

# Turn A White Winter Green This Season

(NAPSA)—Saving the world may seem like a daunting task. And when it comes to living green, especially during winter, people are often struck with the paralysis of analysis. But every little bit helps; even minor changes in the home and workplace can positively impact generations to come.

Dr. Alan Greene, practicing pediatrician, renowned authority on family health issues and a partner to Seventh Generation, offers a few simple steps to help you start fresh in 2009 and live a greener and healthier lifestyle.

- **Eat wisely.** Most pesticide exposures occur during the winter months, when more of our produce is imported. Choosing foods grown locally or within a 100-mile radius has the lowest overall impact on the environment.

- **Update air filters.** According to the EPA, the air inside the average home contains two to five times more pollution than outside air. This is especially an issue in the winter, when people spend more time inside and keep their homes more sealed. Changing or cleaning your heater filters can make a big difference and save on energy costs, too.

- **Use nontoxic cleaners.** Such as Seventh Generation's All-Purpose Cleaner. Winter may be the most important season in which to choose products that don't emit harmful fumes.

- **Open a window.** Help reduce indoor air pollution by opening a window when you get a sunny afternoon.

- **Consider houseplants.** They excel at removing airborne chemicals. Particularly effective varieties include Boston fern, areca palm, lady palm, bamboo palm, rubber plant, English ivy, ficus and peace lily.

- **Leave shoes at the door.** Encourage guests to remove their shoes when entering your house. A basket of slippers kept by the



door can ensure that everyone's feet stay cozy. Place large mats at entrances to remove particles and other pollutants from the shoes.

- **Select LEDs or compact fluorescent lightbulbs.** They last longer, reduce greenhouse emissions and save energy and money on your electric bill.

- **Consider packaging when you buy.** Buy in bulk when you can. Avoid items that are wrapped in excessive packaging, from gifts to daily items. Some companies now offer a more concentrated formula packaged in smaller containers to reduce excess materials, such as Seventh Generation's concentrated, nontoxic laundry detergents.

- **Recycle, recycle, recycle.** Look for products with packaging and materials that can be easily recycled. And select products made from recycled materials. Seventh Generation offers paper towels, toilet paper and napkins made from 100 percent recycled paper.

- **Green wash, literally.** According to Project Laundry List, approximately 35 billion loads of laundry are washed each year in the U.S. When possible, use cold water and only run a load when the machine is full.

"All of us must consider the impact of our everyday decisions on future generations," says Jeffrey Hollender, founder of Seventh Generation. "It is never too late to make a change to improve the world around us. Quite simply, no one can do everything, but everyone can do something."

For more information on healthy living and going green, visit [www.seventhgeneration.com](http://www.seventhgeneration.com) or [www.drgreene.com](http://www.drgreene.com).