

HOW TO GO GREEN IN 48 HOURS OR LESS

YOUR DOWN & DIRTY GUIDE TO
LIVING A GREENER LIFESTYLE
THE QUICK & EASY WAY



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Introduction

People are becoming more and more aware of the rapidly deteriorating state of the earth. But most of us think 'going green' will disrupt our daily routine and make our lives that much harder. *This couldn't be farther from the truth.*

There are many things you can do immediately to help improve the environment without making any changes at all.

In this guide we will cover a few of the many, many ways in which you can incorporate green living into your daily life with only minor changes, and do it *right now.*

Make yourself comfortable and let's get started.

Chapter 1

Environmentally Friendly Household Products

Cleaning Products

We all like a clean home. It's much more enjoyable if your everyday living space is neat and clean. But the cleaners we've all been using for decades are greatly contributing to the pollution of our water supplies.

There are now products on the market that are safer for the environment... and for your health. There are now lines of plant-derived cleaners available which are inherently more benign than those made from petrochemicals.

You can either chuck all the chemical based cleaners you are now using and replace everything at once or gradually replace them as you empty each product. Of course chucking them all at once is the greener alternative, but your budget may not stretch far enough to dispose of every cleaner you use in your home all at once.

Although the supermarket in your neighborhood may not yet stock plant-based cleaners, your local co-op or natural foods store probably does. Here you'll find cleaners containing surfactants made from coconut or palm oil, solvents made from orange rinds and fabric softeners made from soybeans.

If you can't find these products in your local store, try doing an Internet search. I searched 'environmentally friendly products' and found a number of websites that offer natural, environmentally friendly cleaning products.

Did You Know: If every house in the U.S. replaced *just one bottle* of 32 oz. solvent-based glass and surface cleaner with an organically friendly product, we could prevent 11 million pounds of Volatile Organic Chemicals (VOC's) from being released into the environment.

Cleaning Tip: You can use a mix of baking soda and vinegars to clean out drains and make a paste with baking soda and water to use as a scrubbing agent that won't give off harsh fumes.

There's a section at the end of this report with natural cleaners you can make yourself, along with some handy tips.

Chapter 2 - Eco Friendly Exercise

You're probably thinking "Eco friendly exercise? How in the world is that possible?" Going green with your workout routine is actually pretty easy to do. Below are the simple ways to accomplish this:

Move Your Bad Self Outside...

Fitness centers and home gyms provide the ever popular electrically powered exercise machines for your workout and they require a lot of energy to operate. But by taking your workout outdoors the only energy required is yours. Walking, hiking, biking and jogging are all great cardiovascular activities. Along the way, stop to strength train by using your body weight for resistance with lunges, squats, push-ups, pull-ups, dips and step-ups.

Not only will you get a great workout, you'll also have all the benefits of breathing fresh air, the opportunity to connect with nature, your community and may even make some new friends along the way. You can go it alone, find a workout partner or even start a workout group with friends or people in your neighborhood.

Chapter 3 - Environmentally Friendly Pest Control

Many people worry about insect-proofing their home. Nobody likes bugs in their home and many of us use pretty harsh methods to keep them out.

The first step is to keep your house tidy. Most bugs come in to search for food, not because they want to hang out with us. Keeping your cupboards, counter tops and floors food-debris free will go a long way in encouraging them to stay outside where they belong. And if at all possible, store open food packages in airtight, reusable containers.

Chapter 4 - Recycling

Recycling is probably the most common environmentally friendly task shared by people around the globe.

Recycling is the processing of waste material in order to create new products. The basic aim is to reduce the consumption of new energy sources and is generally a form of waste management. Recycling is a part of the waste management hierarchy which dictates; *reduce, reuse and recycle*.

Recycling aids in conserving the resources that will be available for future generations. When the current generation utilizes resources more efficiently by re-using and converting them into newer products, they are saving the consumptions of natural resources which will be available for future generations.

Another outstanding advantage is it also largely prevents emission of greenhouse gases, like carbon dioxide, into the atmosphere. The industrial processes involved in the manufacturing of products often release toxic greenhouses gases which can be greatly reduced by recycling.

Chapter 5

Natural Cleaners Made With Stuff We Have 'Round the House

While surfing the Internet looking for better and easier ways to accomplish the dreaded 'spring cleaning' chore, I came across natural cleaning products you can use; like lemons, coffee grounds, baking soda, Borax and white vinegar for starters.

While they may not seem like they would be very effective cleaning products, they are. I tried some of the formulas and I was hooked. Now it seems I'm buying lemons by the truck load and my house smells great! It might seem 'hip' or 'cool' to say you use environmentally friendly cleaning products, but *they do work!* And are environmentally friendly to boot...

I've listed some of the tips, tricks and formulas you can use to keep your house sparkling clean without using toxic chemicals. I hope you enjoy them as much as I do.

Not only can making your own home cleaning products save you money, they can help save the environment. Grab a sponge and get out these few simple ingredients:

Baking Soda

Baking soda is possibly the most basic and useful home cleaning product for just about every surface in your home. Baking soda is mildly abrasive yet won't scratch most surfaces and its natural deodorizing properties make it a perfect choice in both the kitchen and bath.

Sprinkle baking soda on a damp sponge and use it to clean rings around the tub or soap scum in the sink.

The paste will also remove scuffs and marks on painted or wallpapered walls.

For stubborn stains in sinks or on countertops make a paste of baking soda and water and let it sit for 15 minutes before scrubbing.