

Green Energy News, Week Two. By SouthernLeveller Hey, if even the evil bankers are on board, Trump cannot stop the green energy conversion from a carbon-based economy.

Stop using disposable bags. Buy an inexpensive reusable water bottle, and stop buying plastic disposable bottles my favorite is the Kleen Kanteen with the sport cap. Then watch *The Story of Bottled Water*, a short movie about the bottled water phenomena. Wash laundry in cold water instead of hot. Turn off lights when you leave the room. Drive the speed limit, and combine all your errands for the week in one trip. Photo by Kamyar Adi Better yet, walk or ride a bike to your errands that are two miles or closer. Turn off your computer completely at night. Research whether you can sign up for green power from your utility company. Pay your bills online. Put a stop to unsolicited mail—sign up to opt out of pre-screened credit card offers. Print on two sides, or let your kids color on the back side of used paper. Before buying anything new, first check your local Craigslist or Freecycle. Support local restaurants that use food derived less than miles away, and learn more about the benefits of eating locally. Make your own household cleaners. Line dry your laundry. Learn with your kids about another country or culture, expanding your knowledge to other sides of the world. Lower the temperature on your hot water heater. Unplug unused chargers and appliances. Collect rainwater, and use it to water your houseplants and garden. Switch to cloth diapers - or at least do a combination with disposables. Even one cloth diaper per day means fewer disposables in the landfill each year. Switch to shade-grown coffee with the "Fair Trade" label. Use a Diva Cup for your monthly cycles. Eight years and counting.

Chapter 2 : Healthy Meal Plan: Green Smoothie and Clean Eating Diet | Shape Magazine

21 Ways to Green Your Home (and keep some greenbacks in your pocket) 1. Switch to Energy Star-rated CFL bulbs, like GHRI fave Satco's Mini Spiral S; they use 75 percent less energy and last

My six-week keto diet experiment by Roslyn Lawrence When Ros Lawrence first heard of a diet that allowed her to eat foods she normally denied herself, especially peanut butter, she immediately decided to give it a go. So when I heard about the ketogenic diet from a colleague I was immediately intrigued. This simply sounded too good to be true. Could I really eat fat and get lean? Enjoy peanut butter treats and squeeze into my skinny jeans? Never one to shy away from a challenge, I decided to see for myself, and so began my six-week experiment with the ketogenic diet. What is a ketogenic diet? In its simplest form, this is an extremely low-carb, high-fat diet. Ketosis is a metabolic process that the body initiates to help us survive when our food intake is low. The ketogenic diet is basically tricking your body into thinking your food intake is low, while actually allowing you to eat your fill. So what do you eat on a ketogenic diet? This eating plan allowed me to tuck into all sorts of healthy foods, including good fats such as coconut cream, salmon, avocado and my personal kryptonite all natural peanut butter, as well as energy-giving eggs and a limited range of green veggies, including kale, spinach and cucumber. The first stage; however, was brutal. The more restrictive you can be with your carbs at this stage, the quicker your body will enter the ketosis. Between 20 to 30 grams of carbs is recommended roughly 2 slices of bread or 3 large carrots so as tough as this was and believe me, it was I lowered my intake to the recommended amounts. Ketogenic smoothie Ros shows you how to make a ketogenic green smoothie. The food on the keto plan is, in one word, yummy. A big change from my usual low-fat fare, and once I got over my initial fruit withdrawals, I genuinely began to enjoy it. The trick came less in changing what I ate, but changing my mindset. For this experiment to work I had to switch both my metabolism and my ingrained attitude towards fat. Did I say the first step is brutal? But the most notable side effect was an incident of what I believe to be reactive hypoglycemia. After hitting the gym for a normal workout my hands began to shake and my heart felt like it was banging on the wall of my chest. I was then overcome with waves of severe nausea. Apparently reactive hypoglycemia happens when your body is in the process of transitioning from burning carbs to burning fat. Eventually more insulin gets secreted than is needed and a blood sugar crash results. Your body then snaps into action to get you some sugar and fast! Adrenalin is released to tell the liver to break down some protein into glucose causing the symptoms. Did I say the first step was brutal? Energy levels begin to rise and the keto flu is but a distant memory. With all the food weighing and rigorous carb counting I approached my first ketosis test at the two-week mark with both excitement and trepidation. Was I a fat burning machine? A quick trip to the pharmacy to buy some ketosis test strips followed the strips measure the ketones in your urine , followed by a bathroom pit stop and voila success! With levels of 1. Excitedly I jumped on the scales only to be deflated. My weight had stayed eerily stable at It turned out I had made a few rookie mistakes. I was eating too much protein. On this diet you should get 70 per cent of your calories from fat, about 20 per cent from protein, and under 10 per cent from carbs. I was only counting carbs and alas my protein and fat intakes were nearly equal. To help me stay on top of the tricky calculations, and keep track of the food I was eating, I devised a spread sheet. When I added it up I was eating a whopping 2, to 3, calories a day. That is double the 1, calories I would usually consume. They did say put butter on everything! But by this stage I was at week 4 of the diet and so I decided to stick with it. The results So, what happens to when you overeat on at ketogenic diet? Well, as my results show, not very much.

Chapter 3 : A Solar Cabin in Two Weeks for \$2, | MOTHER EARTH NEWS

Last week, the Environmental Protection Agency announced its new green homes Web blog.quintoapp.com site provides an interactive experience that helps people make their homes greener with tips on reducing energy consumption, carbon footprints, waste generation and water usage, as well as improving indoor air quality.

He salvaged his front door from a nearby abandoned house. Photo by LaMar Alexander LaMar captures water from his sink to use in his solar composter tank or to water fruit trees and shrubs. Downsizing has allowed LaMar to pursue his hobbies, such as writing and music. Photo by LaMar Alexander The porch on this tiny cabin is built out of logs from a local lumber mill and recycled cedar fence boards. Photo by LaMar Alexander I built my cabin about 15 years ago after a divorce and sudden illness left me homeless and broke. With the full loft upstairs, it has almost square feet of living space. The ceiling height in the main floor and loft is 7 feet, so an average adult can stand comfortably. The cabin structure is made out of mostly new materials and the walls are 2-by-foot lumber, while the floor and roof is 2-by-foot lumber. It has a tarpaper wind and water barrier and is fully insulated, with an insulation rating of R in the walls and R in the floor and roof. When possible I bought blemished boards and asked for a bulk discount from suppliers. To keep costs down, I used recycled, double-pane, low-e glass windows and steel-insulated doors that I salvaged from an abandoned house that was being demolished. After the cabin was built I salvaged all of the appliances and other items from my old camp trailer: Because they are smaller they fit the cabin perfectly and so did not cost anything. Continue Reading I had a small solar electric system for the camper, so that went in the cabin. As I had the money, I expanded it and then added a small watt Air X wind turbine. My present system produces about watts of solar energy and watts of wind energy. I heat and cook with propane on a small woodstove. I have plenty of power for my laptop, lights, TVs, electric fridge, freezer, and miscellaneous gadgets. I designed a solar composting toilet. The portable toilet is emptied into the solar composter once a week and does not require any compost pile; it evaporates off the liquid and the extra heat helps break down the compost very quickly. I direct greywater from the shower to a French drain where it keeps the grass and shrubs watered. I capture sink water and send it to the solar composter tank or use it on fruit trees and shrubs. I refill a gallon RV-style water tank under the sink from a hose and the entire cabin is set up much like a self-contained RV. I have no house payments and no monthly utility bills, and I grow a garden, raise rabbits and chickens, and enjoy my outdoor hobbies. Having no bills allowed me to start a small local business and an online business that are thriving, and I have been able to help my son, become sustainable and save for my retirement. To help others who are looking for simple living and homesteading ideas, I set up a website to share my adventures and missteps at Simple Solar Homesteading.

Chapter 4 : Build Your Own Wind And Solar Power System | Energy 2 Green | Wave Net Info

Week Two, May 7 - 11 ENERGY & GREEN BUILDINGS When you build green you make a conscious effort to minimize negative impacts and promote positive impacts on both indoor and outdoor environments.

The End of the Embryo Period Would you believe your baby is only an embryo for one more week and is already developing into a fetus? The head has straightened out and is more fully developed and the ears are continuing to grow, making baby look more human. Only 6 months left to go! It just means your shy gal is hiding in the corner of your uterus or has her back facing out, making it hard for the Doppler to find its target. In a few weeks, or at your next visit, that miraculous sound is certain to be audible for your listening pleasure. At about an inch long, the graduate is the size of a medium green cocktail olive but please—hold the martini! It probably means your tiny target is hiding out in a far corner of your uterus or facing away from the sensor. Your little body builder can boast the groundbreaking of some new organs this week: The liver, the spleen and the gallbladder are all under construction now. The bladder and urethra separate from the developing digestive tract and the intestines begin to move out of the umbilical cord and into the abdominal cavity, which has grown big enough to house them. Tiny muscles are starting to develop, allowing your little dancer to make spontaneous reflex movements with those tiny arms and legs. Extreme pregnancy fatigue is a common symptom, especially in the first trimester. And for good reason: Making a baby is hard work. Try these tips to combat fatigue safely during pregnancy. Relief is around the corner as your energy level increases and morning sickness decreases over the next few weeks, once placenta construction is completed in the second trimester. Tiredness is likely to reappear during the third trimester as the demands of toting around a larger fetus increase. In the meantime, if big meals are a big turnoff, eat at least six smaller, but nutrient-packed mini-meals and snacks throughout the day. Not only will the mini-meals be easier for your queasy stomach to handle, this will help empty out your bladder completely and maybe buy you an extra hour of shut-eye during the night. So turn away from the computer which can leave you too wired to fall asleep, turn in earlier maybe after reading a book or magazine and linger in bed longer. That extra sleep should give you some staying power. Your bigger breasts, which are not just larger but more tender too. The increased blood flow and their larger size can make them ultrasensitive — and make you more uncomfortable at night. You can wear a cotton sports bra to minimize the discomfort, and try a warm or cold compress, whichever feels better. Chewing increases saliva, which then neutralizes the acid in your stomach. Read More Constipation To avoid even more bloating, try to get those bowels moving at their normal or prepregnancy normal pace. Besides drinking lots of water, have a go at fruit and vegetable juices to make you go. You could try hot water and lemon first thing in the morning or last thing at night — some pregnant women swear by it! They contain extra calcium, which you need during pregnancy anyway. Boy, are you tired! Snooze on your left side. This keeps your growing uterus from pressing on your intestines and major blood vessels, allowing better blood flow to baby. Recommended Products Just so you know, What to Expect may earn commissions from the shopping links included on this page.

Chapter 5 : Tips to live green - Conservation International

The Green Button initiative promised a solution to this problem, and Craig was inspired to create a company focused on using Green Button data to simplify the benchmarking process, both for building owners and for energy efficiency service providers.

Chapter 6 : How to Go Green at Work: 13 Steps (with Pictures) - wikiHow

Welcome to the latest edition of the Energy Recap. Let's get right to this week's "quick hits" from the energy sector - i.e., brief bits of recent news, along with some suggestions for further.

Chapter 7 : 40 ways to go greener at home besides just recycling | The Art of Simple

Green tea has caffeine which makes it naturally energizing, but you can boost the lift you get from a simple cup of green tea by making your own energy drink. This is best iced, and by making your own energy drinks at home, you will avoid the artificial chemicals and preservatives in canned energy drinks and save money.

Chapter 8 : My six-week keto diet experiment - Health & Wellbeing

Clean Green Drinks: Replace breakfast and lunch with two to three clean green drinks for the first week. An energy-boosting juice or green tea can also be consumed during that mid-afternoon slump. Additionally, drink 10 cups of water each day.

Chapter 9 : Switch to green energy “ and save £ on your bill | Money | The Guardian

A family washing medium hot loads a week to diaper kids is most likely a lot less water than would have been used just to produce enough disposables and wipes to diaper kids. We actually use less water now, even with cloth diapers, than before we had 3 little ones.