

LISA & RON BERES

In 2002, Lisa Beres, a former interior designer, started feeling run down and tired all of the time suffering from chronic fatigue, sinus infections, hormone imbalances and lowered immunity after moving into a newly remodeled home. She was well aware of the abundance of toxic materials that exist in homes today from her experience as an interior designer, but was unaware these materials can off gas as dangerous chemicals into the air we breathe (ie: that “new home smell”). Lisa then began a journey in search of answers. After much research and a dozen doctor visits, she came to the conclusion that her house and products within the home were making her sick!

It was through her research that Lisa decided to become a BBEC/Building Biologist (Building Biology—a study derived from Germany which encompasses how buildings impact life and the living environment). With her B.A. from Arizona State University already under her belt, she then decided to incorporate her two passions in life—interior design and health. After making the necessary adjustments in their home, her health gradually improved to a 180 degree turnaround and she and her husband Ron decided to help other people in their endless efforts to attain optimal health. Together with Ron who earned his B.A. from George Mason University, they chose to seek “greener pastures.” In addition, Ron is also a BBEC/Building Biologist and he and Lisa are also Certified Green Building Professionals.

Husband/wife team, Lisa and Ron Beres, are the founders of **RonandLisa.com**, healthy home experts, authors and professional speakers with in the green movement. They have conducted national speaking tours for Lowe’s Companies, Inc. and Sanyo North



America and educated southern Californians at **Maria Shriver’s Women’s Conference** joining A-Listers including: Warren Buffet, Arnold Schwarzenegger, Jennifer Lopez, Bono, and others.

Green Nest’s founders, Lisa and Ron Beres, are recognized consultants in the green movement and have become media personalities championing the cause of all-natural products that nourish the body while reducing our carbon footprint. Through their Healthy Home Consultations, they helped Trista and Ryan (*ABC’s Bachelorette*) to create a healthy and green nursery for baby Max.

They have appeared on the **Rachael Ray Show**, **Fox and Friends**, **NBC’s Today Show** with Matt Lauer & Kathie Lee Gifford, **NBC’s Nightly News with Brian Williams**, **Chelsea Lately** on E!, **Discovery’s Greenovate** and **Living Well** with **Montel Williams**. Giving back to charities, the community and supporting green practices is part of their mission!

“[Ron and Lisa] address the important issues of making this world *greener* one step at a time.”

– *Maria Shriver, First Lady of California*



“I love Ron and Lisa for having a good enough sense of humor to appear on my show... They are the reason I started going green.”

– *Chelsea Handler, The Chelsea Lately Show*

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