



GOOD HEALTH MATTERS

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ECO - FRIENDLY LIVING

SMALL CHANGES YOU CAN MAKE TO LIVE A MORE ECO-FRIENDLY LIFE

Every little thing you do really makes a difference!



Save Energy

- Use Energy Efficient Lightbulbs.
- Switch off computers when not in use.
- Switch off lights, Fans, AC and electrical appliances when not required.
- Get energy-efficient appliances and electronics.



Save Water

- Reduce Water Consumption in the Kitchen.
- Don't let water run while washing dishes.
- Instead of using running water to wash vegetables, place a basin or large pot in your sink, fill it with water, dunk your vegetables in it and rub them till they are clean.
- Don't leave the tap running when you're brushing your teeth.
- Have shorter showers.
- Reuse the wastewater generated by RO purifiers for household chores, flushing toilets and more.
- Use washing machines when its full, never run half loads



Waste less Paper

- Print as Little as Necessary.
- Don't Waste Napkins.
- Use All of the Paper.
- Never Throw Away Newspapers.
- Wrap gifts in fabric and tie with ribbon; both are reusable and prettier than paper and sticky-tape.

"One of the first conditions of happiness is that the link between man and nature shall not be broken."

—Leo Tolstoy



Benefits Of Drinking Water Stored In A Clay Pot



- Clay pots are porous in nature which helps in cooling water. will also provide you with the healing attributes of the earth.
- Since clay is alkaline in nature it helps to maintain the Ph balance in our bodies.
- Drinking from an earthen pot can boost metabolism without dangerous chemicals like BPA.
- The water stored in an earthen pot is gentle on the throat.
- We all know how common sun strokes are in summer. Since it proves the body with necessary nutrients and vitamins to maintain the body glucose and prevents us from heat strokes.



Reduce plastic from your life

- Use Reusable Bags Whether you are shopping for food, clothes or books.
- Shop less plastic.
- Cut down use of plastic in your day to day life.



Avoid using Cars always

- Avoid Taking Cars where you can walk or bicycle.
- Do your grocery shopping online because it eliminates car trips and by using one delivery van, many customers are delivered.
- Take public transportation.
- Reduce Purchases: Buy less clothes ,In general, think before you buy any product - do you really need it?



Stop Food Wastage

- Do not waste food.
- Take smaller plates so you fill less.
- Make meals using leftovers.
- Create Compost from Left-over Food – This natural and practical habit creates healthy nutrients for your garden's plants. It also cuts down on excessive and unnecessary garbage disposal.



Protect All Wildlife

- This requires a collective effort and extends to protecting your forests and nearby open fields in which all forms of natural wildlife depend for their habitat and survival.



Save Trees

- Have more indoor plants.
- Plant some trees if possible.



Do not Litter

- It does not matter where you are or how small the item, simply do not do this.

Be informed and spread awareness to others.

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The proper use of science is not to conquer nature but to live in it."
—Barry Commoner



Wonders of Wellness