

Do Just One Thing

by Eco-Expert Danny Seo

If you live in the city and the sounds of cars and sirens are keeping you up at night, consider making white noise. The whir of a fan can help cover up the noise and contribute to a quieter, more restful sleep.

Tip: Be sure to wipe down the fan first to remove dust and debris from blowing into the air you breathe.

Got an eco-tip or question?
E-mail: Danny@dannyseo.com

Do Just One Thing

by Eco-Expert Danny Seo

Do Just One Thing

If you can't change all your lightbulbs to energy-efficient, compact fluorescent bulbs, change the ones where the type of light being used isn't an issue. Replace bulbs in awkward places like basement stairways, laundry rooms or a pantry. Change an overhead fixture in a rarely used room. The super-white, bright light is too harsh for some, so when it doesn't really matter, go fluorescent. Learn more at www.natureworkslc.com.

Do Just One Thing

by Eco-Expert Danny Seo

The next time you're feeling under the weather, be sure to disinfect your toothbrush when you're finally rebounding. If you don't, you risk re-infecting yourself simply by brushing your teeth! To disinfect, place a wet toothbrush in the microwave for about a minute on high; it'll radiate the germs away. When in doubt, replace the brush with a new one. (What an opportune time to give a recycled Preserve toothbrush a try!)

Got an eco-tip or question?
E-mail: Danny@dannyseo.com

Do Just One Thing
by Eco-Expert Danny Seo

Do you have a whole collection of unwanted CDs or DVDs gathering dust around the house? Recycle a big collection into a functional dumbbell. Buy a 12-inch threaded rod from the hardware store and four nuts that will fit snug on the rod. Attach two nuts on each end of the rod and twist until they are about 3 inches in. Thread 25 CDs on each side of the rod and then secure with another nut. Use the 5-pound dumbbell when doing crunches; it's soft enough to rest on your stomach during a sit-up to add just enough resistance to your workout routine.

Do Just One Thing

by Eco-Expert Danny Seo

If your hybrid car is in desperate need of a wash and dry, leave it to the car wash. The automated car washes are the greenest choice, since they operate as efficiently as possible. Many car washes actually recycle water, too. When you wash your car at home with a hose, you are likely to use more water. It's even worse if you use a non-biodegradable soap, because it'll go into the storm drains or groundwater.

Do Just One Thing
by Eco-Expert Danny Seo

While it may be tempting to cover the racks of your oven with aluminum foil to keep spills to a minimum, don't. Foil reduces the heat flow and increases the cooking time, which uses more energy and raises your utilities bill.

Learn more at www.natureworkslc.com.

