

Green Environment

- Changing habits
- Reduce Consumption!
- Smart Living Tips
- Actions to live by

Changing Habits

Green is starting to become main stay but we must continue to be vigilant.

One of the beautiful traits of people is their unique giftedness. The ability to be creative and find new ways to uncover, re-invent, re-engineer, rediscover and yes, create. Daily I read more and more ways to make this earth a healthier environment.

Making plastics from potatoes, corn, wheat. What will be next? Can you imagine a time when landfills no longer exist because we have ways to recycle all goods and products.

With American ingenuity I think it is possible. We are a great nation of talent. After all, we are God's creation. So when you say your prayers ask for His help. Help to allow you to think about your actions in protecting his creation. Help in helping others to respect His creation. Help in assisting others in changing their habits for all man kind.

What we ask in faith, in prayer, is delivered. Mark 11:24 and Matthew 21:22. and what a great example for our children.

So often after a day of research, talking with people, working on a new presentation, it is time to make the evening meal. As I prepare by washing vegetables or peeling fruit, I must consider what I can use instead. Instead of paper towels, why not cloth ones? Instead of paper napkins, why not cloth ones?

During the daily tasks of living think about those tiny habits of not using items because they are there, available.

Consider how a reduction in garbage for 300 million households could change the landscape for the future.

Consider each and every element of waste. How can we



contribute to one another and to others including those we love by being better stewards to this earth.

Our earth has served us well. Now we need to serve the earth.

Smart Living Tips

Ok so what so bad about plastic? Let's consider one aspect, hormone disruption.



so the chemicals used in making plastic and other items we buy is not having positive effects on Mother Nature.

Tips to live by: Plant trees around your home. Increase your healthy air!

Use vinegar when cleaning your home and office. It is a great degreaser and costs pennies plus is a harmless pollutant to water.

Opt out of catalog delivery to your mail box, go on line to look & order goods. Decrease the number of trees cut down for this consumption of paper.

Corn gluten is a good substitute for lawn pesticides.

When buying electronics ask about recycling programs. Deal only with manufacturing that recycles too.

In this issue:

Changing Habits	1
Smart Living	1
Did you know?	2



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We can make a difference, together.

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A great speaker is a Stone's Throw Away

Did You Know?

Plants help eliminate benzene, a common chemical used in manufacturing products.

The plants remove the chemical up to 90% within 24 hours.

If we spend 80-90% of our time indoors, the plants help us live cleaner lives with fewer diseases.

Plants in the work place also help reduce absenteeism.

Who knew by filling our homes and offices with plants could increase the quality of daily life.

Percentages from studies by Dr. Virginia Lohr, Washington State University and Dr. Roger Ulrich, Texas A&M University.



We have the whole world in our hands. We can make a difference, one earth friendly act at a time.

