

HAMPTONS

CELEBRATING
35
YEARS

EQUESTRIAN GREATS

BRIANNE GOUTAL, MCLAIN WARD, AND GEORGINA BLOOMBERG
SADDLE UP AT THE HAMPTON CLASSIC

REAL BEAUTIES OF THE EAST END

PLUS John McEnroe, Molly Sims, Elie Tahari, Andy Murray

healthful mission

MOLLY SIMS LENDS HER SUPPORT TO HEALTHY CHILD HEALTHY WORLD BY HOSTING ITS SUMMER LUNCHEON.



Molly Sims with her son Brooks.

Recently, I made all-natural and gluten-free red velvet cupcakes with my girlfriends and their kids. Natural food dye actually makes the cake pink rather than red, but that's okay. It's worth forgoing a bit of color, since artificial food dyes have been linked to cancer, hyperactivity, and allergies. I actually wasn't aware of this sort of information until I was pregnant and read Healthy Child Healthy World's book. Founded 21 years ago, Healthy Child's mission is to educate parents on protecting our children from the impact of the environmental toxins that we are exposed to in our daily lives. It really

opened my eyes. I'm thrilled to be able to help get the word out through my work with Healthy Child, as an event host of its summer fundraising luncheon in Water Mill on August 20. A panel discussion at the event will address pertinent issues parents will want to know about, and Gary Hirshberg of Stonyfield Farm will deliver the keynote address; he will participate in a discussion with Gregg Renfrew of Beautycounter, Dr. Richard Ash of The Ash Center, and Robin Wilson, a healthy space interior designer, allergy, and asthma expert.

At first, all of the information that I learned through Healthy Child was overwhelming. I didn't know about half of the dangers—unsafe ingredients in everyday household products. When my son was born, we changed everything, from the dishwashing liquid to the floor cleaners to products for the animals. It's all about having the knowledge. I now research ingredients in any food product. I'm not a 100 percent natural, organic, and FDA-approved consumer just yet, but I'm still making gradual changes—even down to my nail polish.

I'm proud to support Healthy Child Healthy World and its significant mission. It has taught me so much. I'm only about halfway there, but I know that every choice makes a difference. Healthy Child says that while children comprise only 24 percent of the population, they are 100 percent of our future. What's more important than the health of your child? I know that when it comes to my son, nothing is. **H**

INSIGHT

What: Healthy Child Healthy World Summer Luncheon

Where: Jennifer Bayer Michaels' home in Water Mill

When: August 20

Contact: healthychild.org