SEARCH

Recipes Only

Type and hit enter...

RECENT POSTS

SEARCH

17 free and easy ways to

Want to choose the best

supplements for you? Here's how to get a little

Here's why—and how—

to celebrate your

5 unexpected ways

your health

September 5, 2019

being a woman affects

One Pot Poultry, Sweet

natural beauty September 7, 2019

be a self-care expert

September 9, 2019

September 9, 2019

clarity.

(BioCell Collagen

Beauty

from within

starts with BioCell Collager

BioCell Collagen® is Clinically shown to:

Reduce Skin Dryness'

· Promote Skin Collagen

UNIQUE SYNERGISTIC INGREDIENT

BioCell Collage

www.BioCellCollagen.com



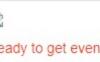
Green living

### 3 unique ways to go green for spring

By Jenny Ivy | March 26, 2018

f in ⊌ G+ @ 🖨

While you may have year-round goals for being an eco-conscious consumer (such as recycling or riding your bike whenever possible), spring is a good time to consider some new routes for being eco-friendly. From vacationing at an environmentally friendly destination to devoting time each week to get off the grid, renew your commitment to a green lifestyle with these considerations.



Ready to get even more #ecofriendly? Here are 3 unique ways to go #green for spring via @deliciousliving

### 1. Look into ecotourism

Ecotourism destinations are vacation spots that promote environmental responsibility. Specifically, these destinations are distinguished by emphasis on conservation, education, traveler responsibility and active community participation.

Not only do these destinations offer eco-friendly accommodations, there are often rules for travelers to follow to help preserve the beautiful natural wonders for years to come. For example, resorts may require eco-friendly sunscreens that are biodegradable and safe for coral reef exploring. What's more, many ecotourism destinations recycle tourism revenue into preserving and conserving natural environments.

Consider staying at an Earthship, which is a type of passive solar house made of both natural and upcycled materials, such as earth-packed tires.

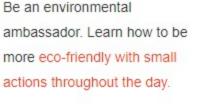
Search destinations around the world that are certified by The International Ecotourism Society, which promotes responsible travel to natural areas that conserve the environment and improve the well-being of local people.

### 2. Observe an eco-Sabbath

Set aside one hour every week to get completely off the grid. Not only will you be removing any personal environmental impact for that hour, but you can also use that time for meditation and relaxation. And who couldn't use more of that? During your eco-Sabbath:

- don't use any devices or machines
- don't buy anything
- don't switch on anything electric
- don't answer your phone
- don't use any resources

Be an environmental ambassador. Learn how to be more eco-friendly with small









CONNECT



## 3. Recycle textiles

When it's time to spring clean your closet, a general rule of thumb is to donate clothes you haven't worn within the last 12 months. To quickly see which clothes you're not wearing, turn all your hangers around. Every time you wear a piece of clothing, return it to the closet with the hanger turned the other way. Any clothes that remain on un-turned hangers after a year should be donated. Many communities offer drive-up donation bins or locations for textiles that are unusable, and nearly 100 percent of all used clothing and household textiles can be re-used or recycled, according to the SMART (Secondary Materials and Recycled Textiles) Association. Forty-five percent of these textiles are re-used as apparel; 30 percent are converted into industrial polishing or wiping cloths; and 20 percent are processed into fiber to be manufactured into new products.

Get More

Subscribe to Delicious Living's e-newsletter for weekly news and recipes

Check out our collection of free cookbooks and eGuides





JENNY IVY



**POPULAR POSTS** 

Natural ways to regulate your menstrual cycle

September 29, 2012

How can I treat chronic body odor? November 1, 2007



8 Paleo-friendly sweeteners February 27, 2017



6 natural alternatives to statins January 25, 2012

Time to ditch the 2:1 calcium-magnesium ratio

March 26, 2012

SIGN UP

# deliciousliving natural news

Sign up to receive exclusive Delicious Living weekly newsletters.

### RELATED POSTS



How the zero-waste movement is changing the way... October 23, 2015



Watchword: GMOs September 9, 2014

. 000



Watchword: Appropriate Technology

April 14, 2015

ABOUT DELICIOUS LIVING

# deliciousliving

For more than 30 years, delicious living has been a trusted voice online and in print for the natural health community. delicious living meets modern needs with contemporary natural health care methods and expert advice, covering everything from health trends to natural beauty to healthy cooking. It's powered by North America's largest natural health and wellness publisher: Alive Publishing Group.

Subscribe About Us

Sitemap

RSS Advertise

Contact Us

Job Listings Standards Privacy Policy

Digital Edition

Delicious Living Blog

