

ECO Friendly Clothing

So what exactly is ECO friendly clothing? Eco friendly clothing are clothes that can not harm our environment and are made of green materials. Since our clothing is made out of fabric, the fabric can be very harmful to our environment. Fabric can be harmful to us because of the chemicals that the farmers are using. The chemicals can harm wildlife, contaminate other products, and get into the food we eat. We may not know much about our clothes and how they can harm us. Its good to have knowledge about our clothes because it can help us in the future. But where does all of our clothes really go when we throw them away? The clothes we throw away are taking up a lot of landfill space and it is very hard to decompose. With all of our clothes taking up so much space its harming our environment. When we purchase ECO friendly clothing it is one step closer for us on having a better environment but its up to us to start the first step and make a difference.

Many people may not know that our clothes are harming our environment. The fabric that we wear everyday has chemicals that can really harm us. The clothes that we are wearing may contain antibacterial agents. Having Antibacterial agents means pertaining to a substance that kills bacteria or inhibits their growth or replication. It has increased significantly in clothing. (<http://hubpages.com/hub/Do-not-by-clothes-with-silver-ions>) They are usually used in a variety of clothing which include workout clothes and leisure clothes. They are also used in things we have in our homes like mattresses,

vacuum filters, cutting boards and sheets. Even the normal clothes we wear everyday may have antibacterial agents. Companies use anti-bacterial agents probably because they think that it is cleaning out the bacteria out of the clothing. People may not know what it is and how bad it is for you because the information on the product may be unclear to people.

One anti-bacterial agent that is used in clothes is called silver ions. Companies use silver ions as a treatment for anti-bacterial agents. When we wash our clothes the silver ions are rinsed out in lakes and rivers and harms the environment as a toxin. According to the Swedish Chemicals Agency, silver ions are very lethal for aquatic organisms and may cause long term damage. Also, from several studies it is said that silver ions can damage the genetic material, reproduction and embryo development. (<http://hubpages.com/hub/Do-not-by-clothes-with-silver-ions>) Since silver is persistent, once it is release to our environment it will stay there and continuing harming us. It is not easy for us to know if we have these bad chemicals and agents in our clothing. The products that we use that are containing the silver as an antibacterial substance is not always marked clearly so its really hard for us to even know that we even have them on our clothes. Another negative about having silver ions in our clothing is that it affects those bacteria that are supposed to protect us, the natural skin bacteria. We all always use products and clothes without thinking about the consequences, but when you learn about it and realize the dangers in it you start to think twice.

Its hard to wear clothes that are green because everything that is in fashion isn't

all green. One kind of fashion is Ethical Fashion. Ethical Fashion helps the earth and respects it. It is a good approach for clothing that is both socially and environmentally conscious and sustainable.

Ethical Fashion is about our people and our environment. Also, It can be fair trade standards and organic standards. Fair trade standards are about the people who are making our clothes and producing the raw materials for it. It is also about their pay, working conditions, breaks, holidays and breaks off, etc. Ethical Fashion clothes are still made in a sweat shop but the working conditions are a lot better than working in a regular sweatshop with horrible working conditions. Also, organic standards have to be in Ethical Fashion. Organic standards mean having to use organic materials and not use horrible pesticides that are bad in our clothing. fair trade organic cotton, in sweatshop-free conditions. The benefits from Ethical Fashion is that all the clothing made are fair trade organic cotton, in sweatshop-free conditions. It may seem like its hard to find Ethical Fashion, but it's really not. If you go online and type Ethical Fashion Clothing I'm pretty sure you will get some good results. Ethical Fashion is great and It is a lot better than the manufactures that are making the clothes we are currently wearing. (<http://makewealthhistory.org/2007/12/17/what-is-ethical-fashion/>)

Manufactures that are currently making our clothes use unsustainable fabrics like non-organic cotton and polyester. They use traditional practices like dying clothing which release chlorine, chromium and other pollutants into the environment. By doing this it is promoting health risk to farmers, assemblers and wearers. In order to have Ethical fashion you need to have fairly paid and fairly treated adult workers, and use

sustainable fabrics and materials such as organic cotton, hemp, bamboo, and reclaimed or recycled materials, low-impact fiber-reactive dyes or vegetable dyes, a healthy respect environment and / or product of the farmer, the assembler and the wearer of the dress. Since people are into fashion the good thing about the Ethical fashion Industry is that it is now producing huge variety of patterns, colors, cuts, fabrics and different sizes that are now available. We can each make a difference by buying Eco friendly clothes.

When your talking about Eco fashion it usually means making clothes that take into the account of the environment. Also, it focuses on the health conditions of the consumers and the people working in that specific fashion industry. Health conditions is very important for workers because in sweat shops people are forced to work hard for so little pay. By taking care of the workers you have to give them freedom and the ability to take a break and get equal amount of pay. These people working in such horrible conditions may have a big affect on the fabric that they use to make our clothes. Bacteria and germs can be spread onto them and may cause them to become sick. With better conditions and better materials we would have a better environment and clothes that are healthy for everyone. Their are many materials that can be found that can really improve everything for us.

There are so many materials that you would never think would be able to be made into clothing. The materials we use now cause too much harm to our environment so its up to us to find more sustainable materials that will help improve our health and the environment. For example, the cotton we use for clothes when growing it uses 22.5

percent of all the insecticides. Insecticides is a pesticide used against insects. They are used in agriculture, medicine, industry and the household. Insecticides all have the potential to significantly alter the ecosystems. Also, many are toxic to humans and others are concentrated in the food chain.

When we make shirts out of cotton it also takes up a lot of water use. In order to make one shirt it requires 257 gallons of water. (onnotextiles.com) When we want to make our clothes look better and more attractive we bleach and then dye them. The resulting fabric creates toxins that flow into our ecosystem. We have many materials that can be considered Eco friendly. When we use renewable resources it helps the environment because they are items that can be replenished in a relatively short amount of time. When considering using material that doesn't harm the environment consider using organic fabrics and non-toxic inks and dyes to color your clothes.

Also, you should consider the ecological footprint of the resource. Ecological footprint mean there were materials that came before that material that you have was and how much land it takes to bring one of the individuals to full growth and support. When purchasing material as a consumer you should think about Eco-friendliness of the particular product like how many chemicals it requires to grow/process it to make it ready for market . Also, think about wearing such harmful chemicals your clothing went through it doesn't sound very appealing knowing how they are made. By doing so, you will be able to realize the effects of our contaminated clothes to what its doing to the environment and make it better. I did it will be helpful to our environment as the

manufacturer and the consumers to find materials that will help us, materials such as hemp, wool, organic cotton, soy silk, bamboo, and recycled materials.

The first material I will be talking about is Hemp. Hemp is a soft, durable fibre that is cultivated from plants of the *Cannabis* genus. Hemp is very environmentally friendly because it requires few pesticides and no herbicides. Herbicides are a substance or preparation that are for killing plants and weeds. Hemp is the crop with the most potential for Eco-friendly textile. When you think of the ecological footprint of hemp it is considerably smaller than that of most other plants considered for their fibers. They grow a lot quicker and denser which makes it difficult for weeds to take hold of them, thus eliminating the need for herbicides and artificial fertilizers. It also thrives on the amount of water in the average rainfall and it is highly pest-resistant. Hemp has long fibers that are good and suitable for spinning with a minimum of processing and also they last for a very long time. Historically hemp was used to make naval ropes that were used in and around water because they did not rot. If we wore hemp in our clothing it sure will provide us a lot of benefits. (<http://en.wikipedia.org/wiki/Hemp>)

The next material is Wool is a great material that helps keep us warm and can be made into many clothes. It is taken from the hair of sheep and also a few other animals. Wool has qualities that qualities that distinguish it from hair or fur. **reword** Wool is crimped, it is elastic, and it grows in staples. When you use wool it makes it easier to spin the fleece by helping the individual fibers attach to each other, so that they would be able to stay together. The crimp in the wool makes the fabrics have a greater bulk

than other textiles, and retain air, which causes the product to retain heat. Wool is generally a creamy white color, but some breeds of sheep produce natural colors such as black, brown, silver, and random mixes. Since some sheep's breed different colors are a benefit for our environment because we don't have to use harmful chemicals to dye the wool we use. (<http://en.wikipedia.org/wiki/Wool>)

Organic cotton is usually understood as cotton because it is like cotton its just organic. your idea is good but reword It is much more environmentally-friendly because it uses no pesticides, herbicides, or insecticides when growing the organic cotton. great definition of organic cotton Currently there are many growers of this crop, and the number is steadily increasing. When manufacturers use this plant to make textiles they follow up the process by using natural dyes to help reduce the amount of chemicals that are dumped into our ecosystem by using dyes with chemicals in them. When producing organic cotton it is not a very fast process. In order for a crop to be considered organic the organic fields must go through a cleansing period of three years, without the use of any prohibited substances, before planting the first organic crop. cite?The fields must also be equipped with physical barriers and buzzers in order to prevent contact of organic crops with any chemical substance product of surface runoff from crops that are near by. When purchasing organic cotton it may be more of a cost when comparing it to regular cotton, but its a better for our environment and our health.

Soy silk is made from the by-products of the tofu-making process.Soy silk is a brand made out of soy milk and other dairy-substitute products. They include soy

yogurt and almond milk. The liquefied proteins are extruded into fibers which are then spun, and used like any other fiber that we use today.^{cite?} The soy silk has high protein content which makes it receptive to natural dyes, so you can create your own colors. By wearing soy silk it is just like wearing regular silk except its more environmental friendly and its made of sustainable products.

Bamboo is the worlds largest growing plant. Bamboo clothing is relatively new. It has just been developed in the last few years. Bamboo is a highly renewable grass and because of that it is resulted in its being classified as Eco-friendly. It also has natural antibacterial properties and also the fabric "breathes" and the resulting cloth is biodegradable. Bamboo clothing is very soft and smooth. It has a bit of sheen similar to silk or cashmere. Bamboo also has anti-static properties so when wearing bamboo it does not cling to the body and it drapes really well, complementing the shape. Bamboo is also known to improve soil quality. The bamboo extensive root system naturally replenish itself and is grown without using pesticides or chemical fertilizers. Bamboo is actually a grass and some varieties can grow up to 3 - 4 feet a day. Bamboo minimizes CO₂ and it generates up to 35% more oxygen compared to other trees. Also, bamboo can even improve soil quality in places where erosion and degradation of the natural minerals has occurred. It barely needs any water to grow, which means it can thrive in a variety of climates without depleting water supplies. (<http://en.wikipedia.org/wiki/Bamboo>)

Recycled materials are materials that were once used and used again or turned

into something else. If you have plastic bottles it can be melted down to make a fine yarn. Now many companies are making T-shirts and other clothing out of recycled materials. Also, now some accessories are being made from recycled candy wrappers, juice packs, aluminum pop tops, and even recycled rice sacks.

When you have a lot of things you don't need recycle it or make it into something else. Reduce, Reuse, Recycle. When you have clothes you don't like anymore, you can reuse it by cutting it up and sewing it into something else or donating it to people who are in need of clothes. Recycling is one of the biggest ways to help our environment and there are so many ways that can benefit you when you recycle or reuse something. Now you can understand how much our materials are harmful to us and when you use these sustainable materials how much of a difference they make. There also very unique and interesting when you think about it. Who knew that these simple material can really help and benefit us.

Many of the materials above are very helpful. At least someone, somewhere is helping our environment one step at a time. I interviewed Rosa Landa, whose owns Piccola Rosa Boutique. It's a boutique that is in the Marina on Union street, San Francisco. She has provided me with useful information from how she started her shop and what she thinks about going green. Her shop is also very famous for Alpaca Wool which is a great material for clothing.

Rosa Landa started her shop in December 2007. She wanted to introduce the

concept of Alpaca Wool. She says that her goal is to provide her customers with the best quality of truly original, chic, and feminine clothes and fashion accessories while committing to her customer's satisfaction. She is helping the environment by providing some clothing that are considered green. For example, she is proud to offer the very best quality and contemporary ultralight alpaca clothes and she has a collection of sweaters, scarves, stoles, and coats, created by combining the latest international fashion trends, and rich textile tradition. A very positive thing about her boutique is that most of her clothes are made out different materials such as cotton, bamboo, and alpaca. She also likes her clothes to be natural, breathable materials.

The biggest thing about her store is the Alpaca wool which she says is manufactured from Peru. I asked her what is the difference between Alpaca wool and regular wool. She said that Alpaca is fine, silk-like, soft, light weight and warm. Also, it is much finer than cashmere, smoother than silk, softer than cotton, stronger than mohair, warmer than goose down and synthetic fabrics, and it also breathes better than thermal knits. The fibers of the Alpaca wool are lanolin free, which makes them hypoallergenic. She is helping the environment by using Alpaca wool because she is making garments of the highest quality using alpaca fibers (natural fibers) and promoting their value throughout the world while encouraging the protection and rational use of these animals as well as the preservation of valuable ancestral knowledge from expert workers. Rosa has a good idea of what it means to be ECO friendly.

I asked Rosa what she thought ECO friendly clothing was. She said that it is

making good use of our natural material and no use of harmful chemicals. She also says there is the social responsibility which is up to us. She also thinks ECO friendly clothing is good for us because It helps our environment and the idea in the reduction of raw materials which in turn reduce carbon emissions during the manufacturing process. I had also asked that why would companies make clothes that are out of non sustainable materials. Her response was that companies may think that it is probably faster to make and cheaper, but they are not taking in the consideration of the environment, our society, and our future. She also says that it would be a good idea if everyone started to become more green. Also, everyone should become more respectful of our surroundings, our community, our environment, and make minimal or no harm on the environment. I think that Rosa is making a very great effort on how to help our environment and she has a very positive attitude for her customers and their satisfaction for clothing.

In the end, you probably have learned so much about our clothes. What is going in them and what comes out. Also, by changing the clothes you wear and how much it will be helping our environment and our health. Making everyone consider going green will take a lot of time, but for every little step a person takes will give us a bigger step to reach our goal for a good environment. We take things for granted and we never really think about how one thing can harm another. It would probably take a while for us to reach a green goal. Everyone in the world isn't going to just stop and say " I think I'm going to start being more green." Most likely, no one is really thinking twice about that. By making your own choice you are benefiting your environment and yourself one step

at a time. When you help the environment you will feel great. So think, and consider.
What are you going to do next?

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