

In the Spirit of Green Living

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Symbolism is powerful! When what people ingest, wear, put on their bodies, clean their homes with is chemical-laden, what is being mirrored to us of our culture as a whole? As people, as a culture, how authentic are we? Perhaps it is easier and easier to produce products that harm bodies and our planet when we are so removed from ourselves and from the earth.

I find that living a greener lifestyle supports me on my path of opening to the soul work I came here to do. When I create a space of spirit in one area, other areas are opened. As one speaker said, "How we do anything, is how we do everything." Living as green as possible aligns us positively with earth energy. When we use products that are friendly to people and to the planet, the energy is holistic, thereby supporting our inner evolution as holistic beings.

Four Ways to live Greener

IN SUPPORT OF EARTH AND OUR OWN INNER CONNECTION

1. Buy fair trade products.

Fair trade is a holistic approach to trade and development that seeks greater equity between the producer and the consumer. Fair trade is an alternate way of doing business, which means that reciprocal benefits are created between the consumer and the producers. Unlike free trade, in a fair trade model, prices paid to producers reflect the work done.

Fair trade businesses commit to:

- Paying a fair wage within the local context.
- Offering employees opportunities for advancement.
- Providing equal opportunities for all people, particularly the most disadvantaged.
- Engaging in environmentally sustainable practices.
- Being open to public accountability.
- Building long-term relationships.
- Providing healthy and safe working conditions within the local context.
- Providing financial and technical assistance to producers whenever possible.

Fair trade criteria is established by the Fair Trade Federation: www.fairtradefederation.org

2. Buy Organic

- It takes about 1/3 of a pound of chemicals (pesticides and fertilizers) to grow conventional cotton for just one T-shirt.
- Conventional cotton is one of the most heavily sprayed crops annually, using over 275 million pounds (in United States) of pesticides.
- Our earth's soil becomes stripped with constant chemical use, setting up an unending loop for the "need" for pesticides.
- Many EPA-approved pesticides were registered long before extensive research linked these chemicals to cancer and other diseases.
- Organic agriculture prevents chemicals from getting into the air, earth, and the waters that sustain us.
- When we buy organic, we avoid genetically modified organisms (GMO's). U.S. national organic standards do not allow genetic engineering in the production and processing of organic products.

Organic Trade Association. www.ota.com

3. Identify what goes on your skin. Buy pure body care products.

The cosmetic industry is virtually self-regulated. Tens of thousands of cosmetic products sold in the U.S. contain ingredients that are unsafe or unfit according to Environmental Working Group (EWG) a non-profit organization.

- The same factories making gas for cars make emollients for face cream.
- Without regulation, companies can choose to make products with known human carcinogens or developmental toxins.
- Almost all these chemicals can penetrate the skin, and some are ingested directly from lips or hands.
- Unlike trace contaminants in food or water, chemicals in cosmetics are base ingredients.
- Be a label reader! Check out ingredients to body care at

www.cosmeticsdatabase.com. Know the truth without getting caught up in advertising claims.

www.ewg.org: Environmental Working Group web site info about body care and cosmetic ingredients.

4. Buy sustainable fibers such as hemp

• Hemp is the fastest growing agricultural crop, is gentle on the land, and requires no chemicals in its cultivation. Hemp grows 10-12 feet during its short growing season of less than five months.

• Hemp can reduce our use of synthetic textile fibers. Synthetic textile fibers are not biodegradable, generate pollution in their production, and are made from non-renewable petroleum.

• The U.S. is the only industrialized nation in the world that does not permit the production of industrialized hemp.

• Hemp provides a wealth of uses, including textiles, energy production, paper, construction materials, food, cosmetics, bio-plastics and more.

Information from the Hemp Industries Association: www.thehia.org and www.votehemp.com.

For an informational video of the lifecycle of a consumer's stuff, see www.storyofstuff.com.

Camey Jenson is a CPA, also trained in aromatherapy and hypnotherapy. She has written articles for the Natural Choice Directory. Camey has recently opened an online store called GreenEarth Wear, which offers green clothing. You can find the site at www.greenearthwear.com.

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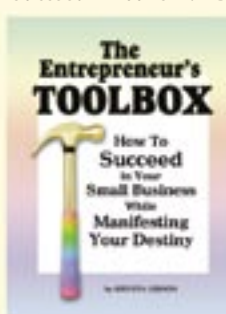
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