



## **Nailed**

Now more than ever, the polish of grew about health risks associate responded with new formulation they omit. Most traditional nail posting the most potentially hazard phthalate (DBP). Other compare nontoxic (by the way, this term is themselves). Here are some brandelivers the color and finish you can

Chanel Le Vernis Longwear Nail Colour (\$28; chanel.com)

5-FREE

Formulated without: formaldehyde, toluene, DBP, formaldehyderesin, and camphor.

Pacifica 7 Free Nail Polish

(\$9; ulta.com)

7-FRE

Formulated without: formaldehyde, toluene, DBP, resin, camphor, xylene, and parabens.

GET INVOLVED

## **EARTH DAY**

The first Earth I when 20 million protest against for environmen worldwide in 19 This year's then see how you can

## HOW TO WASH VEGGIES

While it would be nice to buy all organic, all the time, that's not always feasible (hello, \$5 bunch of celery!). So what's the best way to remove pesticide residue from your fruits and veggies? One study suggests baking soda may be the secret. University of Massachusetts Amherst researchers found that soaking apples in a baking soda solution (1 teaspoon per 2 cups water) for two minutes removed more pesticides than a two-minute rinse in tap water. And the longer the soak, the better. (It took 12 to 15 minutes to completely remove all pesticides used in the experiment.) "Many pesticides are not stable at alkali conditions, so baking soda can degrade them," explains study author Lili He, PhD.

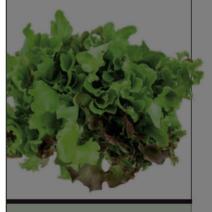
For produce too delicate to soak (like berries), certified integrative nutritionist Karina Heinrich recommends this DIY spray: 1 cup water, 2 tablespoons baking soda, and 1 tablespoon lemon juice. Spritz onto produce, let sit for 5 to 10 minutes, then rinse.

KITCHEN PREP

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pril 22, 1970, marched in rked a movement y is recognized llion people. arthday.org to

