



GUIDE TO

ETHICAL LIVING



Avocado Mattress

Unlike conventional mattresses which contain harmful chemicals and Volatile Organic Compounds, safe mattresses using **organic materials** and **latex** are free of these **toxic substances**. Since we spend **25 years** of our lives in our bedrooms, we might as well make sure we are sleeping on something good for our health and wellness!



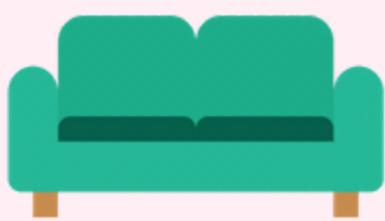
Earthsake Pillow

Commercially produced cotton, plastic, and polyesters emit **toxic gasses** that you inhale throughout the night. Earthsake uses **wool**, **organic cotton**, **latex** to ensure a healthy and comfortable sleep.



Coyuchi Blanket

Coyuchi **upcycles**, **recycles**, and **renews** used linens. By promoting a **circular** solution rather than a cradle-to-grave system, Coyuchi makes its textiles more sustainable.



Second Hand Furniture

Instead of purchasing a brand new furniture, try practicing the **3 R's** (reduce, reuse, and recycle)! **Reduce** the amount of new furniture you purchase by **reusing** what is available (ex. buying a second hand chair from a garage sale)



Sustainable Apparel

Sustainable clothing is one of the ways to help the environment. For example, Patagonia makes organic clothing that are **environmentally and socially better** due to their fair trade programs and their water-saving techniques.

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Dr. Bronner's Biodegradable Cleaner

This product is free from synthetic dyes, fragrances with unknown ingredients, and unnatural ingredients. In addition to being a safe product, this cleaner is **100% cruelty-free** and **biodegrades** quickly.



Sustainable Technology

Instead of practicing **perceived obsolescence**, which is the tendency to purchase new products because of a new style or trend, ask yourself if you really need that new phone. Aside from lithium-ion batteries, there are several other metals used in the production of new phones that have **significant environmental impacts**.



Klean Kanteen Water Bottle

A reusable water bottle eliminates the need for single-use plastic water bottles. Plastic takes thousands of years to biodegrade and is harmful to the marine environment.



Dr. Bronner's Lotion

When it comes to personal care products, it is important to pay attention to the safety of the ingredients. Dr. Bronner's uses **organic, fair trade,** and **vegan** ingredients to ensure a **safe and clean** experience!



Seventh Generation Trash Bag

Plastic trash bag is something I use every day, which is why I would choose a more **sustainable** version. Seventh Generation's trash bags uses 65% post-consumer **recycled plastic**.