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HEALTHY LIVING HEALTHY PLANET



LIVING SUSTAINABLY

What Does It Mean and How Do We Do It?

by DeeAnn Saber

What does it mean to live sustainably? Is sustainability how we support ourselves and our families? Or about our impact on the immediate environment or world? Where do we fit in to the bigger picture?

Many of us are still just living day-to-day, trying to do our best to manage that day. Between meal prep, clean up, getting kids to school, working ourselves, paying attention to bills, or car maintenance or our spouses, how do we fit in all in?

First, we stop, breathe and really think about how we want our lives to be. What is an ideal day? Can that ideal day first take into account our own self-care, then our loved ones, then everything else—including the planet?

For some, living well could be defined as having enough that we can give back to our communities. If, every day, we could do one small thing that puts us one step closer to a healthier life, would that be manageable? When we are healthy, that means more energy, clearer thinking, a hopeful outlook, good sleep and satisfying relationships. Health is a foundational choice that says, “Yes, I am okay being on the planet and happy to be here contributing to the greater good.” What is in the way of getting to that?

Of course, time and money are what trip up most folks. But, we all have daily choices we make with our time and money. If we can sit in

front of a TV for one hour daily, then we could be in a garden watching food grow and tending it in that same time. What will we get in a month or year after one hour of TV daily? In two or three months of spending that hour in the garden, we could grow food—clean, organic, tasty food. After one year of eating that food, what happens? Our skin is clearer, energy is better, depression cleared, gut problems are gone and we sleep better. That choice is ours to make every day.

Sustainability means it lasts. Considering what most folks do with their time and money, we see those unhealthy results. Stopping even for a weekend and considering what feels important or life changing could shift our health and our family’s health—by doing one thing differently daily.

Write it down and go after those goals.

Start with quitting the junk. Sugar is America’s biggest addiction, and it is in everything. This means no candy, soda, Red Bull, cigarettes and most grains like cereal. These products are full of pesticides, heavy metals and poisons. None of that is leaning us in to healthy.

Drink clean water. Not bottled with BPA, only filtered water in glass containers.

Get plastic out of the home. Microparticles of plastic are even showing up in breast milk. Plastics will kill animals, and that means us, too. Switch out plastic bottles and plastic storage containers and do not microwave food in plastic.

Money talks. Realize that where we spend our money means something. Money speaks when we use it wisely in ways that support health. Imagine if no one ever ate at fast food restaurants again—then they would shut down.

Get to gardening. Start with a small pot, six to 10 inches across. Make sure it has a hole in the bottom of it and plant organic lettuce seeds. Put a plate under it to catch the water. Water sparingly every few days and see what happens. Usually, if it gets a little sunshine and some shade, sprouts will appear in one or two weeks. Let them grow until the leaves are six to eight inches tall, then clip off one leaf at a time. Leave the base, as it will continue to grow more leaves. Enjoy a fresh salad, add in organic tomatoes, radishes, celery, avocado, carrots and a clean dressing. This could be a complete meal.

Dr. DeeAnn G. Saber, NMD practices at Transformational Medicine, located at 2028 East Prince Rd., in Tucson. Transformational Medicine will host a free talk about sustainability on April 20, at 6 p.m. Connect at 520-209-1755, DeeAnn@tfmnd.com or tfmnd.com.