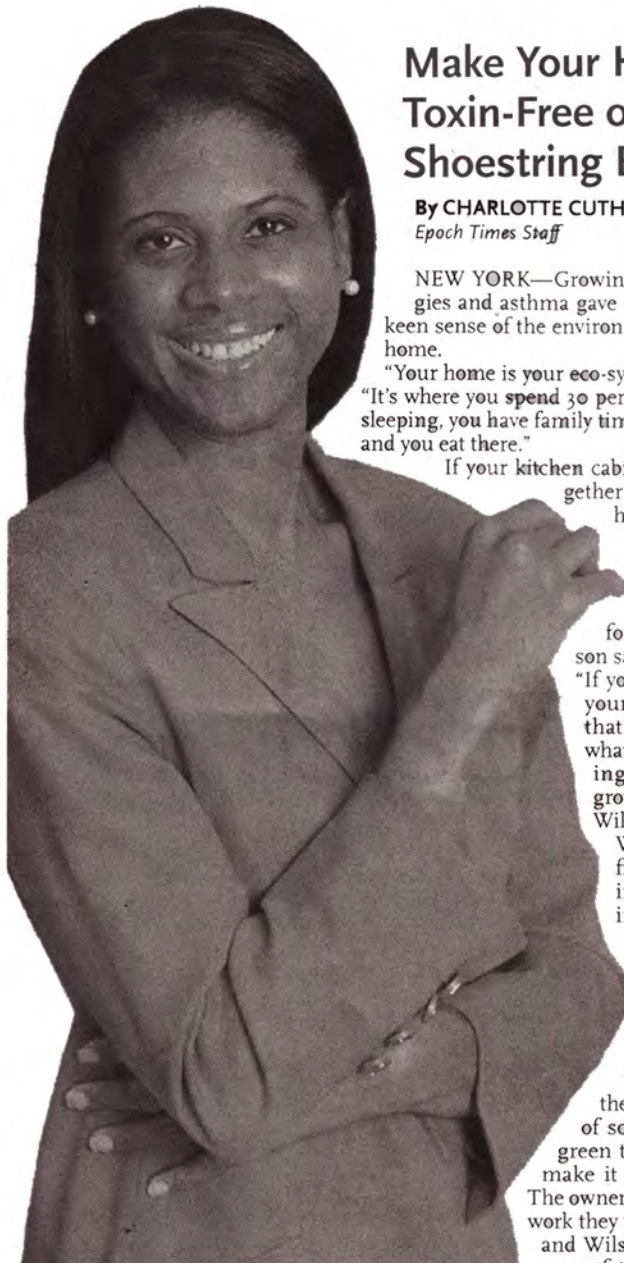


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New York Metro

B3 Real Estate



Make Your Home Toxin-Free on a Shoestring Budget

By CHARLOTTE CUTHBERTSON
Epoch Times Staff

NEW YORK—Growing up with allergies and asthma gave Robin Wilson a keen sense of the environment inside the home.

"Your home is your eco-system," she said. "It's where you spend 30 percent of your life sleeping, you have family time, holiday time, and you eat there."

If your kitchen cabinet is glued together with formaldehyde-based adhesives, which are carcinogenic, then that's in your food source, Wilson said.

"If you have paint in your baby's room that is toxic, that's what they're breathing as they're growing."

Wilson owns Robin Wilson Home, a firm specializing in eco-friendly interiors and design. The company does a one-hour on-site inspection of a property for \$500, then gives the owner a range of solutions to help green their home and make it more efficient. The owner can select what work they want completed and Wilson's firm takes care of the entire project—from construction to nurseries.

The key to the green movement, Wilson says,

ECO-FRIENDLY: Robin Wilson will be speaking at the GoGreenExpo on Saturday, March 20, at 2 p.m. in New York City. She will be releasing her book "Kennedy Green House" on April 1. VANESSA LENZ

has been consumer demand. "Some people may have thought it was a trend."

Wilson suggests tips for making the home more efficient and eco-friendly.

THE THREE MOST IMPORTANT AREAS IN YOUR HOME

KITCHEN:

Faucet: Make sure you have an aerator. They are inexpensive (start at 50 cents) and easy to install.

Lighting: Use LED bulbs that are at least 3,500 Kelvin temperature so you get a warmer light. Ozium has pup. recess, regular bulbs.

Flooring: Chelsea Arts Tile and Stone has one of the largest selections of tiles, an entire green room.

Appliances: Use Energy Star

Cabinetry: Wilson recommends Holiday Kitchens, which makes no- to low-VOC paints. They bake the paint in, which means no peeling.

BEDROOM:

Pillow: Get hypo-allergenic zipped covers. "I know some people who have slept on their pillows for six years without washing them," Wilson said. "Think of all the biological creatures you're sleeping with, dust mites, etc."

Bed Linen: Use organic cotton, silk, or bamboo. You need to buy good quality sheets that will last a lifetime, Wilson recommends. "Five dollar sheets end up in landfill six months later."

Mattress: What are you sleeping on? Most mattresses off-gas, some mattresses have roach poison in them, some have fire-proof chemicals. "You're breathing them in," said Wilson. Get an eco-foam mattress.

Blinds: If you have pre-1995 blinds, change them. Many were pre-cured with lead paint. Also consider not having drapes, they are big dust catchers.

Floors: Think about your floors, they are the biggest dust catchers in a home. Make sure they are clean.

BATHROOM:

Shower curtain: Change it. Get a nylon one as it is mildew-resistant. Don't get vinyl, it off-gasses).

Cleaners: Use non-toxic cleaners.

Toilet: Close the toilet seat, it eliminates toilet spray. Get a dual-flush toilet and save a lot of water.

Shower: Get a low-flow shower head and faucet aerators. These items can reduce your home water consumption as much as 50 percent and reduce your energy cost of heating the water also by as much as 50 percent.

Linen/towels: Recycled cotton yarn is about to hit market, or organic cotton, and bamboo.

'If you have paint in your baby's room that is toxic, that's what they're breathing as they're growing.'

—Robin Wilson, Robin Wilson Home

Go Green Expo March 19 to 21

Business-to-Business Expo

Friday, March 19

• 10 a.m. – 7 p.m.

Open to Public

Saturday, March 20

• 10 a.m. – 6 p.m.

Sunday, March 21

• 10 a.m. – 5 p.m.

Location: Pier 92

12th Avenue & W 55th Street

Get a 60 percent discount for Go-GreenExpo entry when you buy tickets online before the weekend.

Go to Gogreenexpo.com and order tickets under the Tickets tab.

Enter discount code: GGENYC for your 60 percent discount.



GO GREEN: The recent Go Green Expo in Los Angeles was a success. IMAGE COURTESY OF COGREENEXPO