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Going Green: Changes in Your Internal and External Environments

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Going green is America's newest trend, and it's one of the healthiest ones we've ever seen—for the planet and your own body. When we "go green," we're helping the environment, but the effects of natural and organic foods, products, fuels, cleaning materials and more help our bodies and families stay healthy as well. Support your health 100 Year Lifestyle by going green all the way!

In the Refrigerator

In a recent study conducted by Tesco Center for Organic Agriculture at Newcastle University, organic fruit and vegetables were shown to have up to 40 percent more antioxidants than non-organically grown produce. Antioxidant-rich food can help prevent various cancers, heart disease, and other preventable diseases of aging. Also try to buy local produce and other products which stimulate local economies and reduce waste. Visit the farmer's market to find fresher, healthier choices for dinner or consider planting a vegetable garden in your back yard!

In the Car

Opting for a hybrid car or at least a fuel efficient vehicle is just the first part of going green on the road. Choose a car that meets your needs. For instance, do you really need a huge SUV if you don't have children to transport? Did you know that aggressive driving (speeding, rapid acceleration and braking) wastes gas? It can lower your gas mileage by 33 percent at

highway speeds and by 5 percent around town!

Consider taking the bus, bike riding or walking to work. You'll get more exercise and personally contribute to the reduction in pollutants in the air. Wasteful hours spent commuting every day and sitting all day without breaks at work can cause spinal and back problems. According to the EPA, if half of the American workers were given a choice of different means to commute to work, the reduction in pollution and traffic would equal taking 15 million cars off the road!

In the Home

Consider using non-toxic cleaning materials and hygiene products. Find recipes online to show you how vinegar can be used as a substitute for harmful cleaning products. Consider organic deodorants and shampoos. Turn down the thermostat and wear a sweater! Save water by investing in energy efficient appliances and light bulbs and low pressure showerheads and toilets. Recycle used newspapers, keep a compost pile and turn off lights when leaving a room.

One secret to the living the 100 Year Lifestyle is a vision for your later years. In the end, the inability to make positive changes can result in costly and painful health problems. Adopting a green lifestyle that includes a safer diet, less waste and smarter use of resources can add years to our planet and years to your life!

Insert your doctor or practice name here
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