

Cool Stuff



check your self!!!

Pony's "Check Your Self" is a creative collaboration that brings together some of Keep A Breast's top artists to customize Pony Shoes, \$3 from the sale of each shoe from Pony's new line of vegan styles will be donated to KAB! This year's collection is designed by renowned artist and Keep A Breast supporter Laurie Shipley and will retail from \$45 to \$55. The low profile vegan styles are a perfect sneaker for style and symbolizes a youth based sensibility that epitomizes the personality of KAB. With the use of nature, Native American and old world sailor imagery Shipley incorporates KAB's messaging of taking a stand to make the world a better, healthier place for future generations. pony.com/keepabreast

THE SMELL OF CLEAN

If the label mentions causing dizziness and nausea or to "allow venting with fresh air" after usage, it's probably toxic. Try Method's whole line of non toxic products. We love Method Unscented Laundry Detergent—Perfect laundry detergent. No scent and

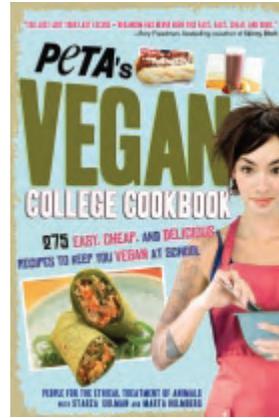


ultra-concentrated so you only use a little. CLEAN DOES NOT HAVE A SCENT. I know we have all been programmed to correlate lemon and pine with clean (It's Pine Fresh!), but clean doesn't smell like lemon or pine. That magic fresh car scent is actually chemicals. Clean smells like nothing. And here at KAB we like nothing! methodhome.com



NO SCARY HAIRY

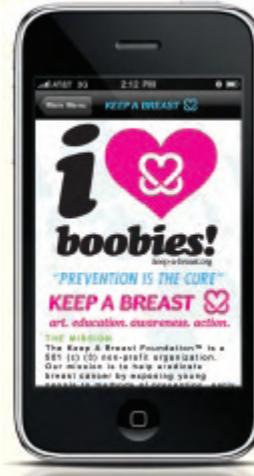
Founder of Pristine Beauty Blaire Kessler created her line of 100% natural, carcinogen free products after being diagnosed with Breast cancer in 2005. Suffering from major hair loss and scarring, Blair struggled to find natural chemical free products that could help her through this tough time. The solution: She created her own. Not only are Pristine Beauty's products filled with all natural goodness on the inside, the 1940's Hollywood inspired packaging is sure to make you feel a bit more glamorous during treatment. shoppristinebeauty.com



BEING HEALTHY HAS NEVER BEEN SO EASY

Peta's Vegan College Cookbook has 275 easy cheap and delicious recipes that anyone can make. Our faves are the Rachel – A Vegetarian Rubeen (if you live in Southern California try one at Hensley's Pub - owned by pro skateboarder and Flogging Molly member Matt Hensley) or the "The Pretty Much The Best Burrito" a Tatorito—a sweet potato and a burrito mixed together! peta2.com

FREE!



KAB iPHONE APP

Can't get enough of KAB? Get us on your phone! The KAB app teaches you how to Check Your Self and sets a automatic reminder to do your breast self exam at the same time every month, an important key to prevention. You can educate yourself on the facts with our Breast Cancer Glossary, become a member, and keep up with the KAB, our Ambassadors and our traveling education booth with our Blog! keep-a-breast.org



GUERRILLA GARDENING

Check out these amazing seedbombs from Greenaid made up of a mixture of clay, compost, and seeds. We recently picked up a few of these seed bombs to guerrilla garden along our tours to offset our carbon footprint by planting trees and plants in unexpected places across the country. Visit thecommonstudio.com to get your own bombs with native seeds specific to your area. thecommonstudio.com