
Heal Thy Home For a Healthy Home - A New Year's Resolution

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Every year, along with millions of people from around the world, we wrap up the hectic winter holidays with sales receipts, cold medicine and photo sharing. A majority of people also resolve to begin the new year with self improvement. This week we transition from 2008 to 2009 and I am on a mission to clean and reorganize my post-holiday home with a symbolic fresh start to the promising new year. I pause, however, to resolve that I will take greater strides in making positive and lasting changes with the way in which I manage my bustling everyday life.

I have known (on some level) about being 'green' as a grade school kid in the 1970's, but the mass number of people at the time were moving towards convenience and production. So, the world became overrun with plastic solutions for nearly everything, along with unconscionable waste. As a teenager and young adult in the 1980's, I slowly began to delve deeper into my 'eco-conscience' and became aware of modern man's glutinous and perhaps irrevocable toxic ways. Everyday decisions with regards to packaging, garbage, energy, are opportunities for the actions that add up to green, healthy living. One of the improvements I am planning includes a 'healthy home'. That is, I am gaining an even stronger eco-conscience with every cellophane and styrofoam package I reluctantly use, every unwrapped present, every plastic bag and bottle (which I reuse, but eventually discard) and every pile of cardboard and aluminum I devotedly recycle. It is time to pay the price for that fast-paced lifestyle by tipping the lifestyle scale back to a more natural approach to things. It is time to heal.

Change in routine and consumption are an imminent and necessary reality. Our habits, oblivious waste and acceptance of toxins used in the products we use everyday are now recognized as an ecological threat to humanity and existence on Earth as we know it. There are non-toxic, sustainable solutions that we can easily adapt to with respect to 'convenient and productive' while becoming prosperous. Global changes happen when mass numbers of people are enabled to move in a similar (and positive) direction. It starts with responsible people who take it upon themselves to tap into their 'green conscience'.

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