

August 25, 2002

Put PEP in your life -- Personal Environment Protection

Here are some easy things everyone can do to improve their environment and therefore improve their health.

1. Take your shoes off when you come in the front door.
2. Stay 10 feet away from the microwave when it is in use -- or don't use it at all!
3. Move electric clocks and radios away from the bedside.



**DR. J.E
BLOCK**

ALL THINGS
MEDICAL

4. Use healthier cleaning materials.
5. Hang dry-cleaned clothes outside without plastic bag.
6. Change laundry soap and stop using dryer sheets loaded with chemicals.
7. Use white vinegar in last wash cycle to make clothes softer.
8. Never use chlorine bleach.
9. Open windows to let fresh air inside.
10. Eat more organic food.
11. Move keyboard farther away from your computer.
12. Keep children at least 10 feet away from the TV.
13. Clean out your refrigerator, and clean the drain pan to get rid of mold.
14. Buy a few plants good for the environment, such as a spider plant.
15. Use candles made of beeswax or vegetable oil.
16. No lead based wicks.
17. Check to make sure your dryer is vented properly to the outside.
18. Cancel the pest control plan and use neutral agents like Borax.
19. Use stainless steel or glass cookware.
20. Buy a shower filter to absorb chlorine.
21. Walk around the house and check gutters and drains for debris.
22. Find out what's in your drinking water.
23. Store leftovers in glass containers.
24. Recycle!