



## How healthy is your home, really? Or your work environment? Your children's school? Your parent's assisted living center?

Eating well, meditating, exercising, balancing your chakras and doing your life's work are all honorable ways to create harmony in your personal world. But what about the health of the buildings you and your loved ones live, learn, and work in on a daily basis? Do you extend the same care to these important personal spaces?

Most of us spend up to 90% of our time indoors. Do the environments you spend so much of your waking hours in nourish you on mental, emotional, physical, and spiritual levels? Do they contain enough natural material to resonate well with your frequencies (biorhythms) and life energy (chi)?

Unfortunately, for the most part, we have removed Mother Nature from our modern-day buildings. The use of plastic laminates, synthetic fabrics, toxic glues, and strong cleaning chemicals in environments with marginally effective ventilation, have all contributed to the creation of unhealthy, essentially lifeless spaces (frightening when you think about our children being exposed to this 6-8 hours a day). Since these work areas contain very little nature in her purest form, they're incapable of reflecting nature's nurturing energy back into the space. Ultimately, our mental, emotional and physical states are negatively affected.

Also, we currently live in a society where the majority of the "latest and greatest" industrial and technical developments (ie; indoor plumbing, cars, convenience foods, television, computers) continue to take us farther and farther away from nature. Many of today's office workers spend the majority of their day surviving within the confines of four walls, under unhealthy fluorescent lights, mesmerized by hypnotic computer screens, often not moving or blinking for hours on end. Our bodies have only been experiencing these so called life-transforming indoor

**\*\*Interested in the full article? If so, please include the following with your order: 1) How Healthy is Your Home - Really?**

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