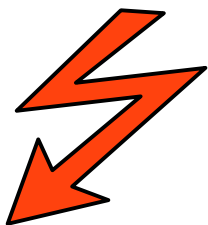


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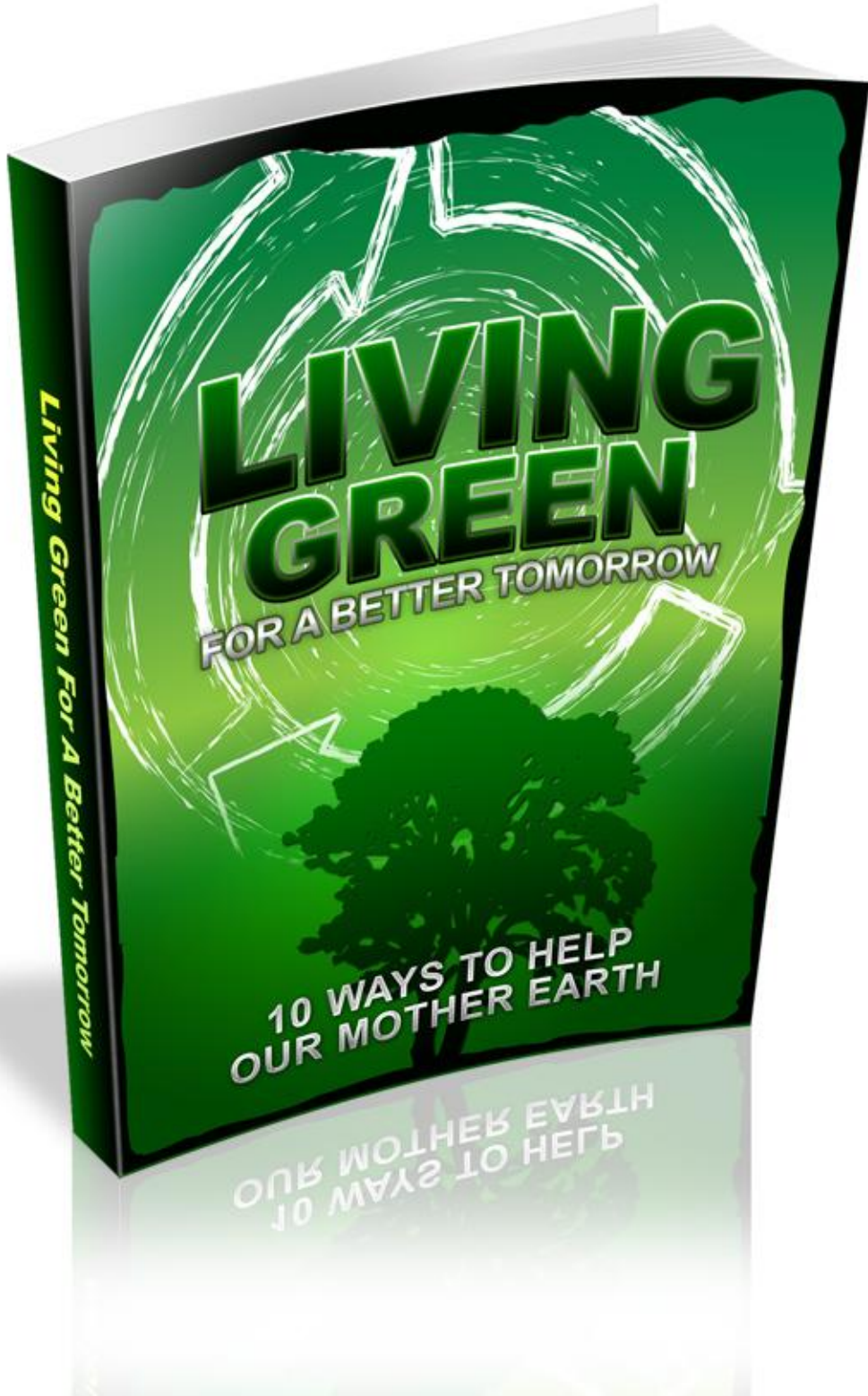
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Foreword

The Earth has a fixed amount of natural resources - some of which are already consumed. So as population development greatly strains our finite resources, there are fewer resources useable. If we mean to leave our youngsters and grandchildren with the same standard of life we have savored, we must preserve the foundation of that standard of life. We save for college educations, dental orthopedics, and weddings, but what about saving fresh air, water, fuel sources and soil for future generations?

Living Green For A Better Tomorrow

10 Ways To Help Our Mother Earth

Chapter 1:
Green Up Your Wash

Synopsis

Most of us are completely aware of the need to use environmentally friendly products.

Wash It Right

The environment is a big issue and there are numerous areas that are being targeted by the "green movement" one of which is laundry. So take a moment to think about what you pour into your washing machine and how much energy you use washing clothes as well as drying them.

Using cold water over hot water will save about 3 times the amount of energy used when washing. Some European detergents are formulated to use hot water when washing, so stick to detergent made in America which work fine with cold water.

Use soap that works well in cold water and start your wash by filling the washer with water before adding the soap and then finally the clothes. Using a small amount of baking soda can also cut back the amount of detergent needed for a wash. A large amount of cleaning is a result of the agitation of the water and not by the detergent.

Use a detergent that's environmentally friendly. There are many types of detergent but it is unclear which are natural and safe for the environment so you may have to do your own research. Don't be tricked by marketing-- check for yourself what is really in the detergent and what you're spending money on

If possible hang dry your clothes. Dryers use a large amount of electricity and money. Plus if you hang dry your clothes the fresh air and the sunlight naturally whitens them. Clothes will turn out cleaner since most stains are set in by the heat of the dryer.

Chapter 2:

Green Up Your Electricity

Synopsis

Most of us are aware that we need to go green to help save our planet. There are some benefits to going green as well. Are you aware that you can save money by being environmentally friendly? The following are some tips on how you can easily save some cash by going green at home.

Save The Power

One of the easiest steps you can take to go green at home is to change your light bulbs. Using compact fluorescent light bulbs will consume less electricity than a conventional light bulb. This will lower your electric bill meaning more cash in your pocket while you do your part in bettering the environment.

Get in the habit of taking shorter showers. Taking a shower for an hour will not get you any cleaner than taking just 15 minutes. This will use a great deal less hot water and consequently you will use less energy which will save you money on your water and energy bill.

Turn things off when you are not present in the room. There's no need to use power on something no one is around to use, do this and you will notice the amount of electricity you save and the amount of money you save.

Keep things unplugged that aren't being used. For example, chargers for phones, electric heaters, or even your T.V. Even when you're not using these electronics they still consume power when they are plugged in. Unplugging them will save power as well as some cash for yourself.

In the winter, use the oven as a heater when possible by keeping the door open after you have cooked a meal. Make sure to turn the oven off before doing this to ensure safety. Going green with your electricity is simple all it takes is a little effort.

Chapter 3:
Green Up Your Food

Synopsis

The health of our environment greatly depends upon the choices we make to reduce toxic emissions and limiting the use of dangerous chemicals. Did you know that what's best for the environment is usually what's best for us as well? Read the following tips to learn how you can eat green and benefit from it as well.

What You Eat

Whenever possible buy locally grown produce. This will not only provide you with healthier fruits and vegetables but they will be fresher and taste better as well. Eating locally grown produce reduces the need for truck shipping which in turn will save massive amounts of gasoline per year and contribute to climate change.

Cut back about a quarter of your total meat consumption. You don't have to give up your favorite meats, try cutting back the portion size or eat meat only at your evening dinner. 20-percent of the total greenhouse gasses in the atmosphere are thanks to the livestock industry. Enjoy eating your meat just try to cut back on it a little bit.

Avoid processed food when choosing foods. The best way to go is with whole foods. You can easily distinguish whole foods from others by comparing them to their natural state. Non-homogenized milk, unpolished grains and raw fruits and vegetables are examples of whole food.

When purchasing coffee buy shade-grown coffee when possible. Unknown to many their favorite morning drink may be responsible for destroying thousands of trees. New hybrid coffee bean plants grow on massive sunny plantations where thousands of acres of trees are taken from the land, killing the trees as well as the tropical birds that call them home. True heirloom coffee beans grow only in the shade. You can purchase shade-grown coffee online and do your part to save Mother Nature and those we share the world with.

Many types of fish are caught that will be eaten along with many more that will be wasted. Fishermen will dispose of accidentally caught fish

while trying to catch a certain type of fish. This waste of food and animal life is a disgrace but you can enjoy eating healthy fish and seafood by choosing varieties of fish that are not subject to large amounts of accidental catch. For example choose Pacific Albacore tuna but avoid fish such as Bluefin tuna.

Chapter 4:
Green Up Your Play Time

Synopsis

Most of us are aware that we need to go green to help save our planet. There are some benefits to going green as well. Are you aware that you can save money by being environmentally friendly? The following are some tips on how you can easily save some cash by going green at home.

Play

It is very important to educate our children about the planet's natural wonders and how beautiful it is. A great way to teach your children about this is to have our children spend some time doing "green" and eco-friendly activities.

Spending time at a beach can be a fantastic way to engage kids in the ocean's beauty and the numerous specialized eco-systems that can survive only in the marine niches of our environment and nowhere else. The beach is a perfect opportunity to spend some bonding time with your loved ones as well as enjoy the outdoors and you'll have to spend little money.

Taking nature trips can also be a great way to have some green fun with the kids. For example, gather together a bunch of friends and their children. Load everyone up and head out into the woods, forests, deserts or another natural biome in your area. Spend time collecting some of the natural growths or objects that you can find in this area. Try making this a game so it can be educational as well as fun.

Practice buying recycled goods when shopping; this will educate you as well as your children.

If not already doing so, start buying organic foods and teach the children to eat healthier and "green." Buy local grown produce as well. Not only will the produce taste fresher but growing locally also benefits the environment by reducing the amount of oil needed to transport the goods many miles away.

Show your children the natural beauty of animals by taking them exploring to watch wildlife. A day's trip to the local zoo (if your budget allows) will educate your children and they will have a blast.

Enjoy the simple things in life. Try taking yourself and the children for a walk through the local park or somewhere with galleries displaying environmental themes.

Chapter 5:

Recycle

Synopsis

More than half of the total population in America has access to curbside recycling bins which collect certain types of plastics, paper and also glass. The following are a few steps to show you just how easy it can be to go green and recycle.

Re-Use It

Find an area in your home that is big enough for three or four recycling bins and designate this area as your recycling area.

If your neighborhood has a curbside recycling program, it will most likely provide you with recycling bins. Even if your neighborhood does not participate you may still use plastic bins, trash cans, or cardboard boxes to collect your reusable trash.

Your recycling bins should be separated into six categories. These categories include plastic, mixed-color paper, newspaper, cardboard, aluminum and tin.

Give placing small recycling bins in different rooms of your home if the recycling area is far away. The recyclables can be separated and recycled with your larger at the end of each week.

Don't just throw your used grocery bags away! Collect them and drop them off at a grocery store near you for recycling.

Collect all of your paper. You may need to have your white office paper, mixed-color paper and newspaper separated depending on your community's recycling program.

Put all recyclable glass in the same bin. When doing this make sure to leave out ceramic, mixed-colored, broken glass, mirrors, windows, Pyrex, light bulbs and glass tableware for these are not recyclable.

There are two different types of plastic, type 1 (PETE) and type 2 (HDPE) plastic. Be sure to put each in separate bins.

Try using your yard trimmings as well as kitchen scraps to make compost (allowing plant materials to decompose) instead of just tossing them in the trash. Compost is very healthy for the soil in you garden or for houseplants.

If you need more information about recycling in your area call 1 (800)
CLEANUP

Chapter 6:

Green Up Your Yard

Synopsis

Being eco-friendly is very important these days and keeping an environmentally friendly yard is just as important. When it comes to gardening, if you need something done there is most likely an organic solution for it. Follow these simple steps and do your part to go green.

The Yard

When making a compost, make sure to include a mix of "brown" and "green" materials in your compost. "Brown" materials include materials such as leaves, wood chips and straw. Kitchen scraps and grass clippings however are "green" materials. You want to put about twenty-five times more of the "brown" materials than "green." For instance, mix 25 pounds of leaves, wood chips or straw to one pound of green materials.

You can keep the water in your yards soil as well by using mulch. You can either purchase mulch from a store or make your own from dry grass, crushed leaves, straw and wood chips.

Before and after using the mulch be sure to moisten the ground well to ensure you benefit from its water holding capabilities. Use it in spots where you would like to control weed growth.

Avoid fertilizers whenever possible. But if a fertilizer is needed use only organic fertilizers and use them only when you feel it's absolutely necessary. Apply to your yard just once before the start of the growing season. And if bugs are a problem with your plants why not try an herbal pesticide with garlic spray.

A great plant you can plant is the native flora. This plants maintenance calls for low amounts of waste and they become easier to take care of once they mature. As well these plants also create a natural home for native birds and other animals.

Try building a rain garden in your yard. A rain garden is a small garden planted at a level lower than the rest of your yard. During

heavy rain falls and snow melts, the water runs into the rain garden in the lower level of the yard instead of on the streets and in the gutters. This prevents the water from picking up pollutants that damage our waterways.

Chapter 7:

Beef Up Your House

Synopsis

Lately the planets health has been a big concern. As a result many suppliers of building materials are going "green," and making much of their products eco-friendly. As more of these materials become available to the market, prices are going down and the more of these products are being used. Use the following steps to learn about eco-friendly insulation and how to choose the right one for your home.

Get Your House In Order

Budgets are very important in any building project so you need to set a maximum budget. Many times choosing eco-friendly insulation for your home can put a variation in the budget. With a budget for the insulation fresh on the mind, shopping and comparing prices will be much simpler.

Make sure to hire an eco-friendly builder and ask the builder for recommendations on environmentally friendly insulation. Also ask if you can get any type of discount on supplies for going through their company. After this you may want to do some research of your own. Explore all available options before purchasing your eco-friendly insulation.

Think ahead about all the potential energy savings. Do some research on eco-friendly neighborhoods and do a comparison on energy consumption between these homes and those with standard fiberglass and you will see first hand.

Make sure to always evaluate installation costs and always remember these fees are going to be additional to those of the product itself. If your builder will not be installing the insulation himself, make certain to get the installation costs worked into the quote.

Keep in mind that eco-friendly options are usually more expensive. Remember, the more that we buy these products the more the prices will come down. To give incentive to buy these products some energy companies and state and federal governments offer rebates for going green. Also, be certain to check with your homeowners insurance to see about premium savings you can get for going green.

Chapter 8:

Green Up Appliances And Fixtures

Synopsis

Did you know that household appliances make up almost half of the average electric bill? Green household appliances work more efficiently with less energy so in the long run they are better for the environment and save you money as well.

Green It

Look for home appliances with the "Energy Star" label which signifies a green appliance. Also pay close attention to the "Energy Star" ratings as well as the "Energy Guide" tags.

Get rid of old worn out appliances. Did you know appliances made after 1993 can be up to 99 percent more energy efficient than similar models made in 1980. If your appliance is at least a decade old and showing signs of wear and tear it's probably a good idea to start looking into green or energy efficient models.

Remember, energy efficient appliances may be more expensive up front but in the long run they will likely pay for themselves with lower utility expenses.

Older water heaters may have leaks which let heat escape. To minimize this wrap the water heater with insulating blankets to trap in the escaping heat between uses. When the time comes for you to replace your old water heater, be sure to get one with a favorable Energy Factor (EF) rating.

Refrigerators and freezers can be some of the biggest energy consumers especially when out dated. Up to date models use only 1/4 the energy that models from the 1970s consume. Find a greener appliance that has the freezer on top or on the bottom rather than on the side. Also, manual defrosts use less energy than the more convenient automatic defrost option.

Use eco-friendly washing machines. Today's washing machines use less electricity as well 50 percent less water than previous washers.

If at all possible get rid of the clothes dryer completely. Use a clothes line or hangers in an open area. If a dryer is needed though try one with sensors that can tell when the clothes are dry so you can be as energy efficient as possible.

Chapter 9:

Green Up Your Car

Synopsis

Vehicles are a huge contributor to the pollution problem we have today. Changing driving habits and being cautious when buying a new car can greatly have a positive impact on our environment. With the way times are today many of us cant afford expensive gas saving cars, but what we can do is make wiser decisions with what we already have. The following are things to consider when purchasing a new car to be more environmentally friendly.

Check Your Auto

It's important to get the proper size vehicle for your needs when going green. For example, don't purchase the lifted SUV if the compact car will do just fine. A smaller, light weight car can use up to half the fuel of a larger vehicle like an SUV.

Avoid unnecessary options that may come with the vehicle. Did you know that both power steering and air conditioning send harmful chlorofluorocarbons vapors into the air even without use? Another example is if you live somewhere that it is usually cold there isn't a need for air conditioning in your vehicle. For those who live in a cold climate, why pay extra for an air conditioning unit. But for those in hotter climates where it may be understandably necessary for air conditioning you may try having a device that recycles CFC's installed in your car by a professional.

Light colored cars are a plus when going green as well as tinted windows because they will keep your car cooler in the hotter weather.

When choosing tires you may want to consider purchasing radial tires. They are cost effective and improve over all miles per gallon. The less fuel burned the better for the environment.

Chapter 10:
Stop Filling The Landfills

Synopsis

Landfills are becoming extremely full and are polluting our air every day. We need to begin recycling more so we cut back the amount of trash that fills the landfills. Recycling also has other benefits such as saving energy and can even prevent harmful chemicals from contaminating our soil and water.

Stop

There are almost 7 billion people on our planet, each producing waste. The amount of waste combined between us all is immense. The best way and really the only practical way to keep out landfills from continuing to grow is to recycle.

There are three simple things you can do to contribute to better tomorrow. Reduce the amount of things you waste. The next is to reuse anything possible. And last is recycle anything that can be recycled.

Most items that can be recycled have the recyclable symbol somewhere on them in plain sight. Different states and countries have different criteria for recycling, so make certain to visit your community's recycling resource page to find out what products are recyclable.

Make sure you rinse items out that you will be recycling; often items are rejected for being too dirty.

We need to work together to make the world better for our children and stop filling the landfills with things that could've been recycled. Not only does recycling reduce waste and save power it also provides jobs, reduces the release of harmful gasses, conserve natural resources and keeps our planet healthy.

Wrapping Up

We need to take care of the Earth we live on. You have just heard about "going green"-but just how difficult is it? It may seem like an intimidating task, but this book has given you some simple tips that anybody can do-that will make a positive impact on our world.