



## Shannon's Corner



Earth Day is such a wonderful day; it's a day to celebrate our universal home. Each year, I have a special *Earth Day* edition of *Healthy Tidbits*. I feel that honoring our earth is critical if we care at all about our health. Each one of us has a symbiotic relationship with the earth; the

earth needs each one of us to survive and vice versa.

In this **2006 Earth Day issue of Healthy Tidbits**, I provide you with an abundance of resources, including my favorite **"Save the Earth" books**, my favorite **earth-friendly products**, **healthy places to dine in New York City**, and things that I have done to save the planet this month. The books that I review are absolutely amazing; I pull tidbits from these books to give you further examples of things that you can do for our earth. In my first feature article, I explain how you can **better your health and the earth's health simultaneously**. In my second feature article I describe the **best way to accessorize with the planet in mind**.

In this issue, not only do I share practical information with you, but also I share my favorite poems that depict the beauty of the earth. While I love the cosmopolitan vibe of New York City, I love retreating in nature whenever I can. We have so much to learn from nature. This past year, I have truly fallen in love with birds. I notice them more. In my neighborhood alone walking to and from the bus stop, I have seen far more than your every-day pigeon. I have seen mocking birds, doves, blue jays, cardinals, egrets, and red-tail hawks, seagulls, purple martins, barn swallows, house sparrows and European starlings. Diversity is beautiful. In order to preserve diversity, we must do what we can to preserve the earth. I hope this newsletter inspires you to take action toward saving the planet and saving your health too!

Enjoy! With bliss,

Shannon



## My Favorite Pro-Earth Books



**365 Ways to Save the Earth**  
by Phillippe Bourseiller

**4/5 Star Book**

This book is the absolute perfect coffee table book. What a great "tool" to educate guests in your home! Phillippe Bourseiller pairs 365 Save-the-Earth tips with a breath taking photograph of nature. This book is an excellent resource as well as an amazing work of art. You can follow it by each day of the year or just pick it up and peruse it like I do. I find something new and intriguing every time I pick it up!

Bourseiller categorizes the Save-the Earth tips using symbols: home, shopping, leisure, transportation, children, office and gardening. Some of my favorite tips include: buy less processed foods (shopping), turn the veggies on your stove off early (home), if you can't afford organic food for the whole family, at least buy organic food for your baby (children), water your plants or garden in the evening (gardening), use your computer for as many years as possible before replacing it (office), and investigate the slow food movement (leisure). He not only tells you what to do, but tells you why to do it. For instance, did you know that "A recent U.S. study estimates that 315 million computers become obsolete after four years. This represents more than 1 billion pounds of lead, 4 billion pounds of plastic and hundreds of millions of pounds of other [non-recyclable and/or toxic] materials?"

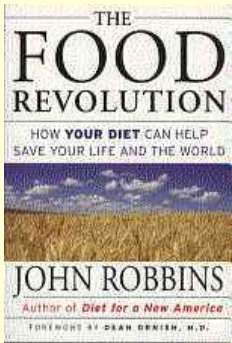
Sometimes I look at the book for the photography alone. It's hard for a photography buff like me to put this book down! Bourseiller has traveled throughout every single continent! These pictures are astonishing; some are vast (...continued on page 2)

## Also in This Issue:

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aerial photographs, while others are abstract. To give you an idea of the diversity in his photographs, let me share with you a few of my favorites: Soft coral in Indonesia, Man on a horse in Patagonia Argentina, Lake Magadi in Kenya (it's red), Waimea Canyon in Hawaii, a Weddell seal in Antarctica, and Massif Central in France.

I promote this book because it's a fun way to educate yourself about ways in which you can improve the environment. It's almost like a child's picture book. It doesn't require a long attention span and I'm telling you the pictures will draw you in!



## ***Food Revolution: How Your Diet can Help Save your Life and the World***

by John Robbins

### **3/5 Star Book**

John Robbins, author of *Diet for a New America*, has presented compelling reasons as to why a plant-based diet will do you a lot of good

and the planet. The man does his research; he has over 900 footnotes in this book from reputable peer-reviewed journals.

While Robbins has opened even my eyes to some dangers of eating animal products, he can be overly sappy and dogmatic. This book is definitely educational and a worthwhile read though. Some things that I learned include:

1. Ben and Jerry's ice cream contains toxic levels of dioxin (a carcinogen).
2. When we consume vitamins (whether from food or supplements), the amount is not as important as how bio-available (absorbable) the vitamin is. For instance, Brussels sprouts have far-more absorbable calcium than does milk!
3. Many meats in this country are irradiated (to prevent food-borne illnesses); however, irradiation exposes food to radiation that is equivalent to 2.5 million chest x-rays.
4. If a seven-pound human baby grew at the same rate that today's farmed turkeys (and broiler chickens) grow, when the baby reached 18-weeks of age, it would weigh 1,500 pounds.
5. Because of the rate that broiler chickens grow, their heart and lungs can no longer support their bodies, resulting in congestive heart failure and tremendous death losses. In other words, when consuming broiler chickens, you consume very sick animals!

### **Some things that I already knew, but like to be reminded of:**

1. In an urban setting, it is imperative for us to remember the importance of the earth that we are so far-removed from. Ready for a hike anybody?
2. Burning fossil fuels is the leading cause of global warming. When are we going to get electric cars already?
3. Livestock grazing has resulted in the destruction of massive amounts of the rain forest.

### **Food Revolution book review *continued...***

4. Livestock grazing is the leading cause of animal extinction.
5. It takes way more land and resources to produce meat than it does to produce vegetables.

Robbins is definitely a vegan-pushing author. His points as to why to consume a plant-based diet, are valid and convincing. I feel though that he could have talked about eating more organic foods and how that alone can help our health and the planet's health. He compares the United States sick state of health to a lot of European countries, who are much healthier. I strongly believe that Europeans are healthier because they value their food and keep it safe and healthy, including meat and dairy products, that is most-often raised humanely and organically.



1. I recycled my used ink cartridges. Every Staples store has a bin for you to do this!
2. After living in my apartment for almost year, I finally called and heckled the authorities to bring myself (and all people in my building) municipal recycling bins!
3. I carried my canvas bag around with me so that whenever I went to a store just to "pick something up," I had a bag with me to carry the products in.
4. Not only did I bring my lunches to my writing and editing job at New York Road Runners Club, but also, I brought silverware so I wouldn't continually use their plastic forks and spoons.
5. This is actually something that Brent does. When we use aluminum foil, we don't just use it once; we use it a few times!
6. I always buy organic produce; you'll see in my feature article why this is great for the earth and for you too.
7. I bought a bottle of organic wine!
8. I bought plenty of organic chocolate!
9. I brought my travel coffee mug with me into the city; whenever I retreated in a café, I asked them to fill my cup up!
10. I checked books out of the library, instead of buying them



## # 1 Go Organic!



I have been a proponent of organic foods for over ten years now. It's been so wonderful to see the increasing availability of organic foods and the decreasing prices. In fact the sales of organic products are growing at about 20 % per year. Now, that's phenomenal!

So, what is organic food exactly? Organic foods are: grown without the use of toxic pesticides and herbicides grown without synthetic fertilizers or sewer sludge grown without the use of genetically modified organisms made without artificial flavors or irradiation.

Some say organic food is too expensive, but isn't your health worth it? Besides, with more demand the prices will go down. This sort of movement is a big step toward preserving our planet!

## # 2 Prepare Your Food More Often!



When you prepare your own food, you avoid the harmful chemicals often found in packaged food and you save the planet by avoiding the waste of a lot of packaging materials.

## # 3 Use Natural Household Cleaners



Are you aware that by using chemical cleaners, you are creating pollution in your own home? Use natural cleaners; it's better for you and the planet. I list my favorite cleaners in this newsletter! Check 'em out!

## # 4 Drive Less! Bike and Walk More!



By biking and walking, you are saving the planet and getting great cardio-vascular exercise!

## # 5 Pass this Newsletter On to Others!

Education is the best tool to promote healthy people and a healthy society! Pass it on! Anyone can subscribe to my newsletter at:



<http://www.shannonlynn.com/htb.htm>

## My Favorite Earth-friendly Products



### Endangered Species Chocolate Company Chocolates

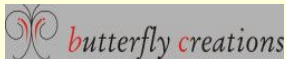
[chocolatebar.com](http://chocolatebar.com)



These chocolates are absolutely delicious! They're cute too; each flavor depicts an animal that is on the endangered species list.

10 % of this company's profits

are donated to organizations that are working to protect endangered species and their habitats. I'll share with you some of my favorite flavors, the Grizzly Bear (Dark Chocolate with Raspberry), The Rainforest Bar (Dark Chocolate with Deep Forest Mint), the Tiger (Dark Chocolate with Espresso Beans), the Manatee (Milk Chocolate with Rice Crisp), and the Polar Bear (White Chocolate with Macadamia Nuts).



### Butterfly Creations Bedding & Home Accents

[butterfly-creations.biz/home.php](http://butterfly-creations.biz/home.php)

The creator of these home products happens to be one of my best friends. Malati Gadgil's most-loved products are her bedding products. Everything she sells is organic silk and it is gorgeous. Any beautiful color you can imagine, she has a design that includes it!

Here is a caption about Malati's products from treehugger.com: "Malati Gadgil shares an eco-conscious design aesthetic with TreeHugger--one that's more hip than hippie. Her sumptuous Indian silk bedding and toss pillows are both eco-friendly and socially responsible. The silk she uses to design and produce her textiles is one of the few varieties that does not require pesticides in order to be produced and many of Butterfly Creations' products are either unbleached and left in their natural shades or are colored with vegetable dyes. Though some of her items do use synthetic dyes to achieve their rich colors, the quality of this silk requires less than one-third the quantity of chemicals that standard cotton would use..."

The textiles are gorgeously hand-woven and, amazingly, made without any use of electricity (a scant commodity in rural India) at a weaver's collective that employs nearly 300 weavers, 100 of whom are tribals."



### Porto Rican Coffee Company's Organic Ethiopian Coffee

[portorico.com](http://portorico.com)

I'm not the biggest coffee drinker on the face of the earth, but Brent sure loves his coffee. We love the Porto Rican Coffee Company because they offer a wide array of organic selections that are fair-trade and bird-friendly (in other words the coffee is shade-grown preserving the biodiversity of the area where it's grown). Our favorite selection is the Organic French Mexican Roast.



### Way out Wax Aromatherapy Candles

[wayoutwax.com](http://wayoutwax.com)

These candles are all natural and soy-based, so they do not harm the environment when you burn them; a great way to keep your home free of chemicals and still create ambience! My favorite scents by this company are cedar wood, the eucalyptus and sage!

### Organic Essentials Tampons

<http://www.organicessentials.com>

Do you know that you have more than TSS to worry about when it comes to tampons? Sorry guys, if this is a bit too feminine for you! Tampons are made with cotton, which is one of the highest-pesticide-sprayed crops in the country! Not to mention that tampons are bleached! Yikes! Organic Essential tampons are much better, no herbicides or pesticides, GMO free and no bleach!



### Aubrey Organics Meal and Herbs Exfoliation Skin Bar

[aubreyorganics.com](http://aubreyorganics.com)

Do you know that you can store toxins in your dead skin cells, which can then seep into your skin? Euuu...gross! Well, the best way to get rid of those dead skin cells is to exfoliate. There is not a better way to do it than with this soap; it contains: Palm Oil, Coconut Fatty Acids, Peanut Oil, Shea Butter, Almond Meal, Oatmeal, Walnut Meal, Coconut Oil, Water, Almond Essential Oil. You can't get more natural than that!



### Shaklee's Basic-H Household Cleaner

[Shaklee@shannonlynn.com](mailto:Shaklee@shannonlynn.com)

This household cleaner contains no ammonias, acids, alkalis, solvents, phosphates, chlorine, nitrates or borates. It's also biodegradable and nonpolluting. The best thing about it is that it can be used a million different ways. You can clean floors, cars, windows, sinks, tubs, mirrors, walls and even delicate fabrics. Because you dilute the Basic-H solution with water, one quart makes 190 gallons of powerful cleaner.



### Jim Morris Environmental T-Shirts

<http://www.jimmmorris.com>

These shirts are made with organic cotton and have great messages about preserving the earth. What a great way to defend of our planet!



### Trader Joe's Liquid Laundry Detergent and Liquid Dish Soap

I love cleaning with Trader Joe's Liquid Laundry detergent and liquid dish soap. Both have all natural ingredients and are very gentle. They are made with coconut and vegetable based surfactants, salt, water and essential oils. The bottles are recyclable and biodegradable and neither product has been tested on animals. It's actually soothing to wash dishes with Trader Joe's tea tree lavender dish soap.

## My Favorite Poems to Celebrate the Earth

My freshman year in college, I took a course called *Writers of Place and Self*. This class is what prompted a deep, rich love of the earth. We read about authors' profound respect for the environment, among them were Henry David Thoreau, John Muir and Terry Tempest Williams. I highly recommend these writers to all of you. We also read poetry. I'd like to share a few of my favorite poems, poems that portray the mysterious beauty of our earth.



### The Summer Day

by Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean-  
the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down-  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
With your one wild and precious life?

### Wild Geese

By Mary Oliver

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting -  
over and over announcing your place  
in the family of things.

### The Peace of Wild Things

By Wendell Berry

When despair grows in me  
and I wake in the middle of the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting for their light. For a time  
I rest in the grace of the world, and am free.



## My Favorite Organic Food Restaurants and Bars in NYC

Did I say Bar? Why yes I did. As I mentioned in my feature article, eating organic food is great for the planet and great for your health too. While I did say that preparing your own food is a great step toward protecting your health and the planet's as well, that's not to say that you shouldn't be able to enjoy fine-dining (and drinking). Just as organic food protects you from harmful chemicals, so too does organic beer (protects you from grains that are probably inundated with pesticides) and wine (protects you not only from harmful pesticides, but also from sulfites).

### East Village:

#### Angelica's Kitchen (strictly vegetarian)

Angelica's is a very cute place to go to. Their dragon bowls are most tasty. I'm personally obsessed with their corn bread. [www.angelicakitchen.com](http://www.angelicakitchen.com)

#### Onju

This is an organic pasta place with an exquisite, classy ambiance. They also serve organic wines and espressos! [www.onjurestaurant.com](http://www.onjurestaurant.com)

#### Uovo

This place is Mediterranean; the story about the chef on their website will totally sell you. It sold me and I was very happy with my brunch here. [www.uovo.biz/pages/menus.html](http://www.uovo.biz/pages/menus.html)

#### Counter (strictly vegetarian)

This is a fun place to hang out, with a most appealing ambience. They have fun appetizers and hearty meals and an unbelievable array of organic wine, beer and liquor choices. You can even get an organic martini! [www.counternyc.com/index.html](http://www.counternyc.com/index.html)

#### Caravan of Dreams (strictly vegetarian)

YUM YUM YUM. I adore this place. It's cozy and quaint and they often have nice calm live music (such as a sitar player). They have phenomenal appetizers and I like that they are not so tofu or seitan happy. Great selection of teas and coffees too. [www.caravanofdreams.net](http://www.caravanofdreams.net)



I'm not one to wear much jewelry, but I do have a minor obsession with earrings. I like my neat dangly earrings and I usually buy them from vendors at craft shops. I like to support the locals, which in its own way supports the earth, by steering away from multinational corporations (the mean earth destroyers). The topic of earth-friendly jewelry completely struck a cord with me when Brent broached engagement rings. I love the man so much and so I told him that the love meant much more than the ring. When we started discussing rings, it became very apparent that I actually did have a strong opinion about them. I will share with you the best way to consider the earth and humanity, when you are considering expensive jewelry (anybody else soon to be engaged or married out there?):

### **Do not Support the Diamond Industry**

Did you know that the diamond industry is one of the most corrupt industries in the world? Diamonds are the center of conflict in many African countries. According to a 2005 Global Witness Report, an estimated 3.7 million people have died in Angola, the Democratic Republic of Congo, Liberia, and Sierra Leone in conflicts fuelled by diamonds. What exactly are conflict diamonds? They are diamonds that are mined in Africa and sold in a black market to finance wars in Africa.

In case this hasn't yet concerned you, let me add, that conflict diamonds funded the 2001 World Trade Center attack. According to a November 2001 investigative report by the Washington Post, "Al Qaeda reaped millions of dollars in the past three years from the illicit sale of diamonds mined by rebels in Sierra Leone." I don't know about you, but I do not want to support an industry that results in the deaths of millions of human beings.



How can you be assured that a new diamond is not a conflict diamond? Put simply, you can never be assured. Today, more than 80 percent of the world's diamonds come from one company, De Beers. According to a 2001 UN report on conflict (or "blood") diamonds, "The South

African diamond marketing cartel De Beers alone mines about half the world's annual diamond output. It also controls as much as 80 per cent of global diamond sales through its Central Selling Organization, which purchases and stockpiles diamonds from other suppliers to keep availability low and prices high. De Beers was known to be a major purchaser of diamonds from Angola, Sierra Leone and other African conflict zones. Are you still not convinced that buying diamonds is not the way to go? Check out this article that spells out ten more reasons why you should not buy modern diamonds: [www.fguide.org/Bulletin/conflictdiamonds.htm](http://www.fguide.org/Bulletin/conflictdiamonds.htm)

### **Do not Support the Gold Industry**

First I tell you not to buy diamonds and now I am telling you not to buy gold. What are you ever going to do? Don't worry; keep reading; I'll get to that. Let me first explain why it is best not to support the gold industry. Gold mining is extremely devastating to the environment. According to a November 2005 New York Times investigative report, for an ounce of gold, 30 tons of rock have to be hauled away from the earth and diluted with cyanide, which is a carcinogen and highly lethal. Gold mining generates more toxic waste than any other industry in the United States, according to the EPA.



### **Estate Jewelry is the Way to Go!**

So no diamonds, no gold, oh no! Do not worry; I feel that buying diamonds and gold is okay so long as you are buying estate jewelry. Estate jewelry is more unique than modern jewelry. Also, by buying estate jewelry, you are essentially recycling! Another consideration may be seeing if your family has any heirlooms that can be used for symbolic purposes such as engagements or weddings. Good Luck!

*Organic Food Restaurants and Bars continued...*

## **CHELSEA**

### **The Green Table**

This restaurant is housed in the Chelsea Market—a great excursion in and of itself. I find their fish to be totally delicious. They also have great organic wines, beers and coffees. Try the link below. [http://newyork.citysearch.com/profile/35820990/new\\_york\\_ny/the\\_green\\_table.html](http://newyork.citysearch.com/profile/35820990/new_york_ny/the_green_table.html)

## **GRAMERCY PARK**

### **Pure Food and Wine (strictly vegan)**

This restaurant is swanky. It has an outdoor patio too! The food is amazing; it could be categorized as "raw" and I am not your typical raw food fanatic, but their empanadas are scrumptious. Their desserts will amaze you too—oh yes, and mighty fine wine! [www.purefoodandwine.com](http://www.purefoodandwine.com)

## **SOHO**

### **Spring Street Natural**

This is a classy place with outdoor seating and is also quite reasonably priced. I love their salads. They have a great beer and wine selection (organic) too! [www.springstreetnatural.com](http://www.springstreetnatural.com)

## **UPPER EAST SIDE**

### **Candle Café and Candle 79 (vegan)**

Candle Café was my first vegetarian dining experience in the city. The food was so great; I mean, totally yummy! I recommend the paradise casserole, so delicious. Now, they have a fancier restaurant too, called Candle 79. Also, great organic wine and beer selections! [www.candlecafe.com](http://www.candlecafe.com)