

**THE NATUROPATHIC  
PERSPECTIVE**  
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## EARTH -DAY, -MONTH, -MILLENIUM

What daily habits do you practice which are in consideration for your environment? April is the month for Earth Day, but over the past few years caring for the earth and the world around us has become more upfront and personal than a single day event. And this is a good thing.

I recall the first year we recognized Earth Day here in Collingwood; I was in high school and went with my family to pick up litter around Harbourview Park. The following day was life as usual. The next year I bought a spruce tree as a fund-raising event at school and planted it at the entrance to my parents' driveway, where it thrives today. The following day was life as usual.

Today, thanks in part to films like *An Inconvenient Truth*, the environment is becoming more of a mainstream topic around the dinner table. Thinking about the health of our planet, our home, has grown from a single day event to tickling the corners of global consciousness each day.

How are you making a contribution?

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Everyone thinks of changing the world, but no one thinks of changing himself. –*L. Tolstoy*

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### Local Resources

Holistic Living Network; meets the 2<sup>nd</sup> Tuesday of each month at Loblaws (Upstairs), 7-9pm  
◦ presentations & open discussions on topics that matter to you. All are welcome to attend.

Environment Network; [www.environmentnetwork.org](http://www.environmentnetwork.org)

◦ initiated the anti-idling by-law in Collingwood; first of its kind in Canada.

Niagara Escarpment Organics; [www.neorganics.ca](http://www.neorganics.ca) Think Global. Eat Local.

◦ raising awareness about the true cost of your food choices... and providing a solution.

### Recommended Reading:

It's Easy Being Green; a handbook for earth-friendly living, Crissy Trask

◦ more info at [www.greenmatters.com](http://www.greenmatters.com)

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Nobody made a greater mistake than he who did nothing because he could do only a little. –*E. Burke*

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### Looking for a few suggestions to get you started?

◦ use reusable & washable cloth bags for your grocery shopping.

◦ turn on heat or air conditioning enough to take the edge off of your discomfort, not to change the climate of your home. If you can wear a t-shirt in the winter or a sweatshirt in the height of summer than your usage is likely excessive.

◦ abide by Collingwood's anti-idling by-law... even when not in Collingwood.

◦ experiment with using white vinegar for a variety of household cleaning projects; windows, counters, laundry, mildew...

◦ save all single-sided printed pages (junk mail, correspondence, etc) and use blank side for scrap paper (grocery list, to-do list, note on fridge, etc)... then recycle.

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Be the change you wish to see in the world. –*M. Gandhi*

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