



Earth Love Month

Day 18: Green your preen

The small things we do daily usually have the greatest cumulative impact on our lives and the environment. If we want to make a real positive impact, we must start with daily habits and make baby steps toward change.

Here are a few tips on how you can make a difference:

- Don't run the water while you are on the toilet. Feeling shy? How about running a sound app like Fake Shower instead?
- Turn water off while brushing your teeth (this wastes as much as 200 gallons per person per month).
- Chuck the anti-bacterial soaps: they are no more effective in getting rid of bacteria than soap and water, but can have harmful effect on the endocrine system (especially in children) and dire [impact on the environment](#).
- Never flush your old medications (prescription and OTC) down the drain. Instead, recycle them (prescription) or throw in the trash (OTC).
- Replace cosmetics that contain any of these [dirty dozen ingredients](#).