

Tips From Teresa: Make 2012 the Greenest Year Yet!



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It's a New Year, time for some new habits!
Some Tips From Teresa To Make 2012 the Greenest Year Yet!

2012 is here, The Year Of Home Detox (www.TheYearOfHomeDetox.com) and this year we're going to give you tips to keep your house clean, and your world green, in 2012!

Detox Your Home In 2012

Keeping your home clean is a no brainer, it makes you, and your family, feel better about where they live, but did you know that many of the traditional products that you use to clean your home can leave behind residues that can actually attract more dirt AND be harmful to your family and pets? One great way to avoid this is to utilize chemical free cleaning methods, and detox your home in 2012. Chemical Free Cleaning is a process that utilizes water in various forms to effectively clean, and sanitize your home without the use of chemicals that can cause irritation and leave behind unhealthy residues. For more information about the process, or to schedule a home detox, visit www.TheYearOfHomeDetox.com.

Surprisingly Green

You're having a party, and the thought of tossing all of those paper goods is driving you crazy, but is it really more green to go with standard plates and glasses when entertaining? Actually, between the water used in washing them and the chemicals introduced into the waste water, disposable party ware is a better choice, but not just ANY party ware, go with biodegradable. From plates and cups to flatware and tablecloths, everything you need for a guilt-free party is now available in biodegradable, and/or compostable options. Items like these generally degrade in ten years or less, and keep you from filling landfills with your party waste. They're a great way to keep it green while still enjoying the party.

Not Losing Sometimes Beats Not Using!

You hear it every winter, turn down the thermostat, and put on a sweater in order to lower energy costs and save the environment, but many of us ignore that advice. When we're home, we like to be comfortable, and if that means turning up the heat, we're going to do it. If you're one of those people, sometimes the best way to save is not to lose, heat that is. So, make sure all of your windows are energy efficient, and seal properly. Investing in new windows now can save on energy costs down the line! Be sure that attics and outlets are insulated to keep cold air out and hot air where it belongs. Finally, make sure to turn the heat down when you're not home, or when you're sleeping and if there are rooms in your house that you don't use, don't heat them! By following these simple tips, you'll still save energy and lower your bills, even if you keep the temperature toastier than you should!

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