

## my top 10 things to help the environment

Here's a guide to True Green personal care from the latest book *True Green Life*

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	true green's top 10	done	my top 10	done
1	Many toiletries and cosmetics have not been tested and could cause health problems. Everything you put on your skin ends up in your body, so choose natural and organic over synthetic products.			
2	Avoid overusing antibacterial products – there are growing concerns that they encourage the development of resistant bacteria or superbugs.			
3	Unwanted and expired medicines are an environmental and health hazard when disposed of thoughtlessly. The Australian Government funds a return and safe disposal program through local pharmacies.			
4	Check your beauty products for phthalates - there's mounting scientific evidence that exposure to phthalates may have serious health implications.			
5	Soaps, shampoo, air-conditioning and over-heating alter our skin's natural oils. Join the no-shampoo revolution and make a difference to your hair, your wallet and the environment.			
6	Everyday household cleaners and air fresheners emit toxic contaminants at levels that pose health risks. The best alternative may be a spray bottle of water and a microfibre cloth.			
7	Fragranced chemicals are the number one cause of allergic reactions and volatile organic chemicals can contribute to poor indoor air quality. Adopt a fragrance-free policy and breathe easier.			
8	Detox your home with fresh air and natural light. Invest in air purifying houseplants and choose heating and cooling systems that circulate fresh air.			
9	When choosing your cosmetics and toiletries, find products that are not only organic but have minimal, recyclable or biodegradable packaging.			
10	A running tap used 16 litres of water per minute – when brushing your teeth just wet your brush and use a glass of water for rinsing. Ask your dentist for an effective natural toothpaste.			

remember, when you're achieved your top 10, revisit true green and select another 10