

The background of the entire image is a rustic, dark brown wooden surface with visible grain and knots. Scattered across this surface are several white carnations in various stages of bloom. Some are fully open, showing delicate white petals, while others are still green buds or partially open. The flowers are positioned around the central text, with some at the top, some at the bottom, and some on the sides, creating a decorative border effect.

Lunette Presents

TOP 8 HACKS TO NATURAL LIVING THAT EVERY GIRL SHOULD KNOW

TIPS FOR A HEALTHY BODY,
NATURAL BEAUTY AND
SAVING THE PLANET.

Lunette

1. Quit the Most Insidious Toxin Addiction on the Planet— Sugar

Quitting sugar was the best natural living hack of my life!

Before that, I constantly felt hungry during the day and found myself snacking all the time because I never felt full. My appetite was insatiable, and the more I ate, the more I wanted to eat. I'd try to eat less, but hunger always beat my willpower, and even though I tried to diet, I just kept gaining weight and feeling hungrier.

When I ate, I got this ten seconds of immense pleasure but, right after, I felt bloated, tired, and sleepy, and my energy levels plummeted. I got a lot of headaches in the evening, and I felt chubby and jaded. I was not happy OR healthy.

I tried several times to lose weight, but reducing my calories was like the movie "Mission Impossible IV." I was always starving and searching for my next bite of food. I came to realize that this wasn't healthy or natural and that, in fact, something was very wrong.

One day I come across an article about sugar and how a high sugar diet is the number one cause of obesity, diabetes type 2, and a bunch of other serious diseases. I learned that sugar is easily converted into fat in our bodies, is highly addictive, and just a little sugar can make you crave more, and more, and more! This information is all supported by lots of studies.

I was very conflicted; there are so many studies about the harmful effects of sugar but on one seemed to be talking about it. Why? I decided to put what I had learned into practice and challenged myself to give up all added sugar for 20 days.

I had two simple rules: No added or refined sugars, and no artificial sweeteners allowed. I allowed myself to eat fruit as it contains naturally occurring sugar, fiber, and vitamins. However, I "banned" high sugar food like soda, chips, chocolate, breakfast cereals like granola, and any kind of processed food. 20 no-sugar days? It couldn't be that hard!

During the first week, I found myself going crazy in the kitchen looking for things like misplaced chocolate bars and forgotten cookies. My anxiety levels were high, and I was really irritable. My cravings were driving me nuts!

It was then that I realized that my addiction to sugar was very strong and, anytime I was hungry, my body craved sugar. These cravings were almost impossible to control, but then, I had an epiphany of sorts: If I eat just one small chocolate bar, I will feel pleasure for a moment but will feel terrible for hours, and that makes me tired, bloated, inefficient, and I'll crave even more.

I chose not to give in. I realized it was all up to me; I could choose to feel tired, bloated and be addicted to sugar or I could choose to finish my 20 no-sugar days' challenge and feel better.

Whenever I felt tempted to break my challenge, I remembered the times I ate chocolate or some other high sugar food, and how sleepy, unfocused, and jaded I felt afterward.

Every time I resisted my sugar craving was a small victory, and as the days passed I realized I had more energy, more focus, and the evening headaches were less frequent and not so severe.

I still felt hungry from time to time, but I came to realize that this wasn't REAL hunger but a craving for sugar. How? When you feel hungry, ask yourself, "do you feel like eating some raw carrots?" If your answer is yes, you are probably hungry. But if you say no, I want some chocolate, cake, or candy instead, what you're feeling isn't hunger at all, but sugar cravings. And, if you give into those cravings, you'll just be feeding your addiction, and you'll end up wanting more.

The challenge wasn't easy and, I must admit, I caved in once and cheated, but it was only one time. And what was especially cool was that, when I cheated, I realized that the chocolate I was eating tasted too sweet and I didn't really enjoy it. I ended up eating about a quarter of the bar when, previously, I'd probably have eaten two!

After the challenge, I noticed that food tasted better and I could appreciate the natural sweetness in fruit and vegetables. I had much more energy, had less anxiety, I lost weight, and could stay focused for much longer which made work so much easier.

Now I've broken my sugar addiction, I occasionally indulge in a sweet treat, but I no longer feel the urge to binge on sugar. I find that a small portion is all I need to satisfy my taste buds. It's as if my body tells me that a few mouthfuls are enough. I can feel my body naturally wanting me to make healthier food choices, and telling me when it's had enough food.

Giving up sugar might not be easy – scientific studies say sugar is more addictive than cocaine and the average American consumes 3.5 times more than the recommended amount of sugar per day – but this simple hack can change your life and make you feel happier, healthier, and make eating a more enjoyable experience.

Sarah Keys



I love finding new ways to make my life better, healthier, and more enjoyable. I started my fitness journey in 2008 when I finally decided it was time to lose weight. It wasn't easy, but it was very rewarding to discover how small changes in habits and choices could produce a huge impact in my life, and every day rewarded me with small victories.

Since then, I've learned how adding certain foods to your diet can help you to lose weight, or that ditching other foods can give you more energy, less anxiety, and more focus for your daily tasks. In 2015, I created Days to Fitness so I could share my experiences, changes, mistakes, and stories of how I've achieved my goals during my journey to a better, happier, and more fulfilling life.

2. Choose a Healthy Diet and Live an Ethical Lifestyle

For me to live naturally is not only to respect your body but to respect the planet and the other species we share it with. One of the easiest ways to achieve those objectives for me was go vegan.

In 2015 I discovered some alarming facts about the animal agriculture industry and the impact my dietary choices were having on the planet, the animals and even my own health. The truth is that the rate of consumption of animal products just cannot be sustained; this means we're eating into natural resources and destroying habitats.

For me as an animal lover, I was horrified to realize the conditions, treatment and lifespan that animals in the meat, dairy and egg industry were facing. I could no longer justify eating animal products when so many other great alternatives are readily available.

The vegan diet not only promotes harmony with the world around us but since changing my diet my body has thrived. Eating whole foods, like vegetables, fruit, legumes, etc, fills your body with good nutrients and for me helped me clear my skin, have healthier hair and even boosted my energy!

Unlike other diets, veganism is a lifestyle choice; it is about causing the least amount of harm possible. The choices we make in the supermarket affect so much more than just ourselves, and if your goal is to live more consciously, then veganism is a great place to start. Many of your favorite recipes are easier to veganize than you think! For me, my favorite meal to veganize was lentil and aubergine (eggplant) lasagne!

Starting by swapping out your normal meals is a great way to start. Soon you'll be researching lots of new recipes and making them with ease. Changing your diet really can be the simplest way to begin living more consciously. We eat three times a day, every day; that's three chances at least to make a difference in the world!

Being more aware of your choices when food shopping also leads to other environmentally conscious decisions, such as shopping locally, eating more seasonal foods and buying items in recyclable packaging. The impact on the environment of animal products really is shocking and by swapping your usual meat and dairy for plant-based alternatives, the animals and the planet will thank you!

The truth is that so many will go most of their lives without truly questioning where their food is coming from and the impact that it has. It took me 19 years to realize, and now that I know, there is no going back. Making the switch to a vegan lifestyle is not only an easy way to help the environment and live more naturally, but you'll soon see how delicious vegan food can truly be!

Try a vegan diet and lifestyle for just 30 days and you will feel the difference not just in your health but in your quality of life!



Georgia Cook

Co-founder of ethical vegan clothing company HeartCure, and social centre HeartCure Collective, opening 2017. Living a vegan lifestyle since 2015 and advocating for more sustainable living and an activist for animal liberation.

Based out of Sheffield UK, Georgia also studies film and media production at Sheffield Hallam University and produces content for YouTube, hoping to help people make healthier life choices for both themselves and the environment.

3. Traveling is a Wonderful Thing, Except for the Planet—So Travel Green!

As an avid traveler, finding ways to cut down my carbon footprint has been challenging. Nearly every aspect of traveling can be harmful to the environment, and quite honestly, wasteful! I've carefully crafted a few simple aspects of my travels that can help anyone go-green on the go.

Transport, usually the first thing we plan when booking travels, is also the first way you can be conscious of your impact on the earth. When planning your transport options always opt for public transport over private. For me, this means metro's over taxi's and trains over planes. In my efforts to reduce my carbon footprint, I've become an avid fan of train travel! Yes, trains are oftentimes more expensive than budget airline options but they're more *fun* and easier (hello, no x-rays or security). Generally, trains place you in a central area of the city you're traveling to, as opposed to outside of the city, where many airports are located. Bonus; you just saved money *and the earth* by not taking a taxi from the airport to the city!

Another sizable, but much easier, way I learned to reduce waste on the road is to ask my hotel housekeeping to skip cleaning up my room. I don't use new sheets and towels daily at home—so I don't need a hotel to wash (wasting water!) and replace sheets and towels for me, daily. Most hotels ask you to simply hang up your towels if you don't want them replaced (it's *that easy!*). What's even better is that hotels are starting to offer an "eco-friendly card" for you to place on the bed, requesting the sheets not to be changed. If your hotel doesn't offer these options you can leave a note for housekeeping or put a request into the front desk to have housekeeping skip your room.

Plastic, BPA-free or not, is harmful to the earth and the best thing you can do to go green (at home or abroad) is to eliminate the use of plastic, completely. I opt to use my own toiletries abroad, saving the waste from the (often plastic) toiletries that come with most hotel rooms. I place my favorite facial cleanser, facial toner, facial crème, shampoo, conditioner and leave-in conditioner in carry-on size, reusable, *glass* containers.

In addition to my own toiletries I also skip using the toothbrush/razor sets that come with most hotel rooms. Why? Most toothbrushes and razors are plastic. Instead I opt for toothbrushes and

razors with wooden, compostable and biodegradable handles. Finding carry-on size, reusable, glass containers as well as wooden razors and toothbrushes is as easy as searching online!

You may have caught on to my anti-plastic trend and if so, you're probably wondering what I do when I come across the inevitable and unavoidable plastics (plastic to-go containers, plastic bags, etc). I always first check with my hotel or rental to see if the property recycles. It's a 50/50 shot—and if they don't recycle, my next question is, "where's the local recycling center?". Many cities have set up recycling centers for citizens and visitors alike to dispose of their recyclables as responsibly as possible!

If the hotel I'm staying at doesn't recycle AND the local recycling center is far, I go on a walk with my recyclables to find some sort of public recycling container. Oftentimes I find that major cities (such as Paris and Rome) have huge public recycling bins right on main streets which make it *super easy* to recycle on the road. Sometimes though, I will have to go on a bit of a "recycling bin hunt" and commonly I find that most public parks will have some sort of recycling bin or container. Anyone can easily make a fun game out of finding a recycling center while traveling and sometimes you'll even stumble upon something in the city that you're visiting that you may not have found if you weren't taking proper care of Mother Earth!

When I first learned how harmful to the earth traveling can be I was extremely discouraged. I felt as if I was a part of an uphill battle in my efforts to reduce my impact on the earth while traveling the world (that "hill" was comprised of plastic containers). However, after applying a few small changes to how I plan for my travels and pack for my travels, becoming conscious of ways to eliminate waste *during* my travels became easier and easier.

I'm extremely confident that with a little awareness, anyone can make a few positive, *green* changes in their lives to save the earth!

Jacklyn Shields



Jacklyn Shields is the owner and operator of JS Consults, an online and digital marketing and consulting agency based out of her home state of New York. As her work on projects for clients in the travel and tourism industry grew – so did her love for travel! Jackie launched Get Lost With Jackie as a way to document her travels for friends and family and within months of launching she had thousands of loyal fans and followers!

Jackie is now a full-time traveler and digital nomad working simultaneously on projects for her consulting agency, mentoring aspiring bloggers and influencers as well as digital storytelling as a social influencer via her travel blog.

4. Save Our Earth in Style by Driving Electric

The most crucial and rewarding decision that I made to go green was when I committed to driving an electric car. The day I brought home my first electric car, I actually blasted “The Electric Slide” as I drove around town with a giant smile on my face.

You see, I had dreamed about that moment for years. I have long been passionate about environmental issues. In high school I was inspired to protect the planet when I cleaned up a local river. That moment led me on a path of pursuing undergraduate and graduate degrees in environmental policy, and working in the field of environmental communications. I still focus on environmental issues through my writing, volunteer work, and daily choices. I even wrote my master’s thesis on fuel efficient vehicles about 20 years ago, so there was no question in my mind that I would be driving a green car eventually.

To me, driving electric is a simple choice for all women to make. Sure, cars are expensive, but when you need a new car, just set your limits to only consider electric (or hybrid) options. A few years ago there were not many models to choose from, but now the electric car industry is booming as Tesla leads the way, inspiring other car manufacturers to follow suit. There are also plenty of car size options, so whether you are a single woman commuting to work every day or a busy stay-at-home mom carting your kids around, you can find the best model that fits your lifestyle.

Why is driving an electric car so important to me, and why do I hope you will adopt this hack?

How Electric Cars Help The Environment

Driving green takes us down a healthier, safer path and gives us a tangible way to protect the planet on a daily basis.

Our personal vehicles are a major cause of climate change, accounting for about one-fifth of all United States emissions. Cars and trucks spew around 24 pounds of carbon dioxide and other global-warming gases for every gallon of gas. This adds up to over three trillion tons of carbon pollution into the air by burning about 121 billion gallons of gasoline every year. By choosing to drive an eco-friendly car like a hybrid or plug-in electric, we can really make an impact in reducing our carbon footprint to hopefully prevent devastation like extreme weather events and flooding from sea level rise.

In addition to contributing to climate change, our cars keep us addicted to dirty oil. This has caused international conflicts and resulted in catastrophic pollution like the BP spill in the Gulf of Mexico. Electric cars, on the other hand, do not run on gasoline and do not emit pollution from their tailpipes.

They are also more energy-efficient. They convert about 59%–62% of the electrical energy from the grid to power at the wheels, while conventional gas guzzling vehicles only convert about 17%–21% of the energy. This also adds up to financial savings because of the improved fuel economy. A vehicle that gets 30 miles per gallon will cost you about six hundred dollars less to fuel each year than one that gets 20 miles per gallon. Over five years, you can save about three thousand dollars. Think of what you could buy for yourself with all that extra cash!

Driving An Electric Car Makes Me Feel Good

By committing to driving green, I gain so much personally as well. I feel proud that I am “walking the walk” by doing something concrete to help protect the environment every single day. Driving my electric car helps put the weight of the world in perspective. On the days when the world seems pretty crummy, I tell myself that I am doing everything in my control to push things in a more positive direction. I am also excited to be part of innovation and a booming aspect of our society, as electric car sales continue to rise.

I know the importance of my actions because I am setting an example for my children to live a purposeful life and to try to make the world a better place. They get a kick out of driving an electric car to school every day and helping to plug it in each night.

Another really great aspect of this life change is that driving an electric car has helped me meet and bond with people over our passion. I have had strangers come up to me in parking lots to strike up a conversation about how my car works. I get so energized from talking to others about how important it is to drive electric.

Convenience is also another benefit of driving green. Instead of worrying about getting to a gas station to fill up, I just plug in every night at home to recharge my car. It is so easy, and you can take it one step further by connecting with an energy provider that uses renewable energy. I signed up with Arcadia, and can now feel even prouder that my car is being charged using clean power.

I also am relieved not to have to go to the gas station anymore because I find them to be unsafe places. I once had my purse snatched right out of my car as I was filling up on gas at the pump. I am so much happier and feel so much safer with my electric car.

Finally, the most rewarding part is that I can go to bed at night and know that I am doing my best to help save the planet. It is certainly a task that can be quite overwhelming, but knowing that I am reducing my carbon footprint by the choices I make helps me sleep a little bit more soundly each night.

Ready to drive green? Check out these amazing resources: FuelEconomy.gov, [Green Car Reports](#), and [PluginCars](#).



Sandi Schwartz

Sandi Schwartz is a freelance writer specializing in parenting, wellness, environmental issues, and human behavior. She enjoys analyzing everyday life using science, humor, and a passion to improve the world.

Her blog Happy Science Mom provides a parenting toolkit for raising happy, balanced children, covering topics such as kindness, mindfulness, and spending time in nature.

5. Look Healthier, Sleep Better and Boost Your Immune System with Dry Brushing

As a new mom, fitting in a self-care routine has its challenges. While I may not have time for a spa day, I do participate in a few detox-focused home treatments at night once my daughter has gone to bed. One part of my routine that I never skip is dry brushing. Dry brushing offers a combination of lymphatic stimulation and skin exfoliation, and is performed prior to showering using a long-handled brush with firm bristles.

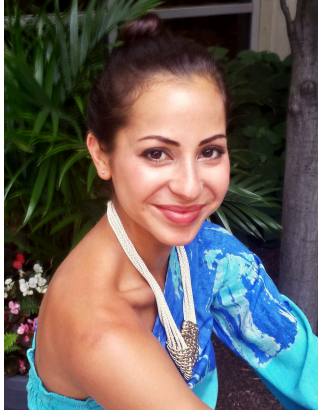
Before I explain my dry brushing routine, I'm going to give a quick summary of the lymphatic system, which you may know includes our lymph nodes, spleen, thymus and tonsils. Our lymphatic system has multiple functions, including draining lymph fluid, filtering toxins, and producing important immune cells that defend the body against infection. Our lymph flows through our bodies just as blood through our venous system, and it's vital for health to support the movement of lymph and prevent against stagnation. Lymph cells even line our digestive, respiratory and urinary tracts to keep them free of infection.

Modern day circumstances do not always support a properly functioning lymphatic system, which requires daily movement, sweating and proper postural form. We spend easily 10 hours a day in a seated position not including our time in bed, busy schedules leave little time for cardiovascular exercise, and daily stress can decrease function of our immune system. Even wearing too tight clothes (ahem, yoga pants) can restrict lymphatic flow and function.

Dry brushing lightly stimulates the lymphatic system to increase its filtering capabilities. I feel invigorated after a 5-minute dry brushing session and sleep better at night too. Before showering, I use a long-handled natural bristled brush to firmly stroke my skin from toe to head. I start with the soles of my feet and apply long strokes upwards towards my heart, focusing on the area for 15 to 30 seconds. Next, I brush the tops of my feet, calves, shins, thighs and buttocks using those same long strokes towards my heart. After dry brushing my legs, I brush my abdomen, back, and arms. For the chest and up, I use a downward motion to push fluid towards my heart. I advise to avoid dry brushing the face but you may brush your neck which has several clusters of lymph nodes itself.

As you may imagine, dry brushing has the added benefit of gentle skin exfoliation, leaving your skin softened and plump. Once finished with my dry brushing routine, I hop into the shower and use an exfoliation mitt and organic body wash to cleanse my skin and wash away dead skin cells. I always end my self-care routine with a calming lotion before bed.

Since adding dry brushing to my nighttime routine, I have experienced decreased puffiness in the morning, better sleep, improved digestion, and healthier looking skin. It only takes 5 minutes and costs just \$10 or less for a long-handled brush! If you're following any detox protocol or just want to feel your best, consider adding dry brushing to your self-care routine and reap the benefits of lymphatic stimulation!



Alaena Haber

Alaena Haber is the author of the *The Healing Kitchen* and creator of the blog *Grazed & Enthused*.

Alaena has used the autoimmune protocol and Paleo diet to restore her immune health and fertility since 2012. She works as a pediatric occupational therapist and is the mother of one well-fed little girl.

6. Go Green at the Grocery Store and Become a Bulk Buyer

The joyous feeling of a full pantry. It's my happy place. Have you ever walked into a bulk store and wondered where to start? Wall after wall of bins and containers filled with goods to make your stomach rumble...but it can also be a minefield if you don't know where to start. In my years of buying bulk dry goods and streamlining my pantry, I've got some tips that may help you, if you're new to the world of bulk goods.

When I first made the switch to bulk foods, I realized just how much packaging my usual food choices had! Plastic, foil, and polystyrene packaging encased my groceries and it filled my bin up week after week. However, with bulk shopping, I've been able to cut back my waste in a huge way—which means that it won't end up in a landfill.

1. Keep a running inventory of what you use the most.

The top of my list is lentils, chickpeas, spices, salt, nuts and seeds, gluten-free pastas and olive oil. These are the things that I buy month in and month out, as I know they're staples in my diet, and I can do so much with them.

Less ordered items are snacks, dried fruits and sweets; these are things I'll order if I've got guests coming over or if hubby is away for work and needs some traveling treats. Household items like laundry liquid, bicarb soda, and dishwashing liquid are bi-monthly purchases, as we use such small amounts.

2. Choose non-perishable items (especially if you're a newbie).

Dry goods are always best in terms of last-a-bility. Where I buy my bulk foods from, the only highly perishable items are oil, tahini, and nut butters. The rest is dry and lasts a while. However, when I'm at the market and I'm buying bulk fruits and vegetables, I ensure I use, freeze and store them correctly. When buying flours, nuts and seeds, I store them in the freezer and fridge respectively.

3. Choose foods (and bulk stores) that turn over quickly—this means you'll always get the freshest items.

Look for stores and dry goods that are popular. This will ensure you're getting the best, freshest and healthiest versions of the items you love. I personally avoid nut meals, as they can go rancid if not stored correctly. My bulk food store is climate controlled, as to avoid these problems, but if you're buying bulk almond and nut meals from a regular grocery store, err on the side of caution. It's so much better to buy your nuts whole and process them yourself.

4. Don't buy something in bulk that you've never used or tried before!

Don't be lured into buying 1kg of mung beans if you've never used them before and you're not sure what to do with them! Likewise with any snacks you've not tried before. Being stuck with 150g of an item is one thing—we don't want to head into wasteful territory now. If your store lets you buy in small amounts, perfect! Try new things—just in smaller amounts.

5. Take your own glass containers and jars if they let you!

This will do a few things. Firstly, it'll mean you'll be buying amounts that you're used to. And secondly, you'll be helping keep your footprint much smaller than if you are using plastic bags and containers. And if you don't have your own containers, at least be sure to double bag flour, rice and lentils, to ensure that you don't have any nasty spills!

6. Don't be scared to try new things!

Check out some recipes that use food basics like lentils, legumes, and different spices and flours. This'll get you excited about cooking from scratch and using things you may have avoided in the past!

Adele McConnell



Adele McConnell is a passionate vegan, #adoptdontshop advocate, a warrior for a sustainable lifestyle and a published author.

She created Award Winning website Vegie Head almost a decade ago, documenting her journey to a plant based lifestyle along the way.

Adele has a hardcover book published in four languages, 12 digital books, four online courses and programs, runs cooking workshops all over Australia, and has recently launched her own cosmetics and skincare company, Dusk by Adele.

7. Boycott Products with Microbeads—A Little Known, Big Problem

While I already knew to look for and choose animal cruelty-free beauty products or organic ingredients, I did not necessarily consider selecting environmentally friendly

beauty items. At least not outside of packaging. That is until, I heard about healthcare products like body washes and facial scrubs using environmentally harmful microbeads as an ingredient.

A microbead is any solid plastic particle that is less than 5 millimeters and is used for the purpose of exfoliating or cleansing. These tiny plastic beads can be found in hundreds of household products ranging from body scrubs to toothpastes.

These beads, while not necessarily harmful to humans, wash down our drains and because they are made of plastic they do not dissolve and are too small to be caught by waste water treatment facilities. Instead, they are flushed directly into our lakes, rivers and streams. Besides the waste in our waterways, fish then consume the beads thinking it's food, and then we eat the fish, and plastic too. Thus, all around it's bad for the environment, marine life and our own health.

While a ban has been set on using microbeads, it still has not come into effect and many of these products are still on shelves at most grocery and pharmacy stores. Thus, plastic unnatural microbeads continue to pollute our oceans enough to coat the surface of 300 tennis courts every day! But not many people know this. Many of my friends were using these products on a daily basis and weren't even aware of microbeads and the dangers.

First step, I became a more educated shopper when it comes to my beauty regime, same as I do with the foods that I eat. There are guides online that list out the beauty items that contain microbeads, but it is far from comprehensive. After looking at the contents of two facial cleaners and a popular gel hand soap line that I use, I found that they all contained polyethylene, polypropylene, polyethylene terephthalate, polymethyl methacrylate, polylactic acid, or nylon, which are the most common plastics that make up microbeads! Most of the time though you can simply see the plastic beads floating in the mixture of products and can spot them visually, so you know to avoid them!



Tara Settembre

Now celebrating 12 years blogging! Former journalist and social media manager, Tara Settembre writes a popular lifestyle, parenting and travel blog, When Tara Met Blog. Tara received her Masters in journalism and communications from New York University, and now lives in Naples, Florida with her husband and identical twin toddler boys.

Tara also blogs at The Huffington Post, HelloSWFL, Traveling Mom and Techlicious, among others. Follow her adventures and mishaps at @TaraMetBlog.

8. Better Your Life with Plants

Keeping plants in the home benefit your health, and consuming green plants daily is necessary for proper nutrition!

Filling your home with plants helps to:

- Reduce carbon dioxide levels
- Increase humidity
- Reduce levels of certain pollutants, such as benzene and nitrogen dioxide
- Reduce airborne dust levels
- Keep air temperatures down

Plants bring natural beauty to our living spaces...but they've also been proven to reduce stress, so well that one glance at a plant lowers your heart rate. They also help clean the air we breathe, by absorbing toxins and acting as little oxygen factories. So they don't just add decor to our living space in a natural manner, but they also help purify the air we breathe by reducing carbon dioxide and pollutants!

The importance of eating green vegetables daily cannot be overlooked. Green vegetables come across as quite unassuming, but they are packed with necessary nutrients such as Vitamins A, C, E and K (which are found in salad greens, kale and spinach).

The best part is growing vegetables in your own home or garden. They are fresher, and free of pesticides and strange chemicals. And, it saves you that nasty trip to the grocery store. I personally keep an outdoor herb garden of cilantro and a variety of parsley. I also enjoy kale and green onions, and I hope to soon cultivate my own blueberries in my own backyard. A colorful plate at meal time creates a healthier value of nutrition. Always ask yourself, "Is there enough green on my plate? Enough color?". If the answer is yes, bon appetit!

The biggest life hack from incorporating more plants in my life has come from adding spinach into my protein breakfast smoothies, for the added vitamins, iron and energy. The bonus was that I have noticed my skin is now looking healthier than EVER!

Incorporate plants into your food and your home decor; you can get artistic with it and it can be fun! Edible art, or simply something beautiful to drink in with your eyes, that will greatly benefit your health.

Add a little more green to your life, inside your home and on your dinner plate, and you will begin to see the positive results. I promise!



Erika Marie

Blogger and owner of Fashion Chalet. My favorite time of year is Christmas. Audrey Hepburn, the Olsens and Lauren Conrad are my fashion icons.

I enjoy eating a mostly plant based and vegan diet, collecting succulents, and hope to one day live in Paris or New York, working for a fashion magazine. A girl in love with all things fashion, photography, food and makeup. Oh, and I secretly want to be a DJ.