



Simultaneously Protecting the Environment and Your Family's Health.

Now that the earth is depleting its resources, it's time for us to nurture our planet and give back.

Taking action to protect our environment adds satisfaction, meaning and happiness to your life. An opportunity for you to live a life where you're proud that your daily actions are ones that make a positive difference to your life and the environment you live in.

The quality of your life will improve, when you make green living choices, that protect the environment and the health of you and your family, all at the same time.

Look at these 8 simple *Live Love Environment Protection Choices* to see how easy it is for you to introduce them into your daily practices whilst at the same time making meaningful positive enhancements for the environment, you and your family.

A huge environmental Win – Win for all.

Choice #1: Leave Your Car at Home. Every time you drive your car you are omitting greenhouse gases into the environment. When you change your driving habits you immediately have a positive impact, for your family and the environment. Start to take short walking or biking trips either alone or with the family. Plan trips where you can take public transport. Be creative with the things and place you can go. You will receive so many more benefits like:

- **Becoming fitter.** You can burn up to 300 calories per hour walking at a normal pace.
- **Improve your relationships.** Spending time walking and talking, having deep and meaningful conversations will assist you to become closer. Maybe even
- **Interact with your surrounds.** Walking around your neighbourhood, checking out the houses and people is a great way to improve your social relationships.
- **Reconnecting with nature.** Taking your time to notice, see, hear, touch and breath in the air, is a great way to reset yourself and to de-stress.

Choice #2: Think Reusable When You Drink. Due to the chemical contaminants in bottled water and the landfills overflowing with both plastic bottles and disposable coffee cups, it's a great idea to purchase an environmentally-friendly reusable stainless-steel canteen-like bottle for carrying your water around. For hot beverages, use a thermos or specifically designed environment friendly reusable coffee cup.

Choice #3: Choose Locally Grown or Organic Foods. When you purchase locally grown produce from a farmers' market, you know that the food is likely to be freshly picked. You'll also have the chance to ask the farmer if the fruits and vegetables are organic, or if any pesticides or other chemicals that could pose a danger to the earth, or your health, were used on them.

Choice #4: Grow Your Own Food. This will take Choice #3 one step further by planting and maintaining an organic vegetable garden in your yard. This choice provides countless benefits:

- You can enjoy a variety of veggies that are far fresher and taste better than anything you'll find in the supermarket.
- You'll be sustaining yourself with food that didn't require fossil fuels for transportation.
- You'll have the peace of mind of knowing that pesticides weren't used on your vegetables.
- And you'll get months of exercise as you prepare the ground, plant the seeds, tend to your crops, and pick the food yourself.

Choice #5: Start Cleaning Your House with Products Your Grandparents Would Have Chosen. Harsh chemical cleaners have a harsh effect on the environment and your health. Here are 3 easy to make cleaning solutions:

1. White vinegar or natural castile soap can be mixed with salt and baking soda to cut through mould or soap scum.
2. Natural products like washing soda and borax can be used to clean floors and remove grease stains.
3. One-part vinegar and one-part water in a spray bottle makes a glass cleaner, shower cleaner, floor cleaner, and toilet cleaner.

Choice #6: Green Your Laundry. Doing the laundry has a bigger impact on the planet than you might think. So, there's huge potential to reduce your personal energy and water use, and therefore your environmental footprint, by simply greening your laundry habits. Here are some easy *Green Your Laundry Live Love Gems* to introduce:

- **Wear it more than once.** Not your Undies and Sox though everything else!!
- **Use Green laundry detergent.** Look for labels that indicate a product is readily biodegradable and phosphate-free and made from plant- and vegetable-based ingredients (instead of petroleum-based), which means they're healthier for the planet, from production to rinse cycle. These are often gentler on skin, too.
- **Make your own laundry powder.** This is the greenest way to go. You only require a handful of products that you can get from any supermarket Just google how to make your own laundry detergent or check this one out from Full Circle. https://healthyblenderrecipes.com/recipes/homemade_natural_eco_green_laundry_powder_detergent
- **Hang it out to dry.** Because dryers use so much energy, skipping it all together makes all the difference. And the best news is: Clothes last longer when you line dry because there's less wear and tear than when you use the dryer. Double environment advantage as you don't need to replace them so often!!!!

- **Use vinegar instead of a fabric softener.** Vinegar helps neutralize the pH found in most laundry soaps. It also washes the soap out of the fabrics, leaving just your clothes' fluffy goodness behind.

Choice #7: Dry Clean Your Clothes a Greener Way. Take time to investigate cleaners in your area that offer "wet cleaning" technologies that use water-based equipment to clean garments. That way some of the chemicals from the dry-cleaning process will not be worn next to your skin and or escape into your home's environment, which is bad for you and the earth.

Choice #8: Make Your World (& Ours) a Greener Place. Have some fun with the family by planting some trees in your own back yard. The long list of health- and environment-improving benefits of having trees around include:

- reducing your air-conditioning costs by providing shade;
- possibly raising the property value and resale appeal of your home;
- pulling carbon dioxide out of the environment and creating oxygen;
- improved water quality; and
- providing you with calming surroundings.

Reflective Exercise

Go through the *Live Love Environment Protection Choices* list with your loved ones and set a plan for how you can introduce them into your daily practices. Remember to add them into your scheduler otherwise they will not happen.

Once you have been utilising these Greener Tips for a while, start sharing the tips and the benefits with friends and family.

Remember: We all have a responsibility to protect the environment.