

Here Comes the Sun...

Remember when we could spend lots of time outdoors without having to take a sunscreen bath, spray toxic insect repellent all over ourselves, or even carry an umbrella to protect us from the sun's harmful effects? What happened? These protective measures are commonplace now, but like the medicine we grew up practicing, their usage is only treating the symptoms, not the causes. We're not seeing the bigger picture at all!

The sun is not our enemy. As per Walt Kelly's comic strip Pogo, "We have met the enemy and he is us." Our very own activities and the refusal to look at the facts are destroying that which protects us. The ozone layer is rapidly depleting in many areas and the effects are horrific. Humans are the only creature that can decide to see what they want to, and then to act upon that with conscious intention. We are also great at the game of denial. And even better at the game of misinformation.

Our most common activities are among the most destructive: Whenever you drive somewhere to eat a hamburger delivered to you in a styrofoam box and eat the side dish with plastic utensils, you are contributing to global degradation. Overproduction of beef from cows introduces methane into the environment that is even more toxic and abundant than auto exhaust. Methane, BTW, is also released from cigarettes! Packing materials and the plastic we use in cell phones and computers will outlive us all. And don't forget the biggest scam of them all: we've been convinced to buy water in non-biodegradable plastic bottles that use oil in their manufacture, transported by trucks that use oil as fuel while emitting toxic fumes—all instead of reducing the water pollution in the first place! Global warming is real! Take a look at the storms and floods in Midwestern USA and around the world. And what about last year's baseball playoff game where bugs swarmed the players? The signs are obvious, folks; we have to act NOW!

Apathy and induced fear has become the way of the land; it's what's let this country falter to oil and war mongers leaving us no safer than before—only less self empowered, weaker, and despised by many. Large corporations regularly employ tactics that let us only see their good side. Pharmaceuticals seem to be inherently designed to create dependency and have long lists of harmful side-effects, yet we all take them willingly as opposed to treating the underlying causes of pain and illness on an holistic level because it's easier and/or we've just been conditioned not to question it. We have to be proactive if we want to thrive and not just survive!

There are many things that affect our environment and our expenses without us even knowing it! Ever hear of 'phantom load'? As per *Go Green, Live Rich* by David Bach, "Even when your appliances are tuned off, they continue to suck energy out of the wall and money out of your wallet." It "totals 5 to 15 percent of your monthly electric bill...In all, Americans spend about \$4 billion a year on electricity for things they're not using." This book is a must read for anyone who cares about their own health, the planet, and wants to reduce their expenses.

Each time you eat vegetables instead of meat you are reducing the demand for livestock, which reduces the carbon footprint from methane production enormously. You'll also feel and look both better and a lot younger! Biodegradable cutlery and garbage bags are now readily available on Amazon.com. While it's easy to think these are small things and perhaps meaningless against the bigger picture, we have to start somewhere.

What kind of world do you want to leave to your children and your children's children? They may never know the joys of going to the beach or spending time in nature. Indoor and lethargic living can lead to obesity, and depression comes with lack of quality social interaction. Let's take a stand together for what ultimately matters the most: OUR HEALTH AND OUR HOME! And let's do it by making smarter, well-informed decisions.