

GREENEST

DAY 26

ECO HERO

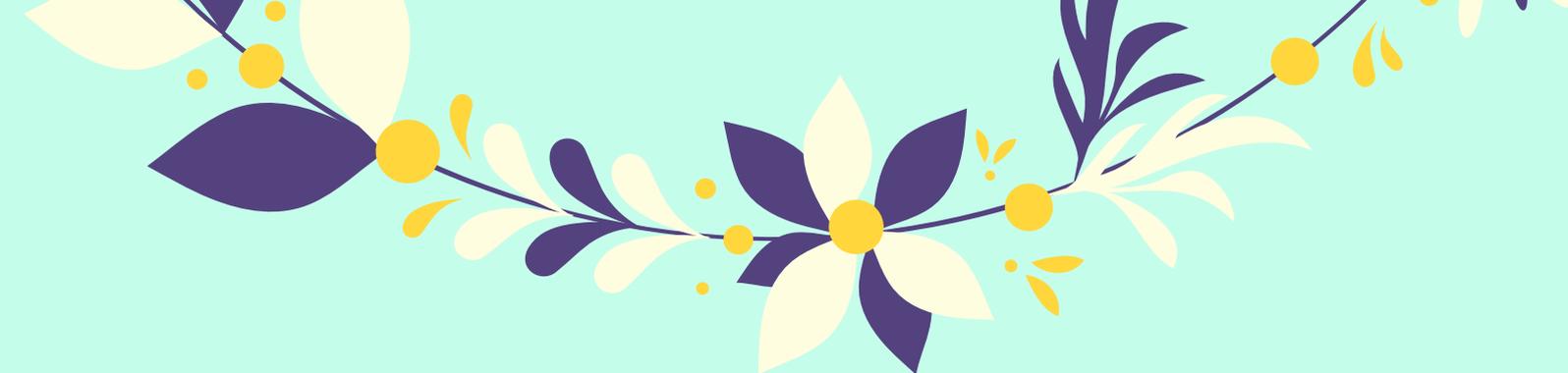
THE PLANETEERS

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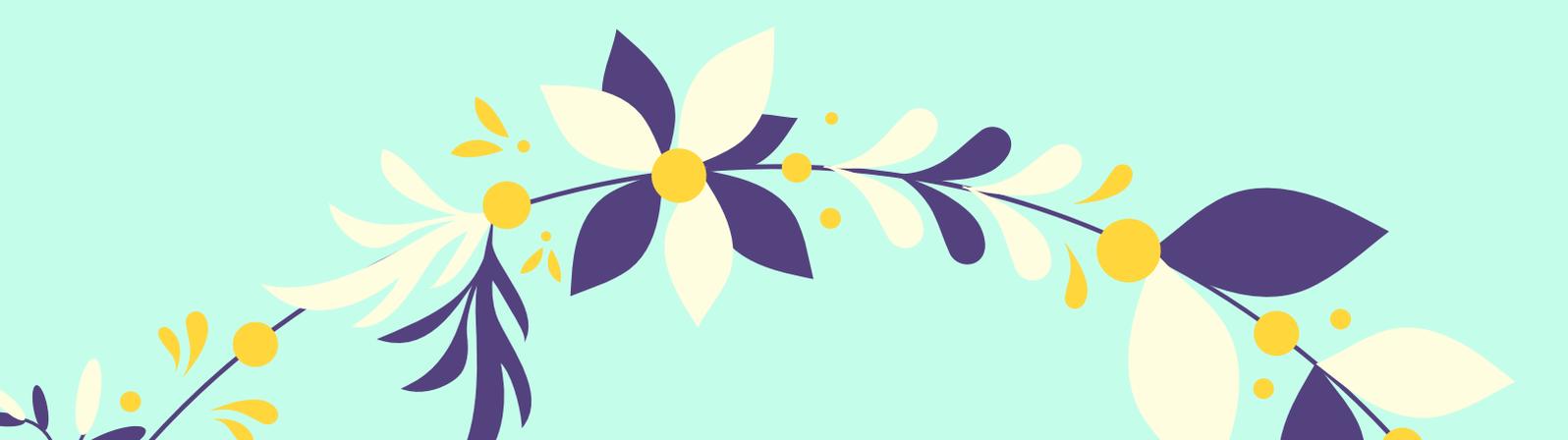
Reflection

For the month of October, I have committed myself to do a daily challenge called Project Green Challenge. What seemed like a simple challenge turned into something that would change my life. Over these past 26 days, I have gained insight on things that I had never known about, from the many uses of hemp to the soil under our feet. I

have learned to eat sustainably while living in an eco home. I have learned to take care of my body with eco-friendly products and found out about the impact of our fast fashion industry. However, the issue that resonated with me the most was the issue of harmful chemicals. This

topic was present in many of the days, such as Home, Biodiversity, Soil, Fashion, Body, Organic, and more! As I learned more and more about it, I could not believe how many aspects of my life harmful chemicals are part of. In

addition, I was shocked at what the US government allows manufacturers to put in their products, and giving them permission to essentially con the consumers.

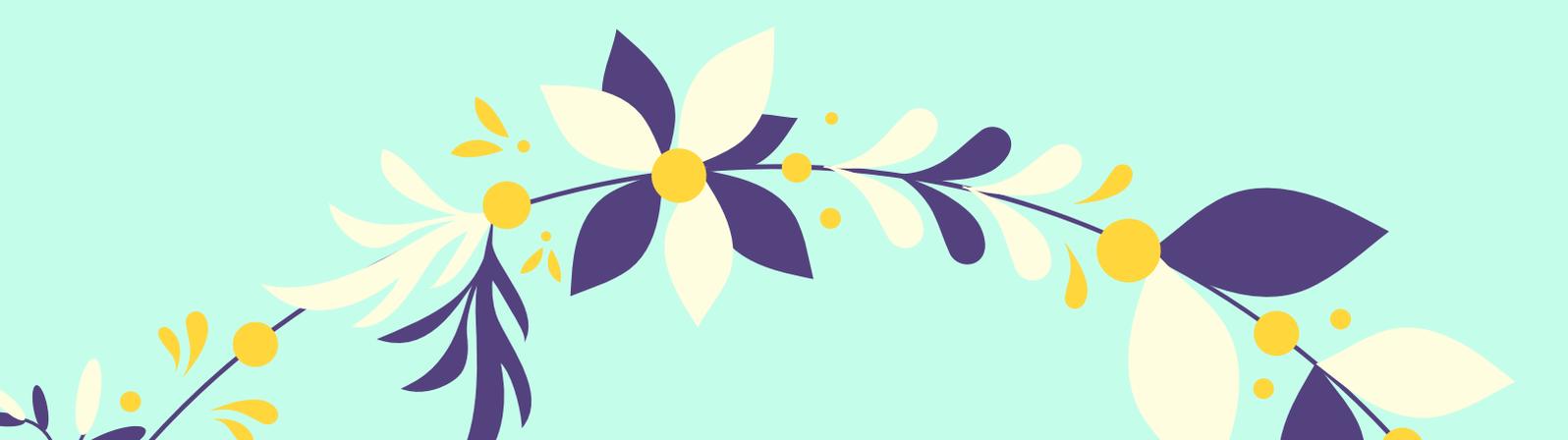




Change

Starting from checking the ingredients in the products I buy, I can stay away from harmful chemicals. Not only can I just look at the ingredients, but I can also go in a more organic, non-GMO, and plant-based direction for my diet and lifestyle. Many of these styles of life avoid toxins that are present in conventional items.

I don't have to change just my own lifestyle. I can also urge others to also make this change in their life. Furthermore, by talking to my government representatives, I can make a change on a larger scale! I know I have a voice and that I can make a change, so why not make use of that and make the world a better place!



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theplaneteers_ Maya Angelou once said, "I think a hero is any person really intent on making this a better place for all people." This is a quote that really resonated within me. Each and everyone one of us can be a hero, as long as we all work together to our common goal of saving the planet. The UN just announced that we only have 12 years to reverse our disastrous effect on our home, Earth. You can start helping by trying to have zero waste; make your diet more (or entirely) plant-based, organic, and non-GMO; look for products that don't support the use of harmful chemicals; etc. There are so many things you can do to be an eco-hero but we are doing enough. Spread the word to your friends and family, and hopefully one day in the near future, we would all be ECO-HEROES!

#pgc2018 #ecohero @turninggreenorg @natracare @5gyres @envirhealthnews



26 SECONDS AGO

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