

Words of Wellness

April 2015

GREEN LIVING

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1. David Suzuki's newsletter for sustainable living. You can sign up to receive his newsletters.

http://www.davidsuzuki.org/sign-up/?gclid=CjwKEAjwlsSoBRDoid2ihqnjlISJABZoG9-t-suh9OTuQoTZpOt4Z9eVK3xGu5vTs3YnehmHKKCzhoCB4Hw_wcB

2. Green Living Tips

<http://www.earthshare.org/green-tips.html#spring>

3. Green Smoothie recipes



2 CUPS + **2 CUPS** + **3 CUPS**
LEAFY GREENS LIQUID BASE RIPE FRUIT

SPINACH
KALE
ROMAINE
BOK CHOY
SWISS CHARD
COLLARDS
DANDELION

WATER
COCONUT WATER
COCONUT MILK
ALMOND MILK

BANANA
MANGO
BERRIES
ORANGE
AVOCADO
PEACH
PEAR
APPLE
PINEAPPLE
GRAPES

1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.
2. ADD FRUITS AND BLEND AGAIN.

*Use at least one frozen fruit to chill smoothie
**This formula yields about 32 ounces and serves 2

BOOST IT!

CHIA SEEDS HEMP SEEDS CACAO
COCONUT OIL HEMP PROTEIN POWDER CINNAMON
ALMOND BUTTER FLAX SEEDS ACAI POWDER

— SIMPLEGREENSMOOTHIES.COM —

4. 10 Natural Ways to Cleaning Your Home

<http://www.care2.com/greenliving/10-natural-and-vegan-tips-for-cleaning-your-whole-home.html>

Princess and the Frog

Once upon a time in a land far away, a beautiful, independent, sustainability-minded princess happened upon a frog as she sat contemplating ecological issues on the shores of an unpolluted pond in a protected meadow near her castle.

The frog hopped into the princess' lap and said: "Elegant Lady, I was once a handsome prince, until an evil witch cast a spell upon me. One kiss from you, however, and I will turn back into the dapper, young prince that I am and then, my sweet, we can marry and set up housekeeping in your castle with my mother. There you can prepare my meals, clean my clothes, bear my children, and forever feel grateful and happy doing so."

That night, as the princess dined sumptuously on lightly sauteed frog legs seasoned in a white wine and organic onion cream sauce, she chuckled and thought to herself: "Yeah, right!"

From: <http://sustainablelivingwise.com>

"It's not easy being green."

— Kermit the Frog

"I don't want to protect the environment, I want to create a world where the environment doesn't need protecting."