

Live Better, Live Greener

Did you know that going green can make you live longer? Odd as it may seem it is a true statement. What is healthy for the earth is healthy for you also. Using naturally grown unprocessed foods, less driving, and so many other things will improve your health and increase your lifespan.

However, there are some easy ways to live a greener life. Curbside recycling is in place in most cities, where you can simply place your recyclables out with your trash for pickup (in a separate container, of course). It's easy to separate your plastic, aluminum and other recyclable materials. The recycling pickup service takes care of the rest - all you have to do is to take it outside!

There are many things you can do to cut down on driving. Try to do everything in one trip if possible. You will save money, cut down on traffic, and reduce emissions into the environment. Driving is stressful and stress is not good for you so less driving means less stress. Ride with someone or use public transportation if you can. You can ride a bike or walk in some cases and it will also give you some healthy exercise.

Composting your food scraps can save you money in garbage waste and provide you with great soil next season for your own garden. It also keeps a lot of good stuff out of the landfills. Just keep adding your fruit and vegetable wastes, egg shells, coffee grounds, and grains to the compost pile. You can add your raked leaves and lawn clippings as well. Don't add meat or bones they will attract insects like flies and will take longer to compost. Water the compost down once in awhile to get the enzymes activated. Come spring, you'll have some nice compost soil to add to your own vegetable garden for more healthy eating.

Making your home more green will also make it more comfortable. Big windows will let in more light, so you can leave your electric lights off longer, fluorescent bulbs and energy efficient appliances will save energy and money too. Turn off the air when you are away, fix those hot water leaks, hang clothes on the line when weather permits. These seem like little things but they will make a big difference in your energy bill.

Small things like recycling cans, bottles and plastic packaging helps lower your garbage bills and helps reduce your carbon footprint. Use cloth bags when you shop instead of taking their paper or plastic bags. Some stores even knock off a few cents when you use your own bags. All of this will help reduce pollution, which is healthier for you because you'll be breathing cleaner air.

Once you get started, you'll be amazed at how easy it is to live greener. You'll be amazed at how much better you feel both physically and mentally. Plus, you'll feel better knowing you're doing your part to have a healthier planet to live on. So go ahead live greener and live longer. You'll be happy you gave it a try.

About the Author

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