

There are various green solutions when decorating your home. Greening the interior of the home offers many benefits including a healthier environment, reduction of waste and reductions of pollution. By eliminating the chemicals in many home decorating products you create a healthy living space.

Here are a few tips to decorate your home “green”

- 1. Use low odor and VOC (Volatile Organic Compound) interior paint-** VOC can damage soil and ground water and contribute to global warming. VOC also leads to “sick building syndrome” which is due to poor air quality. Thus the reduction of VOC’s leads to a healthier living space.
- 2. Install Bamboo Flooring-** Bamboo flooring is a renewable resource since it is the fastest growing wood plant in the world. In certain regions bamboo can grow up to 3-4 feet per day. Thus bamboo is an excellent alternative to slow growing oak or maple flooring.
- 3. Use Indoor plants-** Using house plants is an extremely effective way to clean the air within your home. In fact, NASA conducted a study that found household plants were able to remove up to 87% of air toxins in 24 hours. For more information on household plants and the best species to use, visit the following website:
http://www.sixwise.com/newsletters/05/02/01/the_health_benefits_of_house_plants_including_the_top_nine_healthiest_plants.htm
- 4. Use Energy efficient Lighting (CFL) Compact Fluorescent Lamps-** CFL lighting uses between one fifth and a quarter of an equivalent incandescent lamp. In addition, the life of CFL’s is between eight to fifteen times longer than incandescent lights.
- 5. Utilize Organic Cotton Bedding-** Organic cotton is pesticide free which means the environment avoids the negative impact of farming with harmful chemicals. In addition, organic cotton is a healthy alternative since it doesn’t expose your body to harmful chemicals.
- 6. Refurbish Recycled Furniture-** Recycling furniture greatly reduces the solid waste stream. The Environmental Protection Agency estimated that approximately three million tons of office furniture and furnishings are discarded each year. In addition to the environmental benefits it is also an excellent cost savings for the consumers wallet. For more information regarding the benefits of recycled furniture please visit the following website:
<http://www.recycledolutions.com/benefits.php>