



# WELLNESS BY *Blair*

SUSTAINABLE LIVING

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## 7 WAYS TO LIVE MORE SUSTAINABLY

It's estimated that we use about 40% more natural resources every year than we can put back and with the UN DESA Report projecting a World population of 9.7 billion by 2050, it's obvious that something has to be done if the unborn generation would have something to live on.

What can be done? We have to live sustainably!

Sustainably Living or Green living is a lifestyle philosophy which encourages you to make choices that optimize the use of our natural resources and an overall decrease in your carbon footprint for a healthy community and environment.

Now, it's clear we won't just be doing the unborn generation a favor, but we will be improving our health and other's as well. We must begin to consider the long term impacts of our daily choices on the environment we live in if we're to sustain a quality life for the human race and maintain the diversity of life in our ecosystem. Else, we will run out of everything from food to even a safe air for breath.

Yes, it could be that bad!

There are several ways through which you can contribute to this humanity 'rescue mission' as an individual which could be as little as the daily choices you make at home.



# SHOP ETHICALLY

- + Buy only those things you need and buy quality products that will last longer
- + Go shopping with your bag and avoid using plastic bags
- + Ditch the disposable bottles and use your refillable bottles; plastic bottles are not biodegradable
- + Go for paper bags rather than products wrapped with plastics; it's safer for your health too
- + Buy fresh produce from local farmers; this reduces companies having to sell chemically preserved foods and also the carbon emissions associated with the transportation of those products over a long distance
- + Go to the coffee shop with your mug or reusable keep cups
- + Use a glass container for your take out





# LOW TOXIC LIVING

Every day, we are exposed to toxic synthetic chemicals from the food we consume, the water we drink and even the beauty products we use.

These chemicals are detrimental to our health many are known to be carcinogenic, causes infertility and skin diseases.

It does not stop there they are harmful to our natural environment as well.

These toxic chemicals find their way through our drainage systems, then leach into the soil and marine habitats killing soil organism required for soil fertility and also endangering aquatic life. Also, many of the beauty products we use always consist of palm oil which has contributed greatly to deforestation.

Here are some ways you can protect your health and that of the environment by living a 'low-tox' life:



## CLEANING PRODUCTS

Use toxic-free cleaning Products in your homes; you can make use of vinegar and Bicarb soda for your cleaning. Vinegar is a multi-purpose, sweet-smelling and powerful cleaner which is toxic free.

There are a lot of formulations to blend these duos vinegar and Bicarb to achieve your cleaning purposes ranging from cleaning your floor and dishwasher to unclogging your sink and many more. Bicarb soda is a good abrasive. Amazingly, these toxic-free cleaning products are cheap and readily available.



## BEAUTY PRODUCTS

Use natural beauty products; make your lotion from natural ingredients such as avocados, Shea butter, coconut oil, apple cider vinegar, and other essential oils.







# MAKE A GREEN GARDEN

Your garden can go a long way to help impact the environment positively and also help you stay healthy.

Some ways to go green with your garden include:

## GROW YOUR FOODS

Grow your foods; it could be a few pots of vegetables and fruits. This reduces the number of foods that have to travel across cities to get to your local area cutting down some carbon footprint that might have occurred in the process of transportation.

## MAKE A COMPOST BIN

Make a compost bin; you can make great organic compost manure for your vegetable garden from your food wastes it could be vegetables and fruit peelings, egg shells, or coffee grounds among several others. Put those wastes into good use rather than allow them to become an extra burden for landfill.

## PLANT MORE TREES AND SHRUBS

Plant more trees and shrubs: these are known to help us have a purer and safer atmosphere. Plants generally remove carbon dioxide from the atmosphere during its photosynthesis process and fix oxygen for a healthier atmosphere. Trees and shrubs could help reduce erosion while giving your home a beautiful scenery.

## GET A GREEN ROOF

Get a Green Roof: the free space on your rooftop can be maximized to benefit the environment. A green roof can help reduce run-off of surface water by trapping rainfall that could result in flooding. The green roof also keeps your house cool lowering your heating bill.



# SAVE WATER

The earth is 71% water. However, only 3% of this water is fresh water most of which is make use of in our homes. Hence, there is a need to maximize the use of these water resources.

Here are some tips to optimize water use:



Don't keep the tap running; close the knob of the tap when it isn't in use.

Don't leave the water running continuously while shaving or brushing  
turn the knob closed while brushing and turn open when rinsing.



Use efficient and low-flow shower heads to conserve water



Reuse the water; don't wash your vegetables and fruits under running water so that the waste water which isn't toxic, can be used for watering your garden plants



Efficient toilet system; use an ultra low-flow (ULF) toilet or use float booster such as a weighted bottle in the toilet tank to help you reduce water used per flush while maintaining effectiveness.



Fix leakages in your plumbing system as soon as possible

# RENEWABLE ENERGY SOURCES

Choose renewable energy sources to power your home – buy from power grids or create your own renewable energy. If you can't afford to go off-grid completely, there are several other options to choose from to minimize your carbon footprint as regards energy.

- + Install a solar Water heating system; it's affordable and eco-friendly
- + Make use of bio-gas cookers; bio-gas are produced from organic sources – usually wastes – which does not emit greenhouse gases.
- + Use solar energy for charging your mobile devices your tablets and phones
- + Use rechargeable batteries
- + Ask your energy suppliers for green options available





# TRANSPORTATION

With the recent growing concerns for climate change, there is needed for us to review the use of vehicles that use fossil fuels which emit enormous climate-disturbing carbon dioxide.

You can reduce your carbon footprint via eco-friendly transportation means such as:

- + Get a bicycle: use a bicycle when you need to visit a grocery store nearby and reduce your carbon footprint
- + Commute with public mass-transit more often
- + If you can afford it, use electric automobiles



# SUSTAINABLE LIFESTYLE

- + Cook your meals more often to reduce having to use disposable containers
- + Say No completely to disposables
- + Borrow books from the library, rather than buying yours
- + Go paperless read your news online
- + Donate your old stuffs to institutions and schools that need them
- + Live a zero waste life reduce, reuse and recycle whenever possible





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