



# Living Green

## Tips for Reducing Your Carbon Footprint

Brought to you by Promolife  
[www.promolife.com](http://www.promolife.com)

# Table of Contents

<b>Introduction</b>	<b>3</b>
<b>Recycling</b>	<b>4</b>
<b>Save Power</b>	<b>5</b>
<b>Cut Paper Use</b>	<b>7</b>
<b>Transportation</b>	<b>8</b>
<b>Organic Gardening &amp; Lawn Care</b>	<b>10</b>
<b>Additional Tips</b>	<b>12</b>
<b>Conclusion</b>	<b>14</b>
<b>Important Contacts</b>	<b>15</b>
<b>Special Deal For You</b>	<b>18</b>

# Chapter 1

## Introduction

With all the information out there in the news and on the internet most people are at least aware of pollution problems. The issue is more serious in some areas but the fact remains that we all contribute to it. The concern is that with more people on Earth now and more pollution we are harming our environment.

Since we breathe the air, what is in it should be a top concern for each of us. Often we don't think twice about it. There are enough individuals suffering from health concerns due to what they have been breathing for years that we should all give it some more thought.

With all of the pollutants out there right now, imagine what it will be like for future generations. We may not be here, but our children, grandchildren, nieces, nephews and all of their friends will. They inherit the world we give them.

Each of us has the power to make some positive changes. Some believe that living green is a waste of time because you are only one person. Yet if the educational information out there could encourage many individuals to do their part it would have quite a significant impact overall. Every revolution starts with one. And despite traditional thinking, one can do something.

The efforts of only one person over the course of their lifetime will significantly reduce the amount of pollution. Teaching children from a young age what they can do and why will allow that process to continue being implemented in our society as well.

We also have the responsibility to let the government and businesses know that we expect them to take action. Buy what you can from companies that have plenty of living green concepts incorporated for customers to take advantage of. At the same time you need to influence your government to create laws that limit the amount of pollution that can be emitted by a company as well as by individual vehicles on the roads.

If you are ready to start living green and do your part to reduce the carbon footprints you have placed on this Earth it is time to learn about the various ways you can do so. It is never too late to make some positive changes to your behavior so that you, and everyone around you, can live healthier.

## Chapter 2

### Recycling

Recycling is one of the easiest and most effective ways that you can help the environment. There are plenty of different projects at home you can separate from your trash for this purpose. It is convenient if you buy plastic trash barrels and label them for individual products.

You should have one for glass, plastic, and cardboard. If you drink sodas from cans then have a barrel for those as well. Find out where you can take each of these full barrels to be recycled when you need to. There should be centers for them locally around town. You might even be lucky enough to live in an area that takes care of this for you. Check with the city to see if they have personal recycling bins that you can use.

If your area doesn't have a program and no recycling centers, there may still be places with receptacles you can use. If you know of a business that thinks green in the slightest, ask the owner if he or she knows of a good way to recycle locally. Then contact your local government and let them know you want a local recycling program.

The concept of recycling can extend to your school and place of employment as well. Do your best to get this important issue recognized everywhere you can. In many instances people just need to be educated and then reminded about the benefits of recycling for our environment. A simple letter can often do the trick. Your information can motivate them to take part.

Don't overlook the importance of letting children know either. They are often very excited by recycling, especially if they are told that they are helping the planet. They can often help encourage their relatives and friends to take part in such efforts as well. Who wants to turn down an adorable five-year-old?

Buying products that have been recycled is a great way to show your support for these efforts. You will notice some greeting cards are made from recycled paper. Even supplies such as napkins used in fast food restaurants can be made from recycled paper. Most companies that make products from recycled goods are smart enough to say so on their packaging.

When shopping, you can make one very simple change that will have an impact. Instead of choosing paper or plastic, have some mesh bags (tote bags work well) to carry your groceries in. Not only will you keep plastic out of landfills and reduce the amount of trees cut down for grocery bag paper, your goods will be in a much more durable bag.

# Chapter 3

## Save as Much Power as Possible

We use electricity for many things in our lives. It's a necessity in the modern world. Electricity powers our lights, electronics, computers, clocks and appliances. We need to use it, but there are ways to get the same results without using quite so much.

**Lights.** Compact fluorescent light bulbs are good for reducing energy use. They are available in the equivalent of 60 watts, 100 watts and other variations. They use less energy than standard light bulbs and last a lot longer in general.

Of course, cutting down on the amount of energy you use in lightning is easy in another way – you don't always have to turn on the lights. During the day, if you have a room with plenty of natural sunlight, open up the curtains. If natural sunlight isn't quite enough, an energy efficient lamp will work until darkness comes and doesn't require turning on every light in the room. Turn off the lights when you leave a room and you'll save some energy right there.

If you can afford it, skylights are great for letting in natural light. Some larger retail chains are using them now. They're fancy, a conversation starter, they allow you to see the stars at night and they'll help cut down on the need for lights.

You'll save energy and cut down your utility bills. We all like that.

**Alternative Power.** There are many ways to generate electricity from alternative power. If you can afford them, solar panels are a fantastic idea. They will save you money over the long term, use less power from the grid, reduce your use of the fossil fuels that help drive the power industry, and cement your commitment. The panels will collect the energy you need to run your home.

If you run out of sunlight before enough energy is collected, your house will simply use the regular energy source as a backup with no interruption.

Wind energy is on the move. People are now investing in wind farms in our country's largest wind corridor in the central United States. You can request that your area get involved, and look into these farms and how far their power reaches.

**Outside Lights.** We're not about to tell you not to turn on an outside light when you leave the house. We don't want you falling down the stairs or anything. There are alternatives to using a light bulb outside though, and here they are:

You can put decorative solar lights along your driveway. Some are short and others are tall, lantern style lights. They run off solar power and don't need to be plugged in. They blend in well

with landscaping and can even enhance the look of a lawn. During the day they collect light from the sun and use that energy to power themselves.

If you don't have a lot of sun in your area you can use motion lights. You don't have to leave them on when you're gone, thus saving energy. They will turn themselves on when you pull into the driveway. They'll stay on for a short period of time to allow you to get into your house and will then turn themselves off. No more forgetting and burning out bulbs or wasting energy by leaving them on for hours at a time.

## Chapter 4

### Cut Back on the Use of Paper Products

Paper products are used all the time in our society and that means more trees are being cut down to keep up with the demand. The trees live off the carbon dioxide that is in the air we breathe. As their numbers are depleted, there will be more carbon dioxide remaining in the air, depleting the oxygen we need to be healthy.

There are many ways to cut back on the use of paper both at home and at work. If you get a ton of junk mail each week it can become a chore to weed through all of it. Try and send it to recycling when you can. Find out which of your accounts you can get an online statement for. This way you further reduce the amount of paper that comes your way. If necessary print what information you need instead of your entire statement and pay the bill online if you are comfortable doing that. You can set most bills up to be taken automatically from your checking account on a determined date as well and opt out of receiving paper statements.

Try to buy notebooks, greeting cards, and other products that you see have been made from recycled paper. You can even use napkins and paper towels that have been recycled. Using cloth in the kitchen instead of paper towels helps as well. Get a cheap dry erase board to take messages on instead of using a lot of scrap paper.

Encourage everyone at your office to cut back on the use of paper when they can. In fact, you should talk to your boss about implementing some effective ideas. For example there can be a pile for waste paper that everyone can use for various needs. The back sides can be used to take down phone messages and other correspondence that doesn't have to look professional.

With reports, make sure information is printed on both sides of the paper. It will still look very professional and it will cut the amount of paper used for the process in half. It is important to double check the information you plan to print as well first so you don't view it, see a mistake, and then have to print it again.

# Chapter 5

## Transportation

With more vehicles on the road today than ever before transportation is a huge factor in pollution. Even with emissions laws in place that limit how much pollution a car can give out, the cumulative amount of it is unbelievable. Taking the time to do your part to cut down on it will ensure everyone is healthier and breathing cleaner air.

You may be saying that you have to use your car to get around so you aren't going to read this section. It is agreed that being able to hop in your own car and go where you wish is important. However, it is also important that you understand there are still changes that can be made to reduce the amount of emissions that take place when you do.

Many of us are very attached to our vehicle as we see it to be a lifeline that keeps us going where we want to be. It is convenient to have your own vehicle and it offers you a way to get to work, take care of your errands, and do leisurely activities that you enjoy.

It is important to take proper care of your vehicle to reduce pollution. If you have a damaged exhaust system or other problem you need to get it resolved right away. You can get a complete diagnosis from your local mechanic. Some people are able to fix such problems on their own and that is fine too.

Even though you do need your vehicle, you may be able to use it less. Can you walk to the store or the park? Can you carpool for work or to get the kids to their various activities? This will reduce the number of vehicles on the road.

Place a message on the bulletin board in the work lunch room, at your child's dance class, and other such locations. This will inform other driver's that you are interested in carpooling. In order for it to work everyone involved must be committed to being ready on time and to driving on their specified days.

There are also modes of public transportation in many areas. You can commute by taking a bus, subway, or a train. This will save you the wear and tear on your vehicle as well. With the cost of gas these days it can prove to be more affordable overall. If you have a lengthy commute you can also use that time to get some work done or enjoy a good book.

There are some very good vehicles on the market that have been recognized as being environmentally friendly. Honda has the Civic. They also have a hybrid model which we will talk more about in a moment. The Toyota Prius is also available in a standard or hybrid model. This is

one of the top selling hybrid vehicles in the world. After losing mass amounts of market share, the American car companies are starting to make hybrids as well.

There are some compact cars that are very eco-friendly and at the same time you can save money on fuel. If you can be comfortable with your lifestyle in a compact vehicle then check out the Mini Cooper, Ford Focus, and Honda Fit. Knowing that the vehicle you are driving is very environmentally friendly should make you feel good each time you drive it.

The hybrid models have an alternate fuel source in addition to gas. They either operate with the use of electricity or solar power. This is the fuel source that is used first before any gas is accessed. When those sources are depleted (if they are) then the vehicle switches to gas.

As soon as you recharge the main energy source the use of gas is stopped and it goes back to the alternative. Even when you are relying upon gas for power it is going to burn in a way that is very good for the environment. Hopefully there will be better incentive programs in the future to help consumers purchase or lease these vehicles.

## Chapter 6

### Organic Gardening & Lawn Care

Taking care of our home inside and out is something most of us take plenty of pride in. We want to be able to make it the very best that it can be. The landscaping outside is what everyone who drives by and who stops to visit us will see. It is important to be able to come home and feel welcomed by what we see.

In order to get your garden and your grass to look its very best you need to have the right tools and the right ingredients. Too many people assume this means pesticides and other chemicals to kill weeds and keep pests out. You can have a lovely garden and lawn organically so you won't be harming the environment in the process.

Fertilizer for your grass has a great deal of chemicals in it. The two main chemicals found in fertilizers that are problematic are nitrates and phosphates. Since it takes several pounds of fertilizer to complete one yard you will be exposing your family and pets to unnecessary problems.

You may not realize it but the use of such fertilizers can trigger asthma, be linked to cancers, and even cause neurological problems for your pets and young children. These chemicals also get into the soil and then run downstream into water supplies.

Instead of using this, switch to natural compost. You can buy it or you can even make your own. The process of making your own isn't very difficult at all. You simply get a compost container and you place food scraps, the droppings from your pets, and even the leaves from your yard into the container.

This will become the compost you get the nutrients from for your lawn and your garden. You want to save your materials all year long to make enough compost. This is because the amount you end up with will be significantly compact compared to the volume of materials that you start out with. You can get a good composter at Promolife (<http://www.promolife.com>).

With healthy soil to place your grass seed on, it will be able to grow much healthier. It will have longer roots which ensure survival. At the same time you will need to offer it less water to stay green. This is going to help you cut back on your water bill as well.

With many areas being on water restriction in the summer months, you want to be able to get as much use out of your water as possible. By having the soil properly prepared you can still have a lovely green lawn even when you are by water restrictions.

To get the most out of the water you put on your grass you need to take care of it in the early morning hours. This will result in more of it getting into the soil and less being lost to the

process of evaporation. Many individuals believe that they can get the same results if they water at night. However, a big problem is that this leaves your grass very susceptible to various types of fungus growing.

To ensure your garden is able to benefit from the water you provide keep the ground level. You don't want it to all run off and therefore not offer the items in your garden the water they need to thrive. A good option to think about is to place mulch in a nice layer over the top of the soil. This will prevent the water from evaporating so your plants and flowers will get to retain more of it.

If you plan to spend a great deal of time enjoying the grass you have grown you want to do so organically. This way your family won't be at risk of anything. Look for types of grass that tend to grow well in your area. Not all of them are universal so selecting the wrong one can result in your being disappointed with the overall look of your lawn.

You also want a grass that is going to hold up well to people walking and playing on it. You don't want to have to keep everyone off of your lawn in order for it to continue looking nice. Your grass will be inviting, especially under the shade trees, and not being able to go out there isn't going to make your family happy.

Some individuals immediately reach for chemicals to kill off weeds that grow in their garden or their lawn. This isn't the right solution to turn to. First, find out what types of weeds you are growing. That will tell you what the problem may be in that area. Some weeds are actually good for your lawn and you will want to leave them. They can serve as a natural fertilizer for your yard. The rest of them you want to pull out by hand or use tools to remove them. Make sure you get them from the roots up so they can't regrow as easily.

It is often thought that you can just run them over with a mower and be done with them but avoid doing so. There are seeds in the weeds and when you do this they will spread all over the place. That will result in your lawn having more weeds than before and in various locations spread throughout

You may want to consider getting a different type of lawn mower if you can. Those that operate with the use of gas are placing pollutants into the air. If you have a very small lawn you may want to consider using a reel type, if you don't have a physical need for a large mower. There are some reel mowers available at Promolife (<http://www.promolife.com>).

Reel mowers are hand propelled and use sharp blades underneath to cut the grass. You can adjust the blades to accommodate how short you wish to cut the grass. They are very simple to use and don't make much noise.

That means you can be out there using this type of lawn mower any time of the day without bothering your neighbors. You will also get some exercise as you walk around the yard cutting it.

## Chapter 7

### Additional tips to help you Live Green

There are plenty of small areas where you can make some significant changes. The concepts here are very easy and anyone can implement them. You will be proud to offer such benefits to the environment without having to give up anything you really need.

**Bottled Water.** It is important to drink plenty of water each day. Yet you often see people carrying around plastic bottles of it. In many instances bottled water doesn't taste any better than tap water and isn't as clean as it is advertised to be. However, if your tap water is tainted you can still have bottled water without as much trash.

Instead of getting a new bottle each time you drink water get some reusable containers. You can fill them up drink them everywhere you go. There are several sizes, colors, and designs that you can choose from. This process will significantly reduce the amount of plastic that is in our environment. If you buy a water distiller you can distill your own water at home and save money and reduce your plastic use in the long run. There are several good distillers available at Promolife (<http://www.promolife.com>). If you prefer to buy bottled water at least recycle the bottles you use.

**Leftover Supplies.** When you complete projects in your home such as remodeling and painting you will likely have left over supplies. You aren't going to be able to do much with most of them. Paint is a substance that you don't want to dump in landfills due to the chemicals found in them. They can get underground and do a great deal of damage. A better alternative is to donate that left over paint and supplies to a person or charity that needs it.

There are many organizations that collect such items to help others. These can be church groups, community organizations, and specific programs, so find out what is available in your area. You can even search online to find out how to donate such items to a worthy cause.

Left over paint can be mixed with many others that people have donated. It can be used to paint houses, schools, fences and abandoned buildings. This is a great way to prevent those leftovers from being wasted and from harming the environment.

**Other Home Pollutants.** Make sure you properly dispose of pollutants that can be very dangerous for the Earth. It is common for people to change their oil at home to save money and to get the job done quickly. Never pour that oil on the ground as it will get into the soil. This is going to rob the ground of essential nutrients necessary in order for something to grow there.

When oil gets into the water it can result in aquatic life dying. This is very serious as it will upset the balance of the natural food chain. It can result in problems in that part of the water

decades after it has been dumped there. It is also possible for the oil to get into drinking water if you aren't careful.

We have all heard plenty warnings about skin cancer from being in the sun without proper sunscreen. What we often don't realize is what is in that sunscreen can be polluting both the water and the air around us.

You want to avoid using chemical sunscreens as they aren't good for the environment. They aren't going to offer you any more protection than those made from titanium oxide or zinc oxide. Read the labels on the sunscreen products you purchase and make sure you get a high enough SPF that is right for your skin.

There are plenty of aerosol cans of sunscreen out there and you want to avoid using them as well. These types of dispensers can be very harmful to the ozone layer. Instead choose one you can spray on your body with a spray bottle nozzle or that you can dispense like a lotion and spray on your body.

Sunscreen isn't the only type of aerosol that you should avoid. Look for products that clean your home and hairspray that isn't going to be harming the environment. There are alternative dispensing sources for them so you aren't limited to relying on anything in an aerosol form.

# Chapter 8

## Conclusion

Living Green is something we should all be concerned about. Making the world a better place for us and for future generations is very important. The damage we do today will have a significant impact on the rest of the world for decades to come. People of any age can get involved in making the world a better place for all of us.

In the past decade there has been more information and education on this subject offered than ever before. Various types of organizations including the government, Boy Scouts, Girl Scouts, the Environmental Protection Agency, and others have been attempting to share all they can about concerns for our environment as well as ways to help.

There are plenty of celebrities involved in living green projects as well. Actors, musicians, and other prestigious figures tend to have quite a following around the world. People listen to what they have to say and therefore such public service announcements have proven to be extremely effective.

As a result more manufacturers of products we use everyday are getting involved as well. They are offering more products that are safe for the environment and that offer you plenty of benefits. You can encourage other companies to follow their example by not buying them if they aren't safe for the environment.

If companies are losing sales they will find out why and make important changes to get those customers back. The demands of the consumer are extremely powerful and will be able to generate a positive response from our manufacturers. As a result everyone wins and we will have a safer environment to live in. If you continue to buy what they are offering now they won't have the encouragement they need to take healing the environment seriously.

You can make a difference. In the following sections we'll provide some additional ways you can help by getting involved with those who make the decisions that impact our lives.

# Important Contacts

## Contact your Senators:

[http://www.senate.gov/general/contact\\_information/senators\\_cfm.cfm](http://www.senate.gov/general/contact_information/senators_cfm.cfm)

## Contact your Representatives:

<https://forms.house.gov/wyr/welcome.shtml>

## Contact your Governor:

<http://www.usa.gov/Contact/Governors.shtml>

## Contact your State Legislators:

<http://www.ncsl.org/public/leglinks.cfm>

Alabama

<http://www.alabama.gov>

Alaska

<http://www.state.ak.us/>

Arizona

<http://az.gov>

Arkansas

<http://www.state.ar.us/>

California

<http://www.ca.gov/>

Colorado

<http://www.colorado.gov/>

Connecticut

<http://www.ct.gov/>

Delaware

<http://www.delaware.gov/>

Florida

<http://www.myflorida.com/>

Georgia

<http://www.georgia.gov>

Hawaii

<http://www.ehawaii.gov>

Idaho

<http://www.accessidaho.org/>

Illinois

<http://www.illinois.gov/>

Indiana

<http://www.in.gov/>

Iowa

<http://www.iowa.gov>

Kansas

<http://www.kansas.gov>

Kentucky

<http://kentucky.gov>

Louisiana

<http://www.louisiana.gov/>

Maine

<http://www.state.me.us/>

Maryland

<http://www.maryland.gov>

Massachusetts

<http://www.mass.gov>

Michigan

<http://www.michigan.gov/>

Minnesota

<http://www.state.mn.us>

Mississippi

<http://www.mississippi.gov/>

Missouri

<http://www.mo.gov/>

Montana

<http://mt.gov>

Nebraska

<http://www.nebraska.gov>

Nevada

<http://www.nv.gov/>

New Hampshire

<http://www.nh.gov/>

New Jersey

<http://www.state.nj.us/>

New Mexico

<http://www.newmexico.gov/>

New York

<http://www.state.ny.us/>

North Carolina

<http://www.ncgov.com/>

North Dakota

<http://www.nd.gov/>

Ohio

<http://ohio.gov>

Oklahoma

<http://www.ok.gov/>

Oregon

<http://www.oregon.gov/>

Pennsylvania

<http://www.pa.gov>

Rhode Island

<http://www.ri.gov>

South Carolina

<http://sc.gov/>

South Dakota

<http://www.state.sd.us/>

Tennessee

<http://www.tennesseeanytime.org/>

Texas

<http://www.texasonline.com>

Utah

<http://www.utah.gov/>

Vermont

<http://vermont.gov>

Virginia

<http://www.virginia.gov>

Washington

<http://access.wa.gov/>

Washington DC

<http://www.dc.gov/>

West Virginia

<http://www.wv.gov>

Wisconsin

<http://www.wisconsin.gov>

Wyoming

<http://wyoming.gov/>

For more information and more links on Living Green, visit <http://www.promolife.com>  
and visit our Learning Center.

### **Thanks for reading!**

As a thank you for reading this guide, take \$5 off any purchase of \$40 or more  
at [www.Promolife.com](http://www.Promolife.com). Just enter code GREENEB during checkout.

Feel free to pass this along to anyone you want, free of charge.