

manufacturers make plastic bottles, it takes five liters of water to cool the plastic. To save the resources used in creating all those bottles, get a water filter and a reusable aluminum or plastic bottle. A Water Aerator will reduce the amount of water that comes out of your faucet, but it won't reduce the pressure. You can save 1 to 5 gallons of water by putting something like this into your water faucet. Additionally, by investing \$30 in a water-filtering, reusable pitcher or faucet attachment, you'll save about \$300 a year on bottled water.

#### The EARTH Element

Conventional, chemically processed fertilizers make your lawn look like a golf course, but the excess chemicals in fertilizers leach into the soil, pollute our groundwater, drain into streams and eventually end up in the ocean where they do all kinds of damage. Composting is a great way to amend your soil naturally and it cuts down on waste in the landfill. Consider using organic or slow-release fertilizers, because they release smaller amounts of chemicals into the soil.

#### The METAL Element

The aluminum can is the most valuable beverage container to recycle. By doing so, its recycling provides environmental and economic benefits to communities and organizations across the country. Discovered in the 1820s, aluminum is the most abundant metal on earth. A used aluminum can is recycled and back on the grocery shelf as a new can in as little as 60 days. Recycling one aluminum can saves enough energy to keep a 100-watt bulb burning for almost four hours or run your television for three hours.

#### The FIRE Element

Not so long ago, Americans lit their homes with candles. Thanks to modern technology, you can be almost as environmentally friendly without burning down the house. Replacing regular, inefficient light bulbs with compact fluorescent light bulbs (CFLs) can make a big difference. Most of the energy in the United States comes from coal-fired plants. What we're doing when we run inefficient products is burning a lot more

coal, and we're putting a lot more carbon into the environment. A CFL is 70 to 75 percent more efficient than other bulbs. Fluorescent bulbs will cost a little more up front, but you should save money on your electricity bill over time. Plus, these bulbs can last 8 to 10 years! If every family replaced one bulb with a CFL, it would be like reducing carbon emissions from 800,000 cars.

#### The WOOD Element

Although every city has a different recycling policy, almost every city accepts newspapers. One four-foot high stack of newspapers is the equivalent of one 40-foot fir tree. That is what we are saving when we recycle our newspapers. There's another important way you can go green when you're getting the green. Receipts from 8 billion ATM transactions every year are one of the biggest sources of litter on the planet. If everyone left their receipts in the machine, it would save a roll of paper more than 2 billion feet long - enough to circle the equator more than 15 times. And of course, let's not forget the avoidance of the dreaded clutter, our 1st Feng Shui priority.

Green Living is a seamless marriage between two perspective - Feng Shui and environmentally conscious choices. Bringing balance to the indoors and listening to the wisdom of the earth are all part of the fundamental philosophy.

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