

toxicology and integrative nutrition. Louise lectures widely on many subjects including empowered parenting. She has appeared on national and local TV, radio and print media, including Fox & Friends, ABC World News Tonight and the New York Times.

"I am only partly joking when I say that I got involved to save my family and friends from a perpetual onslaught of e-mails, mostly written in CAPS for emphasis. Cut off from this outlet to rant, it has been more productive (and fun!) to seek out other likeminded, passionate people. Big challenges notwithstanding, I've learned that we have a voice and we are more powerful than we think. It *actually is possible* to be the change we want to see in the world. My mission? I want politics and corporate greed out of my food, water, air and my kids' bodies. Each of us must look into the eyes of a child we love and tell him that we are doing our part to protect his legacy of freedom and well-being. It's time. And we're all accountable."

### About Life Health Choices

Life Health Choices is an advocacy organization dedicated to improving lives, building community and creating change through informed choices which affect our health and well-being. They focus on creating alliances with like-minded organizations in support of common goals which include wellness, health freedom and political and corporate accountability. Learn more at [lifehealthchoices.com](http://lifehealthchoices.com)

### Meet the Jersey Girls!

All three of these health-promoting Jersey Girls will be speaking at the UMDNJ- *Saving Our Kids, Healing Our Planet* Green Expo on September 12<sup>th</sup> and 13<sup>th</sup>. In an unprecedented collaboration, the University of Medicine and Dentistry of New Jersey, NJ Medical School, and the City of Newark are all partnering with SOKHOP to bring to New Jersey this unique program focused on children's health and sustainable living. More information at [sokhop.com](http://sokhop.com).

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Carolyn Flynn-Vasquez, CD

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