



It's Time to Go Green!

Spring is officially here! A perfect time to start going green; Meaning eating clean, green, and organic. Going green is important for your health and the environment.

Eating and supporting organic products has a lot of benefits. When you eat organic, you reduce the amount of toxins that could enter your body because organic farmers don't use the toxic pesticides that are used in chemical crops. Supporting organic crops also helps reduce farm pollution, such as pesticides and synthetic fertilizer polluting the land and spreading to other areas through air, water, and soil. This will also lead to building healthier soil.

Eating and supporting organic farms will also help protect future generations. Since organic farms don't use pesticides, you are eliminating the high risk of affecting the nervous system, increasing the risk of cancer, and decreasing fertility that pesticides usually do. One of the most popular benefits of eating organic is receiving a better flavor that foods have to offer. When eating organic you will avoid poor science in your food such as GMO's and rBGH (cloned food). Overall, eating organic will reduce health risks. Eating organic for even five days will help eliminate pesticide residues that are in your body.

Are you doing your part? Going green isn't just about your diet, it can also be about exercising. Taking care of your body through proper exercise is an essential step to a healthy life. With the weather warming up, it's good to do some outside walking and running; whether it's walking your pets or walking to work. Walking to work will also help the environment as you are putting less pollution in the air by driving your vehicle.

Check out the website below that includes eating green benefits and a wonderful green recipe!

<http://www.healthygreenkitchen.com/healthy-green-smoothie.html>

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References:

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