



### Eco-Friendly Paint Information

You may have heard of low or zero VOC paints for the home. They are much healthier for you and the environment, as they have much lower levels (or none at all) of volatile organic compounds (VOCs), and thus also less chemical odor and off-gassing, than traditional paint. These types of paint are becoming the law in some states, as quality continues to improve, costs go down, and the paints become more widely recognized as substantially healthier to use.

Many stores (such as Sherwin Williams, Lowe's, Home Depot, as well as eco-friendly home product shops) now carry low or zero VOC paints for the home, both interior and exterior paints, in a wide range of colors and finishes (flat, eggshell, satin), as well as eco-friendly primers. AFM Safecoat is a company that makes high-quality low and zero VOC paints ([www.afmsafecoat.com/products.php?page=1](http://www.afmsafecoat.com/products.php?page=1)) that are especially well suited for youth and institutional use, due to their low chemical nature. There was a store in Richmond, VA called EcoLogic that carried their products ([www.facebook.com/pages/Ecologic/85464506961](http://www.facebook.com/pages/Ecologic/85464506961)), but they have closed, unfortunately. The next closest location to purchase this product is in Charlottesville, VA at Nature Neutral ([www.natureneutral.com](http://www.natureneutral.com)). I have used the AFM Safecoat paints at home before and they are top notch! They also have other eco-friendly products like wood stains, sealers, and floor finishes (see separate attachment for more information).

I have also had good experience with several other brands of low or zero VOC paints, both in color selection, ease and quality of application, and minimal or no odor and chemical off-gassing. Here is a new one I just learned about from a friend - <http://www.ecospaints.net/free-sample>. It is so nice to be able to breathe easy while painting and not have the headache and tired feeling afterwards! This is just one of the benefits I have noticed in using these paints. The cost difference is not substantial (maybe 20% more), as these types of paint have become more mainstream, so it is worth it to try this alternative for your next painting project! I have heard of cases where more of the eco-friendly paint was needed to better cover the wall or of having to do a 2nd or 3rd coat to get good coverage - this will depend on the condition of the wall and original wall color or primer and the color of the new paint,. The cost of using more paint is also a factor, but considering the long-term health benefits makes it worthwhile to choose the greener option.

If for some reason, you are not able to use an eco-friendly paint, be sure to eat lots of organic antioxidant rich fruits like berries and anything orange



or red (tomatoes, apples, red / yellow bell peppers, cherries, grapes) to help your body be strong in its immune system. It is important that they are organic, as recent studies have shown that organic fruits and veggies have 40% higher levels of antioxidants in them, which helps you get more of that healing quality from the food. Also, make sure to open all the windows and doors and turn on fans full blast to keep the fresh air circulating in the area. This will help reduce the impact of the chemicals on your system.

I hope this is helpful to you. Please let me know of any questions or if you would like more information on these and other eco-friendly home products.

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