

Kathryn Bechen's design skills are nothing to sneeze at. Diagnosed with multiple chemical sensitivities (MCS) in 1988, she's spent the past 17 years learning how to create attractive — but non-toxic — home interiors.

"My homes have been my labs," she explains.

According to Bechen, a growing number of people today live in homes that literally make them sick because of widespread use of chemicals in everything from carpet to ceiling tile.

"I want to help educate people and share what has gotten me better." As an adjunct to her "cottage-style" decorating business, she consults with MCS sufferers and home-interior professionals on non-toxic paint, carpet, fabric, furniture and whatever else is needed to create beautiful homes.

"Just because it's non-toxic, doesn't mean it can't be pretty," she says. Learn more at www.kathrynbechendesigns.com.

