



## PRESS RELEASE

FOR IMMEDIATE RELEASE: February 17, 2010

CONTACT: Nancy Massotto, Executive Director

PHONE: (877) HOL-MOMS

# Meet the New Holistic Moms Network Experts!

## *Sara Snow and Linda Folden Palmer Join Advisory Board*

**Caldwell, NJ - February 2010** - The Holistic Moms Network, a rapidly growing support and resource network for parents interested in holistic health and green living, is excited to announce the addition to two new members to its Advisory Board, author and natural parenting expert Linda Folden Palmer and green lifestyle expert and TV host Sara Snow.

"I'm just thrilled to be on the advisory board for HMN," says Linda Folden Palmer, a doctor of chiropractic and nationally recognized speaker on pediatric nutrition and natural parenting challenges. Dr. Palmer is the author of *Baby Matters*, and the updated and embellished version, [\*The Baby Bond, The New Science Behind What's Really Important When Caring for Your Baby\*](#). "My interests in healthy parenting run so widely beyond just breastfeeding or such that I really appreciate a forum where everything healthy and parenting can be shared. I'm constantly following new health and parenting research and events. So many times I have something to shout out, but few to listen. I'm happy to now have an avenue through which I can encourage further attention to various issues."



Sara Snow, author of [\*Sara Snow's Fresh Living: The Essential Room-by-Room Guide to a Greener, Healthier Family and Home\*](#) agrees: "As a soon-to-be new mom, I'm excited to be pairing up with such intelligent and health-focused moms during this special time in my life. I was raised by a holistic mom and, with so many resources to draw on now, I look forward to raising my baby in a natural and healthy way as well." Ms. Snow spent seven years as an Emmy Award-winning television producer and news reporter/anchor, and then created her own TV series with practical advice on living green for the Discovery Networks: *Living Fresh* and *Get Fresh with Sara Snow*, both of which have helped Sara reach millions of viewers with a message of simple, attainable green living. Sara joined the Holistic Moms Network as a Keynote Speaker at the [2009 Natural Living Conference](#) where she shared ideas for living greener and more sustainably.

"We are thrilled to have both of these accomplished, knowledgeable women on our Advisory Board," states Nancy Massotto, HMN's Executive Director. "Both Linda Folden Palmer and Sara Snow share our passion for healthy and green living, and an understanding of the important role mothers play in creating a more sustainable future."

"Not only must we re-gather the mothering wisdom lost but we need to help each other navigate the waters of this busy, complicated period in time," says Dr. Palmer. The [Holistic Moms Network](#) helps parents create supportive communities where they can share information, experiences, and wisdom. With more than 120 Chapters across North America, parents are sure to benefit from the resources that Dr. Palmer and Ms. Snow can offer.

### About the Holistic Moms Network

The [Holistic Moms Network](#) is a national, membership-based and managed, non-profit organization with more than 100 chapters across the US and Canada. The organization is headquartered in Caldwell, New Jersey and launched its first chapter in 2002 in Essex County, NJ. The purpose of the Holistic Moms Network is to provide awareness, education, and support for holistic parenting and to offer a nurturing, open-minded and respectful community for parents to share these ideals. Members' interests include: natural health and wellness, nutrition and organic whole foods, integrative/alternative medicine, natural childbirth and breastfeeding, positive parenting, and non-toxic, eco-friendly living. Members can participate in educational meetings, local playgroups, and social events in local chapters across the North America. For more information, please visit us at [www.holisticmoms.org](http://www.holisticmoms.org).