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Green Your Body and The Planet

GREEN YOUR BODY AND THE PLANET



Tips to Living a Fully 'Green' Lifestyle

GOING GREEN

Nowadays, people everywhere are "going green", but what does that mean and how can it make a difference? By definition, going green simply means being aware of the immediate and residual impact our products and practices have on the planet. If we are causing harm at either of these two levels, whatever we are doing is not a green practice. We all want to make the planet a better place and the best place to start is by thinking "sustainable". Are the products and services that you're using being depleted or can they be sustained naturally? What's consumed should not have a negative impact on the body or the world in general. When that isn't possible, make choices that have the least negative impact; for example, buy local and organic food and chemical-free cleaning and [body products](#) whenever possible.

WHY SHOULD WE EAT ORGANIC FOODS?

Originally, all foods were organic! They were grown without pesticides, herbicides, chemical fertilizers, [hormones](#), or irradiation and were minimally processed. Compared to years ago, today's food is not only deficient in nutrients but is also full of pollutants and farming chemicals; this makes it difficult to foster equilibrium and health. Pesticides have been linked to some forms of cancer, liver, kidney and blood diseases and create extra work for the immune system. Studies have proven that organic produce has higher levels of minerals, nutrients, and antioxidants. According to the World Health Organization (WHO), long-term regular exposure to pesticides causes hundreds of thousands of new cases of disease every year.

What you can do: KEEP HARMFUL CHEMICALS OFF YOUR GREEN PLATE

- Choose organic whenever possible
- Peel the [skin](#) off fruit and vegetables whenever possible
- Consume fruits and vegetables that are not on the Dirty Dozen list (see below)

When on a budget prioritize organic purchases and know which type of produce has the highest pesticide residues—and which do not. Here is a list of the top 12 foods to eat organic:

THE DIRTY DOZEN: 12 Most Contaminated by Pesticide Residue

Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries



Cherries
Pears
Grapes (Imported)
Spinach
Lettuce
Potatoes



In addition, the fruits and vegetables on this list were the least likely to have pesticides and pesticide residue on the parts you eat, after regular washing, whether or not they're certified organic:

FOODS YOU DON'T HAVE TO BUY ORGANIC: 12 Least Contaminated by Pesticide Residue



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Onions
Avocado
Sweet Corn (Frozen)
Pineapples
Mango
Asparagus



Sweet Peas (Frozen)
Kiwi Fruit
Bananas
Cabbage
Broccoli
Papaya



[More about Organic Food](#)



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Maxi Dresses

are there cute ones for petite wome...

GREEN PLANET

In a lifetime, the average American will throw away 600 times his or her adult weight in garbage. This means that each adult will leave a legacy of 90,000 lbs. of trash for the next generation of children. Recycling all of your home's waste, such as newsprint, cardboard, glass, and metal can reduce carbon dioxide emissions by 850 pounds a year. Almost 1/3 of the waste generated in America is packaging.

WHY SHOULD WE RECYCLE?



Why use a valuable material or product once, and then place it in your trash to be buried in a landfill? Instead, divert that material for recycling, and capture the energy and resources already used to make that product. Since recycled materials have been refined and processed once, manufacturing the second time around is much cleaner and less energy-intensive than the first. By using recycled materials instead of [trees](#), metal ores, minerals, oil, and other raw materials harvested from the earth, recycling-based manufacturing conserves the world's scarce natural resources. This conservation reduces pressure to expand forests cutting and mining operations.

What You Can Do: REDUCE, RECYCLE, REUSE

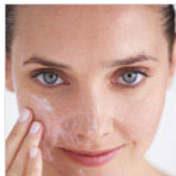
The benefits of recycling might not be immediately and directly seen, however...

- Recycling a four-foot stack of newspapers saves the equivalent of one 40-foot fir tree.
- Every glass bottle recycled saves enough energy to light a 100-watt light bulb for 4 hours.
- Making cans from recycled aluminum saves 95% of the energy required to produce cans from virgin material.
- Americans throw away enough aluminum to rebuild the entire commercial airline fleet every three months.



Purchase products that are made from recycled materials and LET companies know that as a consumer, this issue is important-make your voice be heard! Your business means money and money means business; businesses will listen.

GREEN BODY

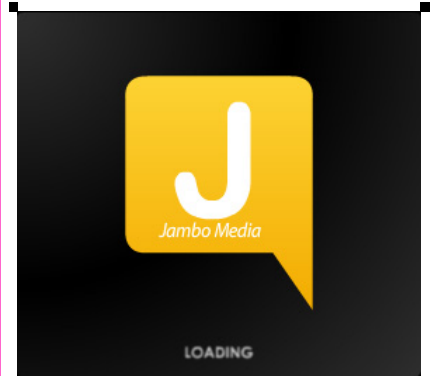


Our skin is our largest organ, so remember what goes on the skin, goes inside the body! With this in mind, be watchful of the ingredients list and what those ingredients are!

- A cosmetic manufacturer may use almost any raw material as a cosmetic ingredient and market the product without an approval by the FDA.
- Evidence shows that cumulative use of these products may be contributing to asthma, the onset of puberty in girls and the feminization of baby boys.
- The majority of personal care products will be washed down the drain.
- Waste-water treatment centers are unable to remove many of the chemicals shampoos, [lotions](#), soaps, deodorant and make-up, leaving the residue in our water supply.

What You Can Do: GIVE YOUR BODY A BREAK

- Cut back on the sheer number of products you use
- Pick one weekend a month to "go au naturel"
- Prioritize your regimen and buy green (clean) products that stay on your skin like deodorant, lotions and cosmetics
- Buy products with the fewest ingredients
- Beware the misuse of words like "organic", "natural" and "hypo-allergenic"
- Avoid antibacterials (triclosan), parabens, phthalates, and [fragrances](#)
- Send companies a message
- Choose products with less packaging; some cosmetics are simply sealed rather than packaged.



Green Body and Green Planet

From the food we eat to the products we use on our bodies, becoming mindful of our choices to live a sustainable lifestyle is within your grasp. Today, take a minute to read the ingredients label, recycle and consume less—your body and planet will thank you for it.

[Read More](#)

SEE RELATED GREEN INFO

Beth Aldrich is a Healthy Green Lifestyle Expert and Writer and mother of three active young sons. You can watch her former PBS TV series, For Her Information and listen to her radio show, A Balance Life, archives at www.ForHerInformation.com. Beth is a contributing author for the Chicken Soup for the Soul series book, Power Moms; she loves Bikram yoga, running, writing, cooking and playing with her 2 Tibetan Terriers, Bonsai and Karma.

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