

How Will You Celebrate Earth Day?

April 1, 2021

Gaylord Nelson is the father of Earth day. In the 1960's, this conservative governor of Wisconsin was very concerned with all the pollution and devastation of the environment that he saw happening as a result of almost no regulation or laws regarding industry and manufacturing. He observed how effective the teach-ins at Universities and Colleges were on mobilizing students to protest the Vietnam War and thought that energy could be used for other good as well. So he formed an organization, Environmental Teach-In, Inc. to start the process. In September of 1969 his organization announced that April 22nd 1970 would be a national teach-in for environmental issues. Earth Day was born. Twenty million people marched and demonstrated that day purportedly chosen as a convenient day between the last day of classes and final exams for students. His movement is credited with influencing the formation of the EPA and many, many more environmental laws. In 1990, Earth Day went global. Today over a billion people world-wide celebrate Earth Day.

How will you celebrate Earth Day? With Covid a reality in our lives, the importance of access to the outdoors has been brought to our awareness again as many of our other outlets are not available at this time. Another Covid reality is remote learning and with that more parental involvement in our children's education. One could truly celebrate Earth Day in Gaylord Nelson's tradition and have your own teach-in for your kids. There are all kinds of wonderful ideas out there including virtual tours of National Parks. You could also invite and involve your children to look at where in your world you could make improvements in your lifestyle that are helpful to the environment and therefore everyone's health. The following are a few ideas.

Make sure you have plenty of reusable bags and totes. Store a few in your car in case you forget to bring some or make an unanticipated stop. An estimated 12 million barrels of oil are required yearly to produce the over 100 billion plastic bags that either end up in landfills or cause problems for marine wildlife.

Buy refillable, non-plastic water bottles and make it a habit to fill and take one with when you leave the house. Annually, 1,500,000 barrels of oil are used to produce 2,000,000 tons of plastic bottles that end up in the landfills.

Buy your produce locally. You are supporting your local farms, getting fresher produce as well as decreasing fossil fuel consumption as produce sold in grocery stores travels an average of 1,500 miles.

Help save trees by opting out of catalogs. If you need help with this, go to catalogchoice.org.

Start a compost pile for kitchen scraps. Not only does it save on landfill space but you can use that compost in your organic vegetable or herb garden. A great activity to involve kids in.

Go through your household beauty and cleaning products. Read the labels. Educate your children on what is non-toxic and decide to make future choices that are non-toxic for your home and office.

These are all healthy ideas for the planet and your own well-being that can be made into healthy habits. This is important because once an action becomes a habit, it is not work. It becomes reflexive and a lifestyle choice. Instilling these habits in your kids just makes it easier for them to continue them into adulthood.

At Body Mind Spirit, you don't have to read all the labels. We've done all that for you. We continually educate ourselves as to the best performing, high quality, most natural and non-toxic beauty supplies we can find. We even make some of our own organic supplies and we add gem elixirs and flower essences to stay true to the spirit of Body Mind Spirit. We are also a member of the Green Circle Salons. Which means we recycle as much of our waste, including hair as is possible at this time. Make an appointment for a hair cut with us and feel good knowing that sometime in the future, your hair clippings may be used to clean up an oil spill somewhere in the world!

Happy Earth Day!

"We do not inherit the Earth from our Ancestors, we borrow it from our children." - Native American proverb