**Earth Day Ideas**

Earth Day is 4/22/10. If you want some easy things that can make a big difference for the environment and your health, read on…….

**Air Pollution Tip:**

**Do you leave your car running while waiting for someone? Idling your car:**

* **Wastes your money –**Turn off your car if you will be idling for more than 10 seconds to save $.
* **Damages your car -** Idling causes incomplete combustion which can damage engine components.
* **Creates air pollution -** Nitrogen oxide, particulate matter, carbon monoxide and volatile organic compounds are the main health-harming pollutants in vehicle emissions. Diesel engines emit more than 40 hazardous air pollutants.
* **Contributes to global warming -** For every 10 minutes your engine is off, you'll prevent  one pound of carbon dioxide from being released (carbon dioxide is the primary contributor to global warming).
* **Causes health problems –** asthma, cancer, heart disease, and chronic bronchitis.

**Water Tips:**

* **Do not flush drugs** of any kind down the toilet. Water treatment is not designed to remove all the pharmaceuticals from water. Even without flushing unused or expired drugs, there are plenty of pharmaceuticals coming through urine. Check with your city to see if they have a special way to properly dispose of them. Throwing them in a landfill is not a good option either.
* **Sprinkler Smarts:** If you live in an area where you have a sprinkler system, save money and water by watering less frequently and deeper (to establish a better root system), make sure your sprinkler heads are pointed correctly (not watering concrete), don’t water in the heat of the day or when it is windy, and turn it off if it has rained.
* **Shorter showers:** Time your showers and try to keep them around 2-3 minutes.
* **Turn off water** while you brush your teeth or wash your face.
* **Don’t “wash”** your dishes before putting them in the dishwasher.
* **Don’t buy bottled water.** Save money, the environment and your health by filtering your own water and using reusable water bottles.Learn how to comparison shop water filtration systems at [www.livinghealthiernow.com](http://www.livinghealthiernow.com) under the Water Info tab.
* **Replace old toilets.** You can save thousands of gallons of water per year by installing a water saving toilet which use at least 50% less water.
* **Check toilets for leaks.** Get a toilet test kit and see if your toilet is leaking. Most repairs you can do yourself and you will save lots of money and water too!

**Earth Day Tips:**

* **Always recycle** – even when it is easier to just throw it in the trash. Keep a bag in your car to short the items you can bring home to your recycling bins.
* **Grow your own organic food.** You will save money and your health. If space is limited, container garden or use a hanging Topsy Turvy device.
* **Plant a tree.** Trees do so much for the environment and air quality by removing ozone, carbon dioxide and nitrogen dioxide. Many cities are planting trees to improve air quality. Trees also provide a home for animals, add humidity plus a properly placed tree can save you money on heating and cooling costs.