

# how to

...make the most of life, and stay one step ahead of the crowd

## ...SAVE ENERGY AT HOME

The Aussie website Easy Being Green ([www.easybeinggreen.com.au](http://www.easybeinggreen.com.au)) gives these helpful tips about how to save energy at home:

◆◆◆ **Install energy-saving** light globes. For free installation of fittings, call 1300 789 324.

◆◆◆ **Cool your house** in summer by opening the doors and windows only late in the day when the temperature drops.

◆◆◆ **Turn off your computer** and other electrical appliances around the house at the wall power socket, not just at the on/off switch of the appliance.

◆◆◆ **Replace your old shower heads** with the new water-saving versions (check for a three-star rating). They cost around

\$20 from hardware stores.

◆◆◆ **Save hot water** and you also save the energy used to heat the water at the same time.



## ...do a healthy detox

BIANCA MONLEY OF EAT FIT FOOD ([WWW.EATFITFOOD.COM.AU](http://WWW.EATFITFOOD.COM.AU)), SAYS YOU CAN CLEAN OUT YOUR SYSTEM SENSIBLY WITH THESE FEW TIPS:

➔ **Set aside** 10 days so you're body can adjust to the change.

➔ **Abstain from alcohol**, dairy, red meat, wheat and gluten, and minimise your intake of saturated fat.

➔ **Avoid stimulants** such as coffee, tea, sugar, and also ensure your food is free of preservatives and additives.

➔ **Eat a wide variety** of plant foods, making sure you have at least eight vegetable and fruit types a day.

➔ **Ensure** all your meals are high fibre.

➔ **Drink at least** 2.5 litres of water per day.

➔ **Eat smaller** portions, and more frequently through the day.

