



Liza Twohill

Clean Living

There are many aspects to a clean lifestyle. All areas of our lives from **what we eat, where we live** and what **cleaning products** we use can make an impact on our bodies and the environment. Clean living aims to minimize the negative effects food, products and waste can have on our lives and the planet.

Clean living involves a diet consisting of **whole, real foods, vegetables and fruit, whole-grains, plant and animal -based protein, nuts, seeds, and oils**. What you eat should be as close to nature as possible — minimally processed, not packaged, or from a factory. Cooking from scratch at home and finding good ingredients.

When implementing a cleaner and safer lifestyle, we are minimising the effects on the environment and our own bodies.

Tips on living a less toxic lifestyle:

- If possible, buy locally from farmers at farmers markets, stalls etc. By doing this, we are reducing the carbon footprint that is attached to the food we eat.
- Invest in a good water filter to ensure drinking water is clean and safe
- Recycle - Avoid packaging that won't be acceptable in the recycling bin such as Styrofoam
- Reduce the use of chemicals in the home - not only will you have a safer home but also more money in your pocket. It's amazing what a lemon juice and Bi-carb soda can do!





Liza Twohill

- Reuse - Did you know that over 90% of the plastic and metal in mobile phones, computers and printers is able to be reused? You can upcycle with Mobile Muster or Clean Up Australia.
- Repair - Its always easier to replace what is broken, however it may be easy and cheaper to repair it. Repairing it, whether it's a pair of pants, an old chair or a tv will create less waste in the environment and also mean the money spent replacing it will be saved
- Replace plastic storage with glass, slowly but surely the chemicals from the plastic containers seep into the food they store. Glass is nontoxic. If you do use plastic, ensure it is BPA free.
- Use a natural deodorant, the chemicals in regular deodorant such as paraben's and aluminum are bad for your skin and your lungs.
- Start small. It is easy to get overwhelmed when trying to make new choices. Start with one area of your life at a time.

When implementing a cleaner and safer lifestyle, we are minimizing the effects on the environment and our own bodies.

More reading:

<https://www.lowtoxlife.com> - Low tox life is a great place for tips and resources on making healthy changes within the home.

<http://www.wwf.org.au/get-involved/change-the-way-you-live/reduce-reuse-recycle#gs.JEeDsDQ>

<http://www.abc.net.au/ourfocus/waronwaste/>

<https://www.abcyourspace.net.au/s/Start/f8eec2ad-d165-41c2>