



How to Adopt an Eco-Friendly Lifestyle

Ecological sustainability has become the new buzzword across the globe. The United Nations and various governments are pushing aggressively for an eco-friendly “green” world. The urgent need for achieving the goals of a sustainable environment, if the human race has to survive on Earth is being widely propagated by various governments, multilateral agencies and the media.



Plant-Based by Nafsika is one such TV show that turns the spotlight on cruelty-free lifestyle and tells you how you can adopt a plant-based lifestyle and thus help in preserving our planet. As a first step to adopting an eco-friendly lifestyle, you can start by using eco-friendly products.

How to Identify an Eco-Friendly Product?

Whenever you buy any product look for a USDA Organic Seal, Energy Star, Green Seal or the Forest Stewardship Council Logo. Almost all eco-friendly products have one of these four signs. Desist from buying any product which does not display any of the four seals as it is likely that the product is not eco-friendly.

Benefits of using Eco-Friendly Products

As the name suggests an eco-friendly product is great for the environment but that is not all. Such products are also beneficial for users.

1. Healthier Lifestyle

Eco-friendly products do not contain harmful chemicals and thus protect you and your family from any incidental harm on using them. There have been studies that have established that use of non-eco-friendly products can lead to diseases. Take the case of plastics. The adverse health effects of plastics include autoimmune disorders, endocrine disruption leading to cancers and birth defects, premature puberty and stunted growth among children while adults can suffer from reproductive system abnormalities, heart disease and autoimmune diseases. It can also lead to direct toxicity as in the case of mercury, cadmium and lead. Using eco-friendly products keeps you and your family relatively free from illnesses and diseases and gives you longevity in terms of age.

2. You save money

Even if eco-friendly products seem comparatively costly at the time of purchase, they prove to be less costly in the long run. These products are typically made of recycled material which is more durable, thus longer-lasting. You also get to save on your medical bills as you do not suffer the adverse ill effects of using non-eco-friendly products.

3. Great for Ecological Balance

Flora and fauna are part of the food chain that is essential to maintain a balanced ecology. Thus, environmentally conscious people should strive to use products not tested on animals as this testing is harmful to animals and even proves fatal for them.

You can shop for almost anything from toys, clothing, cups and toilet paper to bags, house décor, cleaning products and even accessories like sunglasses, hair accessories, jewelry and much more in the reusable and eco-friendly category. There is no dearth of choices if you search a little.

Don't forget to tune in and watch Plant-Based by Nafsika to know why more and more people around the world are turning vegan and saying yes to products not tested on animals and adopting a plant-based lifestyle.