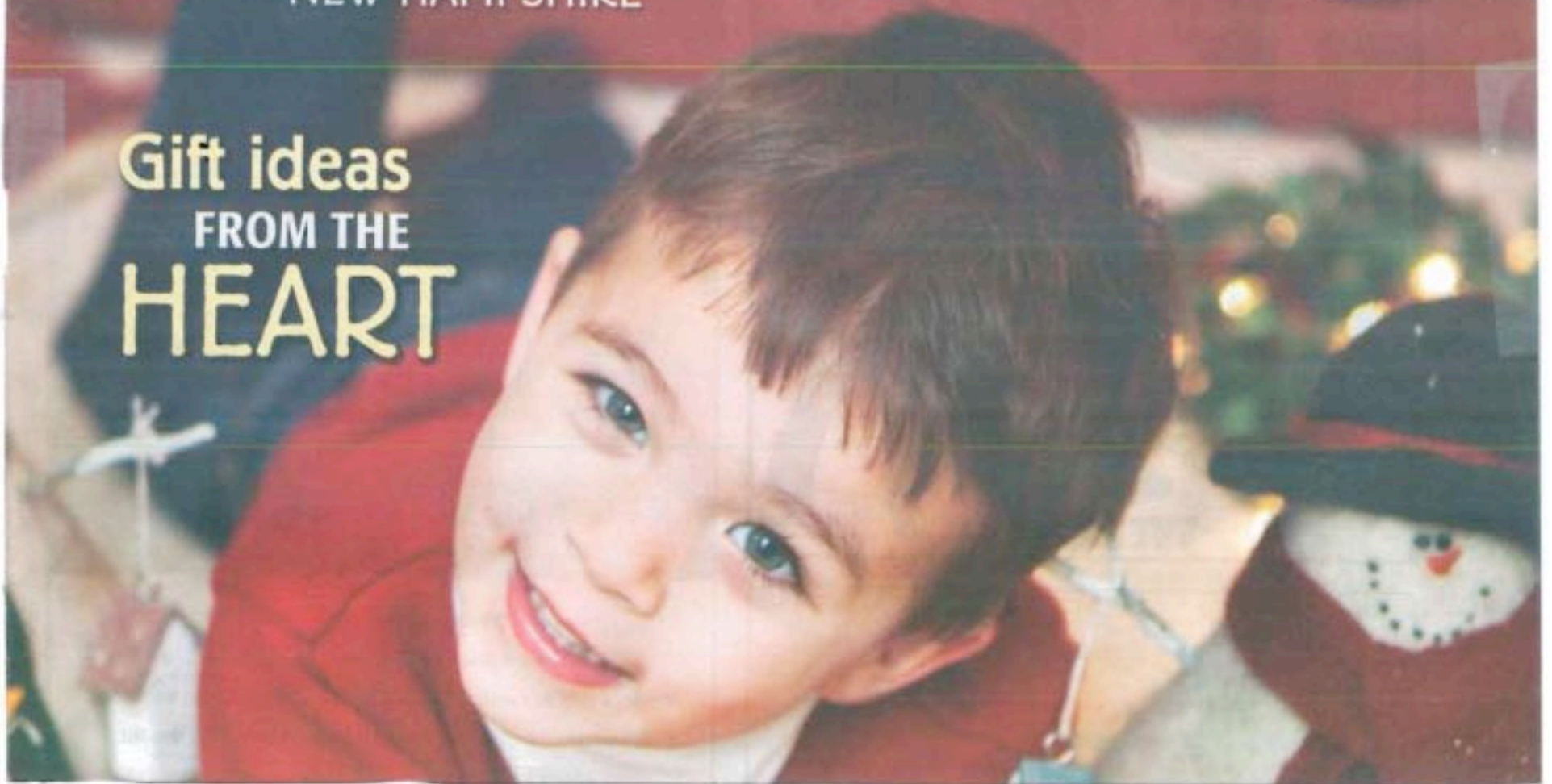
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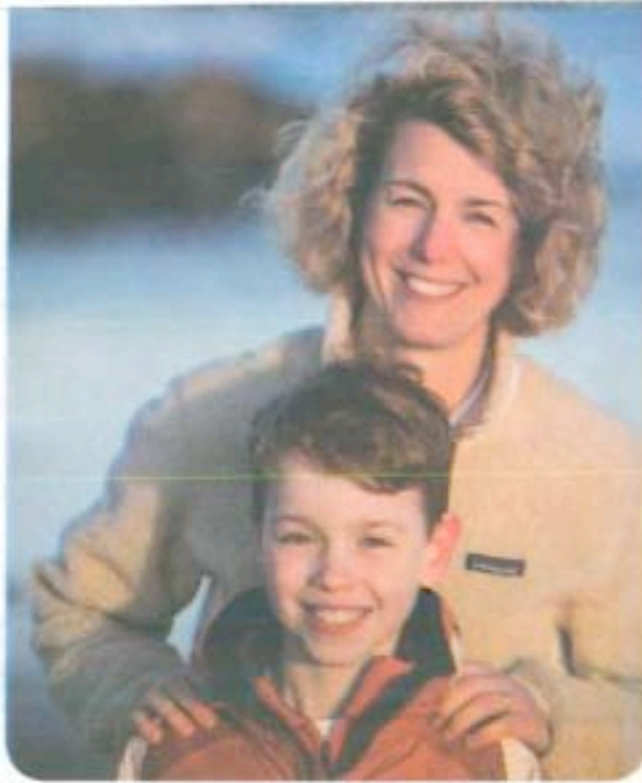
COMPLIMENTARY

parenting

NEW HAMPSHIRE

Gift ideas
FROM THE
HEART





The author with her son

'Greening Your Family'

In 2002, when her young son developed asthma, Lindsey Carmichael embarked on a journey that culminated in her writing *Greening Your Family*, a reference guide for parents to make informed decisions about consumable products we buy on a regular basis. The information is presented in an easy-to-read format, and includes numerous tables, product lists and recipes.

While in graduate school working toward her master's degree in public health, Carmichael was disturbed to learn that many of the products we consume contain ingredients known to pose a threat to human health, particularly the health of children. With her book she hopes to raise awareness about the issue and keep children safe.

She has worked in the health-care field for 15 years and is a frequent speaker about healthy and "green" living. She lives on the Seacoast with her husband and son. The book will be published this month by Peter E. Randall Publisher of Portsmouth.