

## **50 ORGANIC LIVING TIPS**

1. There is only one way to avoid genetically modified foods: Avoid processed foods and buy foods that are certified organic.
2. The OCA's findings: "Organic is 25% more nutritious in terms of vitamins and minerals than products derived from industrial agriculture".
3. If you live in CA, Proposition 37 calls for labeling of GMO foods. Sign the petition at: <http://www.carighttoknow.org/>
4. Pack a lunch if you want your vegan lifestyle to be less expensive. (What's your favorite lunch to take to work or school?)
5. U of SK study – "GMO Labeling: Threat or Opportunity?" <http://agbioforum.org/v1n1/v1n1a07-phillips.htm>.
6. "Let food be your medicine and medicine be your food." – Hippocrates, the "father of medicine", 460-377 B.C.
7. Baking soda and vinegar – 2 of the cheapest "natural" cleaning products: Use baking soda to scrub tubs, vinegar to clean windows.
8. Planning to eat out abroad? Find a list of country-specific vegan restaurants. <http://www.vegansociety.com/lifestyle/travel/>
9. "Our bodies are our gardens – our wills are our gardeners." - William Shakespeare
10. Can't afford organic living? Buy store brand organic products – they're just as good as organic as name brands.
11. Educate yourself about the USDA definition of "organic": <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELDEV3004446>
12. "Organic" is not the same as "natural". Only foods labeled "organic" are certified to be truly organic. (Look for the USDA seal.)
13. Your dog or cat deserves "organic" too. And do read the labels as carefully for your pet as you do for yourself.
14. Pharmaceuticals are not always "bad" and organic is not always "good": But common sense is always wise. (I.e. Do your homework!)
15. Use unbleached paper lunch bags for your children's lunches, whenever possible – not plastic containers.
16. Educate yourself, if you don't want to fall prey to unethical manufacturers. Visit the USDA website and download their PDF.

17. Fact: Organic farmers selling \$5,000 or less may be exempt from needing certification: <http://1.usa.gov/organic-certification>.
18. Organic living on a budget: Use coupons and take advantage of deep deals from <http://www.organiccoupons.org/>
19. “True healthcare reform starts in your kitchen, not in Washington” - Anonymous
20. Is the fresh produce you buy for your family among the “dirty dozen”? <http://mygardenedibles.com/community/entry/dirty-dozen-list.html>
21. GMO produce is rarely labeled and most popular produce can be up to 90% GM. (Another reason to go organic.)
22. Take “organic” to the next level and go vegan: If it comes from an animal – don’t eat it...or wear it.
23. Organic can be expensive but eliminating junk foods will cut your food expenses and leave room in your budget for new healthy substitutes.
24. If you want your clothing to be truly organic, only use fabrics made of certified organic cotton or hemp. That will help you avoid pesticides.
25. Question everything. Manufacturers are finding more and more “loopholes”. Stick to raw organic foods as much as possible.
26. Yes, some foods can be “organic” and unhealthy. Avoid processed foods! (Retweet.)
27. “Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.” Doug Larson
28. Carry organic living through to your decorating. Get creative with pine cones, pressed leaves, beeswax candles and grasses.
29. Use brown or recycled paper for gift wrapping. Decorate with stampings from potato carvings.
30. Bring nature indoors for organic inspiration. Use wood, stone, brick and water as decorating elements. (Retweet if you agree.)
31. Don’t use commercial air fresheners. Simmer cider or apple peelings on your stove to fill your house with fragrance.
32. Make a list. What are 10 easy ways you can go organic today? (Retweet!)
33. There are many recipes for organic skin care. Example: To tighten pores, wipe your face with cucumber slices (organic, of course!)
34. The juice of a lemon will bleach hair gently and naturally (including eyebrows). If used on eyebrows, rinse off after a while.
35. Honey makes a great face mask for dry skin – especially if the honey is organic.

36. Recycle used herbal tea bags – but not for drinks. Chill used teabag and use as an eye compress to relieve tired eyes.
37. Going organic should extend to every area of your life: Food, laundry, decorating, clothing and driving.
38. When going organic, don't believe everything you read. Check manufacturers' labels. Look up anything you don't understand.
39. If you have problems switching to organic, raw foods, consider juicing. But don't mix more than three fruits or veggies.
40. You can juice most organic fruits and veggies like carrots and apples with peel on – but brush-scrub them thoroughly first.
41. “Health is not simply the absence of sickness.” - Hannah Green
42. Go organic with your scents. Non-organic cosmetics often contain harmful or allergenic chemicals and toxins.
43. The reason scents seem to trigger more allergies nowadays: Less natural ingredients, more dangerous chemicals.
44. When purchasing roses for fragrance, choose heirloom varieties. Genetic engineering may have eliminated scent.
45. When going organic, remember to drink at least six glasses of water a day. Add a touch of lemon if your PH is acidic (yes, more acid!)
46. Be vigilant when going organic. Question every label and re-assess every aspect of your life for animal products: Clothes, stationery, etc.
47. Always thoroughly wash organic fruits and vegetables. They may not contain pesticides – but they're still subject to dirt!
48. If you want to decrease your chances of getting cancer, either go organic vegan or eat organic meat. (Non-organic=chemicals and toxins!)
49. Which of these top 10 reasons convinced you to go organic?  
[http://www.ota.com/organic\\_and\\_you/10reasons.html](http://www.ota.com/organic_and_you/10reasons.html)
50. Organic means no pesticides, preservatives, herbicides – and grass-fed animals on no antibiotics. What does “organic” mean to you?



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