

## Exist Better, Exist Cleverer

Did you know that green living can actually help you live longer? It might sound strange, but it's really true - many of the same things that help the earth will help you, too. If you drive less, eat fresh organically grown foods and do many other ecologically friendly things, you'll live a lot longer.

By eating healthy, organic foods you are not only helping your body by giving it fresh food, you are saving the earth from being contaminated by pesticides. Organic meats help by keeping the environment free of antibiotics and growth hormones. Plus you're avoiding all those nasty things from going inside of you! By eating fresh, organic foods, you are avoiding all the processed foods that do a better job of clogging your arteries than they do of providing nutrition.

Driving less allows you to save fuel and cut down on traffic. You'll feel less stressed when you aren't dealing with inconsiderate drivers and traffic jams. When you can, take public transit or carpool - you'll save money and the environment. Biking and walking are a great way to accomplish errands close to home, and they help you get your exercise. That means you'll look great, feel great, and be in good health!

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.

You can also get rid of your existing yard lights and replace them with solar powered lights. These do just as good a job of illuminating your outdoor spaces, but use no electrical power. You can find solar powered yard lights in a variety of pleasing designs and you can install them yourself without the assistance of an electrician. Solar powered holiday lights are also available, letting you save money on your electric bill while dressing up your home for the holidays.

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

Simon Skinner is the owner of green-base.com. Green-base.com is your base for all things green, providing news and views as well as news and services to assist you in your new eco-friendly lifestyle! Bookmark [www.green-base.com](http://www.green-base.com) for all of your [environmentally friendly news](#).

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