



## *Ask Silva about Building* *Healthy, Wealthy & Eco-friendly Lifestyles*

# 'GREEN' Living—Me?

I used to think going green meant I had to sacrifice elegance, style and comfort and give up all the things that I love-- good food, designer clothes, hillside home with a view, a luxury car and opulent lifestyle.

I don't consider myself to be a tree hugger or an environmentalist but I do have a deep down desire to be kind to mother earth, humanity and leave the world a better place than it was.

Hard core environmentalist were saying I needed to get rid of my car and buy a hybrid, eat only organic food, wear specific clothing--the list went on and on. One person even suggested that I move out of my beautiful urban community if I wanted an eco-friendly lifestyle. But that was not realistic.

I began to understand why people tend to shy away from the topic completely. I decided to do my own exploration and soon learned that being good to our planet, saving energy and taking an active role against global warming can be achieved right here at home, without sacrificing any of the glamorous, tasty and elegant accessories that I love.

For a start, I found I could save energy and money by replacing my lighting with the new compact florescent lighting (CFL).

In my office I changed some little things, like turning off computers and lights, recycling batteries, printer ink cartridges and using recycled paper.

My life has changed for the better, having gotten rid of many toxic items from my life including some toxic people.

I have learned that living a 'GREEN' lifestyle is a **caring** state of mind and is not associated with any one product, brand, place or

**"GREEN FOR LIFE"** Promotes:

- **Building safe & healthy homes**
- **Remodel with eco-safe products**
- **Healthy eating habits**
- **Eco-friendly Fashion & Beauty**
- **Eco-safe children's rooms**
- **Eco-friendly pet products**
- **People living Green lifestyles**
- **Eco- News stories**
- **Spas, vacations and retreats**
- **Green experts & personalities**
- **Eco-conscious speakers**
- **Eco-safe products & service**
- **Simple steps for Green lifestyle**

service. To live this lifestyle that is healthy for us and our family including our pets, we can create a healthy and wealthy environment that includes the best of everything.

After all, if you are going to put it on your skin, in your body, in your home, around your children, pets and in your environment-- it should be safe and healthy. Don't you think?

A healthy lifestyle requires living in a healthy safe home. There is no surprise that the two must align for longevity. By waking up now to the many possibilities that are available to us, we can each do our part.

**Living green** actually means **caring so much that you demand the best** from your life, what enters your home and your environment.

Green has always been my favorite color but little did I know that I would be **Green for life**. At this point I have looked into a hybrid SUV for next year, renovating my home **for Green living** and turning the focus with my design and construction company to building **Green** homes. So go ahead, get started. Connect to like-minded thinkers; become inspired through other people's stories and actions, reflect on your core values, get clear about what is important to you and then ask yourself, "What new habit or action can I begin with today?"

**If not you...then who?**

**RECYCLE REUSE REDISTRIBUTE**

### *About Silva*

Silva is a general contractor and healthy and wealthy lifestyle developer. Author of the best selling book, "**Jump Start Your Life--7 Steps to Wake Up from the sleepwalking mode**", she is a television personality and host of "**Green for Life**"®—the TV show. Silva facilitates workshops and speaking engagements about building healthy, wealthy and eco-friendly lifestyles. She believes that success will come when you live in an environment that is your safe and healthy sanctuary for spirit, mind and body.

**For questions about how to build your healthy, wealthy and eco-friendly lifestyle:**

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