



MER Life Design

## **It Is EASY Being GREEN!** ***Simple Tips to Living in Harmony with Nature***

**By Marie Elena Rigo, Green Designer**

### **Eat**

- Eat organic
- Shop at the Farmer's Market, local Co-op and organic grocery stores
- Eat raw or use your stove to cook – ban the microwave, it produces strong EMFs (Electromagnetic Fields) and reduces the nutritional value and enzymes in your food
- Frequent whole food restaurants that use fresh organic produce and all-natural ingredients such as free-range meat and wild fish
- Compost to honor the earth

### **Sleep**

- Choose a natural wood bed frame
- Select 100% cotton sheets or all-natural fibers for bedding (hemp works too!)
- Purchase an organic mattress – if possible

### **Build**

- Use sustainable flooring (cork, bamboo or biodegradable non-toxic linoleum made from all natural ingredients) and reclaimed, sustainably harvested wood for furniture, beams, etc.
- Add solar panels and insulation
- Use eco-friendly plaster
- Add color with low- or no-VOC / non-toxic paint

### **Live**

- Surround yourself with healthy plants to clean the air and help you connect to nature
- Clean your home with natural products – hint, substitute lemon juice and baking soda for bleach!
- Clean your body with all-natural shampoos and soaps (minus the sodium laurel sulfate and other chemicals)
- Wear organic fabrics such as cotton and hemp
- Drink water from the tap and use a filter rather than buying individual bottles
- Drive an eco-friendly car such as a hybrid or better yet, walk or ride a bike!
- Conserve energy by shutting off lights, electronics and appliances and unplug cords when not in use

**Reduce, Reuse & Recycle!**

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