

Special Report!

HOW TO REDUCE POLLUTION!

Go Green Now!



Table of Contents:

1. Pollution Facts That You Need To Know About
2. Indoor Pollution
3. 7 Simple Solutions to Indoor Air Pollution
4. Top 10 Plants to Remove Indoor Air Pollution Effectively
5. Air Pollution, the Leading Cause of Various Disease Worldwide
6. Can I Save the World?
7. How to Reduce Light Pollution
8. Improving Our World One LED Light at a Time
9. Top 10 Tips to Reduce Car Pollution
10. How Can I Benefit From Bio Diesel?
11. Using Bio Diesel in your Car
12. Renewable Energy and Solar Power
13. Renewable Energy Tax Credits - Greener in More Ways Than One
14. Geothermal Renewable Energy - The Earth
15. Use Wind Turbines
16. What is the Cause of Water Pollution?
17. Water Pollution: How you Can Help
18. Body Detox Products - A Must-Have To Fight Pollution

Pollution Facts That You Need To Know About

Almost every day, new alarming pollution facts that will affect the earth, is being discovered. If we take each and every individual we'll actually discover a very low environment consciousness awareness that allows for the care and regeneration of ecosystems, the recycling of most house waste and the respect for nature in the tiniest aspect.

The following pollution facts serve as an example for our level of ignorance and lack of commitment to an environment-friendly lifestyle.

Ships and cruise boats

About 60 000 people dies every year because of the water pollution ships and cruise boats are creating. The most polluting and busiest ports in the world include Singapore, Hong Kong and Shanghai with the biggest health threat in the world. Such pollution facts should make us think about the future of maritime trade and transportation.

Power plants

To generate electricity, Power plants are becoming more and more popular. The bad thing about it is that it causes about three thousand lung cancer cases and over thirty-five thousand heart attacks only in the USA on a yearly basis. Moreover, the same statistics indicate that pollution facts are even more serious in the under-developed areas of the globe where the industrial and the private sectors do not apply consistent environment protection rules.

Air and water contamination

Some very important pollution facts refer to the close connection between air and water contaminants; thus the chemicals in the water evaporate and fall back on the ground under the form of acid rains. Rainwater is not treated like the one in the sewers and the pollutants are merely changing their aggregation state while still remaining present in the atmosphere or the water.

Soap

If you like to wash your car at home, chances are that the soap that you are using will pollute and destroy the chemical balance of an ecosystem. At the car-wash the waste water will be sent to the sewer and will eventually undergo some treatment before being released in the river, lake or ocean. The water from your back yard will not get this treatment and will release into the ground with all the gas residues and detergent in it.

How to Reduce Pollution

Animals

Last but not least, animals can pollute too. Livestock that has access to a stream will carry potential and unwanted harmful bacteria to the water, not to mention that the water that runs over fields and pastures could very well bring fertilizers into the streams as well as in the underground water sources.



Indoor Pollution

A substance may be a contaminant when its occupancy in air, water, or soil harms organism in question and as such bacteria and virus carriers such minute living thing can cause contamination in a significant manner. Pollutants harm humans in different ways where in high concentrations they can cause ill health and even death. These sort of pollutants which are horrifying in due sense can spread through food chains spoiling plants and animals and endangering human food supplies like fish, and they can cause dirt and obnoxious smells.

Atmospheric pollution

The principal inception of air contamination are the burning of coal and oil in houses and factories, and in the engines of cars, buses, airplanes and thus smoke assembled by burning contains small particles of dust which are mainly carbon. This dust calumniates the walls of the buildings and settles on the leaves of plants, limiting photosynthesis by cutting out light and limiting materialization by blocking stomata. Smoke contains sulphur dioxide that reacts with water vapor in air forming sulphuric acid causing damages the stonework of buildings, the leaves of plants, and the peoples lungs which vitally important for controlling breathing function. Garden bonfires can also be a source of hazardous pollution. If household rubbish including plastic and polystyrene is added to the fire, its smoke will contain up to 300 times more cancer-producing chemicals than cigarettes smoke, as well as cyanide, lead, dioxin, and other poisonous chemicals. There is no denying the fact that Petrol and diesel engines release fumes containing oxides of nitrogen and lead compounds. Once lead enters the body it cannot be removed by the excretory system. It collects in the body eventually causing damage, especially on the brain.

Mellifluous Pollution

The main source of water pollution is sewage from houses and farms, chemical waste from industry and agriculture, and spilled oil. Sewage can be made harmless but in many countries population growth has overloaded sewage handling works and untreated sewage is released into rivers and sea. Bacteria in water disintegrate sewage, but in lakes and slow-moving rivers this process uses up oxygen so briskly that fish, insects, and tadpoles, are missing. Industrial waste often manifests very venomous, long-lasting pollutants such as composites of cyanide, lead mercury, and mercury, and copper. These chemicals are jeopardous even in small cornucopia, because when they are discharged into streamlet and rivulet, they garner fish and other aquatic creatures. In this way these are amplified through food chains to water birds and sometimes humans.

In many recent farms poultry, cattle, and pigs are possessed in buildings and there is no other land on which to use the fertilizer that they produce. The manure is released into local streams and rivers where it decomposes and reduces oxygen levels in the same way as untreated domestic sewage. Other

How to Reduce Pollution

pollutants attributable to modern farming methods include chemical sprays that kill insect pests and fungi that skirmish crop plants. If these chemicals enter rivers and ponds they can spread through out food chains in the same way as industrial waste.

Dispersion

Radiation such as X-rays and beta and gamma rays can cause various types of cancer, a blood disorder known as leukemia, and damage to the sperms and ova resulting in deformed babies. Natural radiation comes from outer space in the form of cosmic rays, and artificial radiation comes from certain medical and industrial processes. Little if any harm comes from these sources; but there is increasing concern about radiation from the testing of nuclear power to generate electricity will increase. There is always a risk in emitting radiation upon the surface where it is falling. The persons, who are always dealing radiation as routine job and research purpose, they need to be careful about such fission and fusion phenomena. If air is polluted by radiation, environment must be polluted in question and consequently many dreadful diseases may break out.

Meteorological pollution:

There are many ranges of barometric pollution problems currently alarming the earth's general environment; the problem arises from the acidic gases produced by burning fossil fuels in a different situations. The majority of power stations in industrialized countries burn coal or oil. Both these fuels are polluted with sulphur, which produces sulphur dioxide when it burns. The wind can carry acid rain clouds away from the industrialized centers, causing the pollution to fall on other countries. Besides this, oxides of Nitrogen dioxide are produced when thunderstorm blows or air are heated in furnaces or in vehicle petrol engines. Consequently, these gases dissolve in rainwater to produce acid rain. Due to acid rain, the following adverse effects are observed:

- Limestone buildings and statues are worn away.
- Lakes and rivers are acidified, and the presence of metal ions leached out of the soil damages the gills of the fish and as such the fishes can die.
- The nutrients are leached out of the soil and from leaves. Trees are deprived of these nutrients. Aluminum ions are freed from the clay as Aluminum sulphate and damage the roots of the trees. The tree is unable to draw up water through damaged roots and it dies. Due to depletion of ozone layer, a protective layer of ozone in the stratosphere prevents harmful ultra-violet radiation reaching the earth surface ozone layer remains depleted.
- Chlorofluorocarbons and other halogen compounds are formed due to the depletion of ozone layer, which causes the damage of human beings and plants in question, for which restrictions have been imposed to use such compounds virtually by International agreement.

How to Reduce Pollution

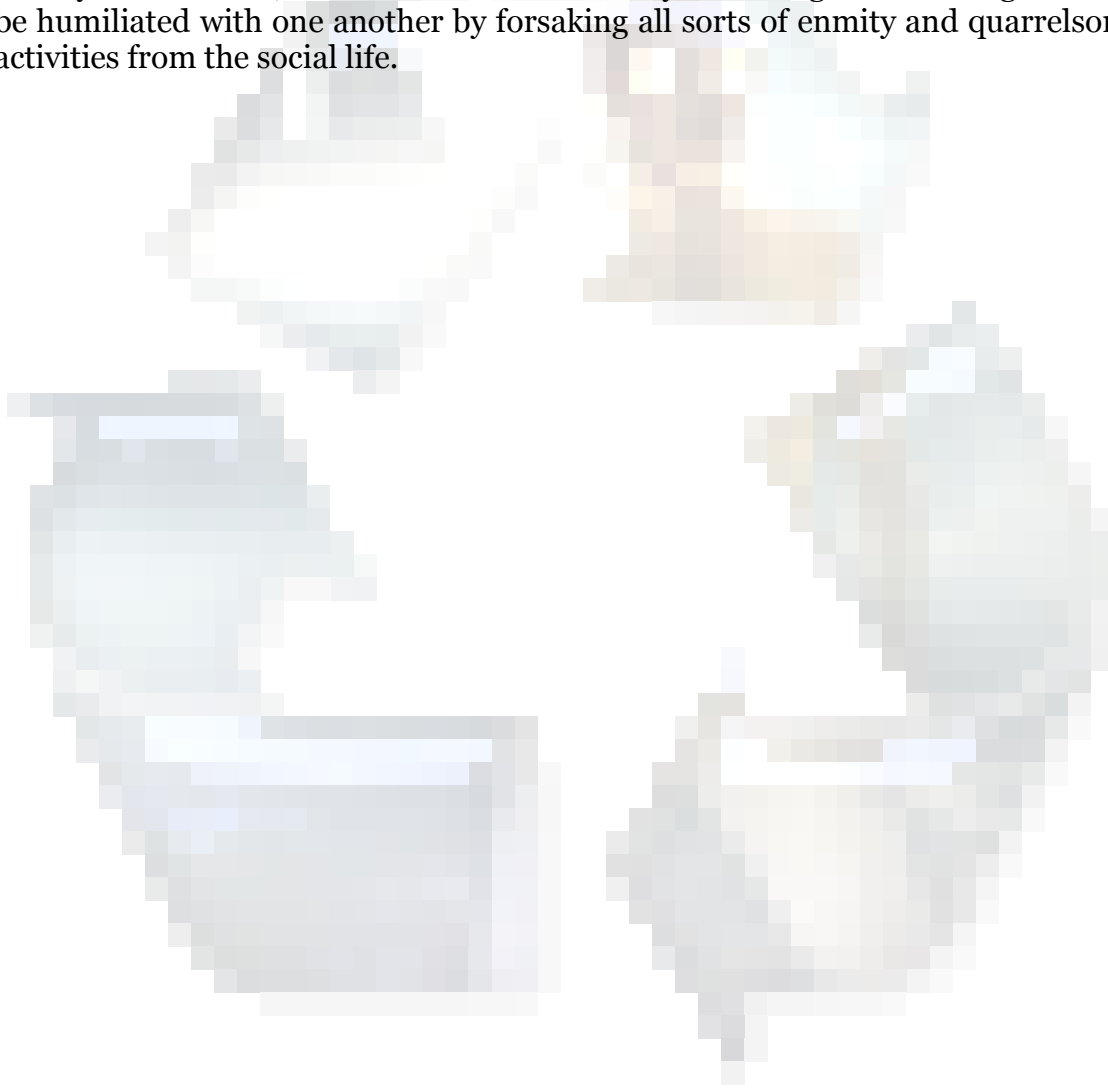
In view of the above it is evident that if the situation were tolerable to grow worse, preamble to higher levels of ultra-violet radiation could effect more cases of skin cancer in human and cause crops to a great extent. That is to say, in burning chemicals and bricks, poisonous gas emit and as such sulphur dioxide gas, Nitrogen dioxides and carbon monoxide gas are produced in atmospheric layer and consequently, acid rain occurs. This sort of acid rain causes trees to destroy and soil to pollute and poisonous. As a result of creating such dangerous pollutants, our lives are becoming risky and health hazards. Besides this, the problems of green house effects are throughout the world for which we should find out ways and means to solve the impediments, which create health exposure in our every day life. The CFC gas is the product of tremendous effects of greenhouse chattels and as a result, our environment is being polluted creating great health vulnerability in question. The fact is that due to awesome increase of CFC gas and carbon dioxide, ozone layer is consequently licked and the ultra-violet ray from the Ionosphere is in the way to hit the earth directly for which the surface temperature is gradually increasing and the ice is melted and the depth of the sea is also being increased. It is hoped in future that in course of time, the earth will be inundated under water. It has been observed in recent years survey that due to tremendous indiscriminant use of ploy-ethane bags, pollution are occurring to a great extent. In the world, wastage is being observed but these are being recycled in a developed process, which are the consequences of better technology and scientific research. In order to remove such pollution, a better technology and strong recycling process are needed for which new bags are possible to be made. Besides this, we need to be careful about dealing wastage for which prospective and alternative measures are keenly emphasized in a systematic manner. We know that the plants and trees are vitally important in order to make our environments healthy and sophisticated to live peacefully in the world. On the other hand, due to lack of trees, adverse situations prevail in the atmospheric layer like increasing carbon dioxide and dust particles. If this type of gas is increased in the layer, our environment becomes barren and unsuitable for living. We use oxygen in our inhalation and give out carbon dioxide as a general flow of breathing function. Trees give us shadow and fruits for which our survival on earth becomes easy and comfortable. We need trees in order to make our environment free from pollution. Hence, it is widely recognized that due to enormous use of plants and trees, we are always facing the situations of health hazard and for which the government is careful to plant trees in place of the trees cut down. Since the plants and trees are being cut down to a great extent, the amount of lands have been reducing day by day for which the scarcity of cultivable lands are being observed tremendously. As a result of being extinct the forests, the number of animals, birds and other creature living in woodland are being reduced to a great extent. The main weapon to fight against extinction is self-awareness and consciousness. It has to come within everybody that we have to possess the feelings of responsibility and environmentalism, in order to build a better world -a world full of evergreen beauty and spirited animals and for these purpose, the following steps may be taken in due course.

- Following and whaling should be absolutely proscribed

How to Reduce Pollution

- Deforestation needs to be counteracted
- The use of ivory and furs needs to be declared as a punishable crime imposing an exemplary penalty in question.
- National parks and nature reserves should be created
- The natural habitats of endangered species should be preserved.

If these tactics of measures are accomplished instantaneously, then it may be anticipated an optimistic upshot that a man can see the dawn of a new era in the history of the world, which will be even more eye-catching if we are engrossed to be humiliated with one another by forsaking all sorts of enmity and quarrelsome activities from the social life.



7 Simple Solutions to Indoor Air Pollution

Unbelievably, the air within modern homes can be upwards of five times more polluted than outdoor air. When you also consider that we can spend up to ninety percent of our lives indoors, the term sick building syndrome should require little explanation. Outside air, unlike inside, is recycled repeatedly with pollutants such as tobacco smoke, pollen, mold, dust and pet dander all adding towards asthma and allergies.

There are various symptoms associated with so called sick building syndrome including sinus congestion, watery or itchy eyes, headaches, lethargy, lack of concentration and nausea. However, because several of these symptoms are similar to those of a common cold, it is not always easy to ascertain if indoor pollution is the cause or if it is because of some form of virus.

If you find that, the symptoms fade when you outside, you should try to discover inside air sources, which might be possible causes and Endeavor to get rid of them. As luck would have it, indoor air pollution is one health hazard that you can do something about.

Here are seven easy measures you can take to improve the air quality in your home.

1. Banish Smoking Inside the Home

Ideally, you should ban smoking anywhere inside the home but if this is not possible, try to confine it to one place. In our case, if friends or family, who are also smokers, visit, they are either banished to the back yard or the kitchen area. If you have an extractor fan installed in the kitchen, make sure that it is turned on and try to have smokers stand reasonably close to the fan so that the fumes are sucked out.

2. Open Your Windows Once In a While

If it is not freezing cold or blowing a gale outside, let some outdoor air in by opening your windows and doors every now and then. Doing so will also remove some of the pollutants that have built up within your house.

3. Chuck out Those Chemical Cleaners

If you have ever taken the time to study the labels on household cleaning products, most of them will include a warning about how harmful the chemicals are for your health or skin. Every time you use that product, fumes from whatever is in the bottle are released into the air for you to inhale. I have quite often started

How to Reduce Pollution

coughing after spraying counter tops with so called anti-bacterial cleaner. Not any longer though, as my natural housecleaning products of choice are now baking soda, washing soda, vinegar and pure lemon juice. These are all non-toxic, environmentally friendly and can tackle the majority of cleaning chores, either separately or combined with one another.

4. Clean and Dust Your Home on a Regular Basis

Although it might seem obvious to some folks, regularly vacuuming your carpets and flooring can go a long way in controlling airborne allergens and dust. It is claimed that some 70% of all household dust is composed of dead skin, which we humans shed day in and day out. Dust mites in turn feed upon the dead skin that falls from our bodies. They then grow and shed their own skin and it is this together with their feces that cause allergic reactions in people.

5. Pet Dander Triggers Allergies

If you have a family pet, they will shed dander that can trigger allergies and asthma. Something needs to be done if you suspect that either you or another household member is allergic to pet dander. Ideally, it is best to keep pets out of the house altogether although that is seldom possible. As a viable alternative, try to restrict the rooms that the pet is allowed into. One definite area to keep them out of is the bedroom.

6. Reduce Indoors Air Humidity

If the climate where you live is either very humid or just plain damp (as in too much rainfall), you will no doubt be aware of just how much moisture levels within your house can increase. This excessive moisture or humidness is the ideal breeding conditions for mold. For anyone with allergies, mold spores can cause as many health problems as airborne dust. Dehumidifiers can be a godsend in a humid environment since they are capable of removing excess dampness from the surrounding air; thereby keeping mold and the resulting spores at bay.

7. Get an Indoor Air Purifier

Home air purifiers or room air cleaners do as their name suggests and clean the air of pollutants and allergens such as mold spores, pollen, cigarette smoke and pet dander. Besides being used to reduce the concentration of these airborne contaminants, they are especially useful for people who suffer from allergies and asthma attacks. Air purifiers and room air cleaners are quickly increasing in popularity because they make indoor air healthier and cleaner.

Top 10 Plants to Remove Indoor Air Pollution Effectively

Common indoor houseplants may provide a valuable weapon in the fight against rising levels of indoor air pollution. The plants in your office or home are not only decorative, but NASA scientists are finding them surprisingly useful in absorbing potentially harmful gases and cleaning the air inside modern buildings.

A sophisticated pollution-absorbing device: the common indoor plant may provide a natural way of helping combat "Sick Building Syndrome".

Research into the use of biological processes to solve environmental problems, both on Earth and in space has been carried out for many years by Dr. Bill Wolverton, formerly a senior research scientist at NASA's John C. Stennis Space Center, Bay St. Louis, Miss.

Based on preliminary evaluations of the use of common indoor plants for indoor air purification and revitalization a study using about a dozen popular varieties of houseplants was done to determine their effectiveness in removing several key pollutants associated with indoor air pollution.

NASA research on indoor plants found that living plants are so efficient at absorbing contaminants in the air that some will be launched into space as part of the biological life support system aboard future orbiting space stations.

Each plant type was placed in sealed, Plexiglas chambers in which chemicals were injected. Philodendron, spider plant and the golden pothos were labeled the most effective in removing formaldehyde molecules.

NASA research has consistently shown that living, green and flowering plants can remove several toxic chemicals from the air in building interiors. You can use plants in your home or office to improve the quality of the air to make it a more pleasant place to live and work - where people feel better, perform better, any enjoy life more.

How to Reduce Pollution

10 Plants in the common name:

1. Bamboo Palm
2. Chinese Evergreen
3. English Ivy
4. Gerbera Daisy
5. Janet Craig
6. Marginata
7. Mass Cane/Corn Plant
8. Mother-in-law's tongue
9. Pot Mum, Peace Lily
10. Warneckii



Air Pollution, the Leading Cause of Various Disease Worldwide

There is sound facts starting hundreds of the studies conducted worldwide which polluted air has unfavorable effects on health. The air pollution affects ranges from mild respiratory frustration to minor lung cancer and various cardiovascular diseases. In various developing nation, where the air quality is often poor, the link among air pollution along with health is often understandable. The recent study by California Department of the Health Services indicates that the industrial air pollutants might raise the risk of the autism by 50 percent in most of young children and also unborn babies. The account was available online in the various journal Environmental Health Perspectives. Whereas In China the air excellence in numerous cities is consequently bad that just breathing is the equal as smoking a set of cigarettes every day plus respiratory disease as of the air pollution are the leading source of death. When ask to sketch the sky, a lot of Chinese children prefer a yellow or gray crayon.

However, in most of the places all over the world, where the sky is generally blue, along with air excellence improved considerably in current years, the association among the air pollution and the health is to amount clear. There is extensive debate on whether the air quality is at present threatening the physical condition of people all over the world. Some researchers are pronouncing evidence of the serious health problems as of increasingly small contamination particles. Well in most of the reviews the outcome of a number of air pollution evidence, result that the "community death rates mount and fall almost in lock-step by way of local changes of the tiny dust particles—also when the attentiveness of those element are presently one-quarter of the centralized limit for the outdoor air." though, other researchers quarrel that there is no systematic evidence for such assert, and challenge that the air pollution is not a dilemma in the United States. The Gregg Easterbrook, of the Brookings organization, an organization dedicated to research and psychoanalysis of the public policy, condition that the quality of the world air is so high-quality that it must be "a national basis for celebration."

The Disagreements on whether the air pollution is at present threatening the people all over the world. Health fuel the discussion over how the air quality should be synchronized. The Emissions reductions may be extremely luxurious for the industry and, eventually, the consumer. The Regulatory agencies all face the complicated task of weighing the possible health remuneration of the regulation next to the costs to the industry and result the most pleasing balance among the two.

"Can I Save the World?" Easy Solutions to Global Warming at our Fingertips

With so much information out there about global warming and the effects that are causing natural disasters, is there anything we as individuals can do to make a difference? Yep! You don't need to move mountains, but a small pebble can really make ripples that can create positive changes world wide. Here's a few "pebbles" you can use today!

We all feel we have a purpose in life. As more of us become aware of the damaging effects of global warming, we are also concerned about practical solutions to the problem. Most importantly, how can we fit in as part of the solution, instead of the problem?

Unfortunately, many of us become overwhelmed when we watch the ever-increasing natural disasters and it starts to feel like the world is crashing around us. I remember watching the plane hit the World Trade Center over and over and over again. I remember being completely paralyzed to the television. Sleep was optional, but only in between important news breaks. I felt helpless. I wanted to understand the reasoning behind the attacks to ease my fears of possible future attacks, but I mainly wanted a sense of control back into my life.

I do not like to focus on the doom of global warming because that's not the best mindset for me to find solutions and implement actions. I truly believe we all can make a difference in our lives, in the lives of our families, friends and community. I also am a firm believer that every single action taken produces a ripple effect throughout the world. When we take a simple action such as changing a light bulb to a compact fluorescent bulb, a positive motion is set in place.

Just for fun, let's see what can happen: (this will show how the action affects others)

- That old bulb in the living finally goes out. You go to your local hardware store and see miles of shelves of light bulbs! OY! (production of CFL bulbs)
- Someone comes over to help and maybe suggest a CFL. "A what?" you ask. The assistant tells you that even though the bulb is more expensive than a basic tungsten bulb, it will last years longer, it will not burn hot, uses way less energy, thus saving you money every month AND prevents the release of more than 450 pounds of emission from a power plant normally used to light the old style bulbs into the air! (increased sales and more potential advertisement of a green product, decreased amount of carbons released into the atmosphere)

How to Reduce Pollution

- You read the advertisement and glimpse the familiar EnergyStar sign. So, you think, "Why not!" (increased awareness of a great program)
- You go home and your kids ask you about the funny looking bulb. (educates the kids and tell their friends how smart their parents are!)
- Your friends come over for dinner and recognize the bulb, but never really considered buying one until now. (increased awareness through word-of-mouth [extremely powerful!!!] and more potential sales, advertisement, decreased emissions)
- You get the electric bill the next month and notice you really did use less electricity AND saved a little money. (\$\$\$)
- You go to buy more CFL bulbs and realize the prices dropped a bit due to increased sales! (supply and demand of a product that improves our world)

That's just for changing one bulb! Just one action really can make an impact. Just because we do not always see the immediate results don't mean they aren't there!

So what are the best solutions of global warming? Can we help save the world? Yep. I would first suggest do whatever feels right for you. The level of comfort will be different for everyone. To me, it can be summed up as: **AWARENESS** and **ACTION**

AWARENESS

My first exposure to environmental issues came about while working at Home Depot. I watch as a person chained himself to our lumber shelves and awaited the local police. His actions, maybe a bit extreme to some, created awareness to the customers, Home Depot and the media. Many of those same actions ultimately changed the way Home Depot purchased and sold lumber.

For me, my level of comfort was turning off the lights. The more I learned, the more I did to help the environment. Learning about basic, easy-to-do home repairs really made a difference and increased my confidence as well as the confidence of my customers.

Now, years later, I must say living in Thailand has taught me a lot about saving energy as well as joining together for what you believe in. I've seen Thais go to the

How to Reduce Pollution

employment office and march because wages were too low. I have witnessed the ousting of a political figure because the Thais felt betrayed.

I have greater respect for Thais and for others I've met from different countries. Their views and actions have taught me so much about global warming. I also have greater appreciation for our abilities as Americans to make changes worldwide.

So to further answer people's question - "What are the best solutions to global warming?" My suggestions are all easy to do, but the main factor lies with what is comfortable for you. If I am given a great idea, but is too time-intensive, I probably won't do it. But if it's as easy as hitting the enter key, now you got my attention!

Ok. We are much more aware of what's going on. We understand we have a problem. Now what?

ACTION

I started with small steps. As I learned more, I found the bigger steps easier than I realized. I discussed my views with others and listened to their ideas.

My friends in Alabama recently installed solar heaters and a tankless water heater. Businesses are seeing the advantages of doing the right thing and stepping up their environmental cleaning efforts. People from all walks of life have created petitions requesting a more proactive government. Even the 2008 Presidential Candidates are listening. Many are now including global warming as their primary issue.

Need some ideas to get your creative green juices flowing? OK! Here you go! Enjoy!

- Get the family involved - make it fun and educational.
- Make it a project during your child's science fair.
- Chat with your friends - they may have some unique ideas.
- Add a signature tag to your emails. I have a personal account with Yahoo. Whenever I send someone an email, my signature message or quote is at the end of the page. I create the signature once and forget about it. If you see a quote you like or have a message to share with others - signature it!
- Find out what tax incentives or refunds are available to you, i.e. hybrid car tax incentives, toilet replacement rebates, deduct the costs of energy-saving appliances and energy renovations in your home.
- Support greener businesses. Our money dictates what businesses sell. Our support encourages businesses to continue doing the right thing.

How to Reduce Pollution

- Want to invest in the stock market? What companies are moving forward in clean-up? Researching new technologies? Contributing portions of their profits to support environmental organizations?
- Vote. What candidates are fighting for positive changes in the environment? Who seems to be making global warming a primary focus in their campaign? How does the candidate balance global warming and the economy? Does the candidate understand the threat and what solutions does he or she offer?
- Join others online and become a part of something bigger. In the past, petitions involved going door-to-door or standing near the mall entrance. Thanks to the internet, a letter to Congress has never been easier - or more effective! Read the letter already prepared. If you agree with it, type your name and hit ENTER !
- Submit your ideas to websites. I would love input from you! Your ideas can be just what someone else needed! Many websites would also benefit from your thoughts and appreciate the communication!
- Start a discussion group in your community. Barnes and Noble or Borders are excellent meetings spots. It's a great way to meet others and bounce around ideas.
- Help improve your neighborhood. In Tampa, there's a wonderful community group that has a Project Lottery. Each participant chooses a project they need completed on their house. A name is pulled every month. The neighbors spend one weekend on the project. The lucky owner provides drinks and snacks to the neighbors volunteering.
- Create a website of your own! Everyone has a voice. Today, websites are effective communicators and very inexpensive. Get the kids or the community involved. Let your voice be heard too!

How to Reduce Light Pollution

More and more research about the negative effect light pollution has on humans and wildlife is coming to light (pun intended). As the population of the planet increases, so does the amount of homes, businesses, parking lots, schools, airports and roadways. All these structures use electricity and need to be lighted.

Humans demand these lights. They want their homes more comfortable and they want their streets safe. The problem is that researchers are finding that all this light is having a negative impact on humans and wildlife as well.

Less than 10 years ago I drove to a less populated section of my town lay down in the middle of the road and watched a spectacular meteor shower. The area was devoid of homes, street lights and traffic. If I did that today, first off I wouldn't be able to see the meteor shower as well, due to the increase in street lights, but I would surely be run over by a car. Urban sprawl has taken over those sparsely populated areas.

Light pollution has always been a problem for those of us who are interested in learning about the night sky, but now scientist are finding that light pollution can be almost as bad as carbon dioxide pollution. If you have ever taken a flight at night, the view is beautiful, but you must remember that all the light you see is wasted electricity. The crews of the space shuttles see an even bigger picture of how extensive this wasted electricity is worldwide.

One of the saddest parts of light pollution is that most of it is unnecessary and most of the outdoor light that we use is wasted. One only need to look at a row of street lights to see how much of the light shines upwards and lights the sky; a total waste of electricity. With the millions of streetlights worldwide, this is a serious problem.

One can only guess at the amount of money spent to pay for that wasted electricity. Additionally, somewhere this electricity needs to be generated, and the generation of that electricity creates pollution by emitting greenhouse gasses. This affects the air we breathe and our quality of life. One must weigh the balance of whether we want to keep our streets and parking lots safe or do we want to breathe cleaner air?

Scientists are also studying the effects of light pollution on wildlife. Many creatures are nocturnal and depend on darkness to hunt, navigate and to even to breed. They have biological rhythms that are being profoundly affected by light pollution.

Birds use the moon and the stars to navigate and migrate and are the species most affected by light pollution. Thousands of birds die each year when they

How to Reduce Pollution

crash into highly lit buildings, as they become disoriented by the light. Even the birds at sea that depend on the bioluminescent plankton to feed, are being drawn to lit structures along the shore. It has been long known that tiny sea turtle hatchlings become disorientated and follow lights on the shore instead of heading towards the sea.

So what individuals do about light pollution?

- The simple answer is to turn off all unnecessary lights in our home. Much of the lights we use indoors spill outside and contribute to light pollution.
- Avoid the use of extensive unnecessary decorative lighting on our homes.
- Install motion sensor lights where possible.
- Install outdoor lighting that limits the amount of light that escapes upward.
- Don't turn on lights every time you go outdoors. If it is safe, go out in the dark and enjoy the night sky.
- Get involved in educating your neighbors and city officials about light pollution.
- Install low wattage lighting fixtures when possible.
- Install timers on lights.

Light pollution is one of the easiest sources of pollution that can be corrected without a negative impact. Following the above guidelines and a little searching on Google can give you many ideas on how to reduce your contribution to light pollution.

Improving Our World One LED Light at a Time

LED lights are a wonderful invention that has changed the way the world is lit. Not only are they long lasting, they have many environmental benefits. LED lights are four times more efficient than a regular incandescent light bulb and last 10 times as long. LED lights also use between 50 and 80 percent less energy than an incandescent bulb.

LED lights are considerably less expensive to operate, however are a little more expensive to purchase. LED home lighting requires only one third of the energy that an incandescent bulb will use. A single 18-watt LED light can replace a 75-watt incandescent and in the lifetime of the LED light, will save 570 kWh of energy. At a basic eight cents per kilowatt rate, that equals \$45 dollars in energy bill savings.

By switching to low energy LED home lighting in your home, even one bulb will keep one half of a ton of carbon dioxide out of the atmosphere through the lifetime of the bulb instead of using incandescent bulbs. Switching also keeps sulfur oxide and nuclear waste out of the atmosphere as well, leading to a cleaner world and one that will last much longer. By simply switching, our environment could easily revitalize itself without having to deal with the excess carbon dioxide, sulfur oxide and nuclear waste emissions that are currently being released into the atmosphere every day. Even changing one lonely bulb in every home to LED home lighting would make a significant impact on the environment.

If every home in the United States were to switch to LED home lighting, 90 power plants could be retired, a potentially powerful impact to the long-term health of the environment. Being energy efficient and environmentally conscious doesn't have to disrupt your entire life. The switch is as difficult as changing one light bulb in your home, the results of which would save you money on your electricity bill each month. Just one home lighting fixture, one light bulb can be a positive step forward for your household. Take a look around your home and count how many bulbs you use and consider how often you change them. Say, for example that you change a bulb every two months. Now, consider that by changing them all to LED lighting for your home, you could leave them and not have to replace them for 20 months. The slightly higher upfront costs of LED lights make sense.

LED lighting is finding its way into many niche markets. You can get a LED flashlight that also uses less battery energy, ensuring that the next time the power goes out in your home, you can be confident that your batteries will last. There are also LED lanterns that you can choose from that are ideal for camping or hunting. They last for considerably longer than other lanterns because they use

How to Reduce Pollution

10 times less energy to run than standard incandescent bulbs and even less energy than a kerosene lantern.

For LED home lighting, there are many options available other than just bulbs. You can find LED light fixtures for your home, indoor and out, that will provide low energy, environmentally-friendly lighting that can save you money on your energy bill.

We all are challenged to do our part to conserve energy. By making small adjustments to the way we live, we can begin to make an impact on our world. One small change we all can make is to switch our home and outdoor light fixtures to LED light options. There are a large number of options for LED home lighting and LED camping and hunting outdoor equipment available on the market, all of which provide the energy efficiency benefits inherent in LED products. The benefits can become apparent very quickly as we begin to see our energy bill costs reduce over a period of a few months.



Top 10 Tips to Reduce Car Pollution

Indian car industry is predominated with a number of old and new cars. The increasing number of cars on road is the primary cause of increasing environmental pollution.

Petrol engines comprise of a combination of gases including the hydrocarbons, carbon monoxide, and oxides of nitrogen. These gases present in the combustion engine blend with air to produce power to run the car. Some of the mixture is used for power production and the rest is expelled from the combustion engine. The expelled gases cause car pollution.

To a certain degree, this emission is acceptable but higher level of pollution depletes the ozone layer and causes harm to the entire ecosystem. This needs to be controlled. Currently, Indian car manufacturers are working to produce fuel efficient engines to reduce the amount of pollution. Some leading players in the auto industry are also working on green cars and electric cars. Till the time, the country is not ready with the required number of green cars, electric cars and fuel efficient cars something has to be worked in order to reduce the extent of automobile pollution.

Here are top 10 tips to reduce car pollution:

1. The first thing is car maintenance. Maintenance and service at regular intervals helps reduce the amount of emissions.
2. Oil change at recommended time interval is also essential. Change the oil even if the car is unused for several months. Avoid using low grade oil and lubricant.
3. Car tuning up is also important to improve the performance and gas mileage which lowers down the level of pollution. Replace the spark plug immediately if required.
4. Sweep away the dirt from the carburetor and adjust the idling speed at every 3000 kms.
5. Drive the car at a steady speed. This improves the fuel economy of the car. High fuel efficiency means less fuel consumption and less emissions.
6. Tire pressure also plays a vital role in fuel consumption. Proper inflation is very necessary to run the car smoothly or else the car wheels will simply drag on the road. This requires more fuel and henceforth, more emissions. So, check wheel alignment and tire pressure at regular intervals.
7. Don't idle the car for more than two minutes. Switch off the engine if the car is stopped for a couple of minutes. Also reduce engine warm up time

How to Reduce Pollution

- during winters. Idling for longer periods result in excessive engine wear which takes in more fuel for combustion and expels more pollutants.
8. If possible combine car trips. If there are two people travelling from the same place to the same destination, they can use the same car for commuting. This will at least reduce one car on road. One plus one becomes two and slowly the number will increase to ten and hundred out of the thousand cars running on road.
 9. Unload any extra weight from the carriage. Excess of weight in the car trunk adds to the car weight and exerts more pressure on the engine to pull the vehicle. Increased pressure on the engine means high fuel consumption. This results in high degree of pollution.
 10. It's always good to know the basic technical specifications of the car. There are certain signs that indicate faulty engine. Car owner should be aware of that signs so that immediate repair is done. Black smoke indicates excess of gas in the fuel mixture. This also indicates emission of excessive hydrocarbons. This needs to be checked. Sudden drop in the gas mileage also indicate engine trouble shooting.



How Can I Benefit From Bio Diesel?

If you have an interest in being environmentally friendly, then no doubt you're aware of the damage fossil fuels are doing to our environment. Not only that, but at some point they will run out. Add in the recent jump in gas prices, and it's hardly surprising that more people are talking about making their own biodiesel fuel. Although it sounds like a great idea, you need to consider a few points before going ahead and making your own biodiesel fuel.

What Is Biodiesel?

To start with, let's take a look at what biodiesel fuel actually is. At its most simple, biodiesel fuel is made from vegetable oil, animal fat, or mixture of the two. It's a clean burning fuel that is made from renewable resources hence the name biodiesel.

Generally, biodiesel fuel is made from straight vegetable oil, sometimes referred to as SVO. So if you want to make your own biodiesel fuel, you'll need to have an adequate supply of the basic ingredients. Unfortunately, most households don't produce enough waste animal fat or vegetable fat to come anywhere close to making enough biodiesel fuel to keep the family car running.

Using Recycled oil

This has led to a whole new industry, with the basic aim of sourcing much larger quantities of raw product. They get together with restaurants, bakeries, and any other business that uses a deep fryer, so that they can collect the used oil for recycling. The oils are then blended and used as the basis for biodiesel fuel. The processes are the same as you'd use to make biodiesel fuel at home, but by having access to a much larger supply of raw products, these companies can produce biodiesel in quantities that are more viable.

Can I make it at Home?

One thing to remember is that it's not quite this simple! Used vegetable oil needs to be mixed and stored, which can be quite a problem if you have large amounts of it. You also need to dewater, filter and deicide the waste oil before it can be used for making biodiesel. This makes the production of biodiesel fuel at home a lot more complicated.

Having said that, it's certainly still quite possible to make biodiesel fuel at home, simply by buying straight vegetable oil, rather than using waste products. Even though it will cost you a lot more, when you compare it to the cost of buying the necessary amount of gas to run your car for a year, you can still save an enormous

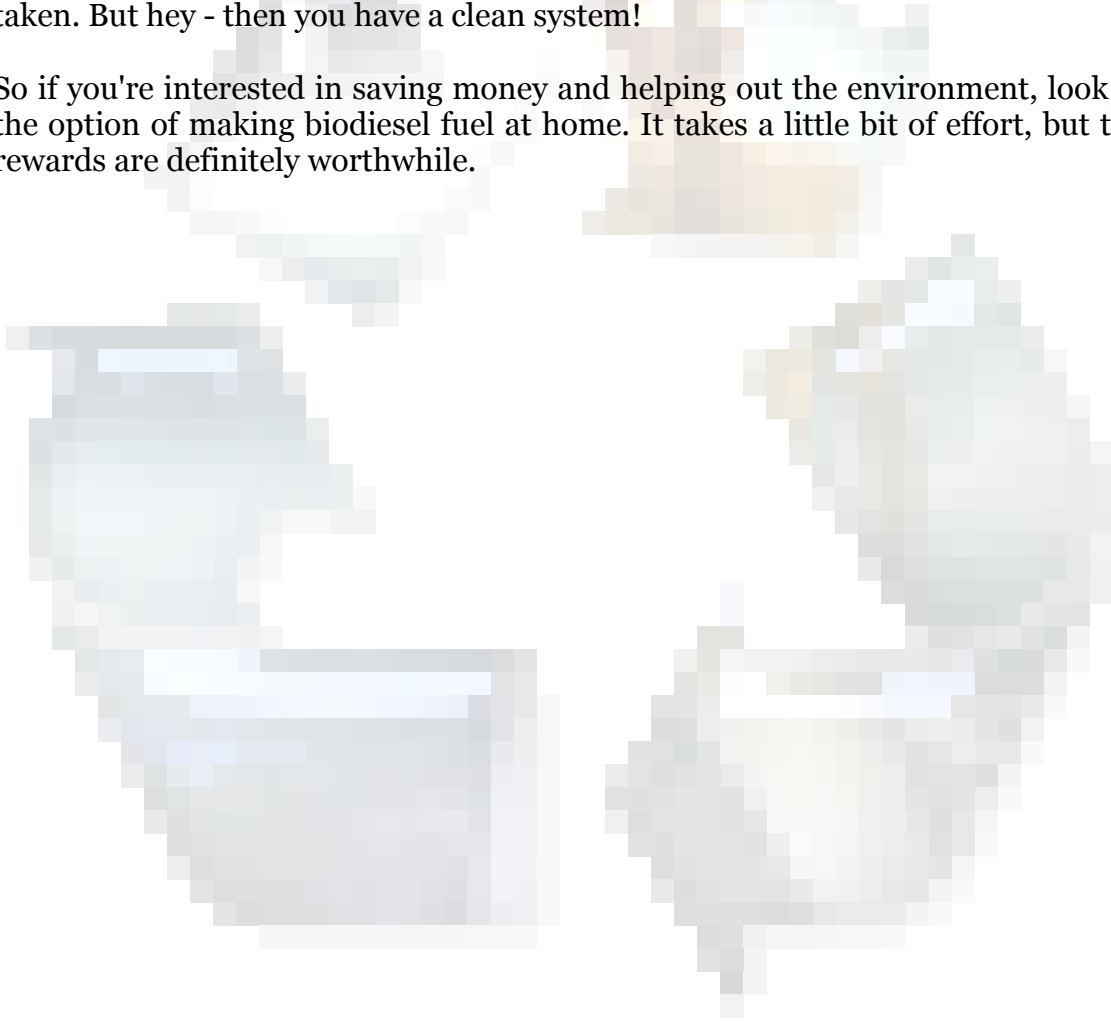
How to Reduce Pollution

amount - somewhere around 75 percent. Even better, you're saving the environment too.

Can I mix it with Petroleum?

The short answer is yes! It can be blended with petroleum in any percentages and used as fuel. There is a fuel called B20 which is 20 percent biodiesel that has shown significant environmental benefits. It can be used in an existing diesel engine with either little or no modifications. The only thing to be aware of is that biodiesel acts as a solvent and can remove old deposits on your fuel tank walls and your fuel lines. This may lead to a clogging of your filters so care should be taken. But hey - then you have a clean system!

So if you're interested in saving money and helping out the environment, look at the option of making biodiesel fuel at home. It takes a little bit of effort, but the rewards are definitely worthwhile.



Using Bio Diesel in Your Car

It's likely that the farmers would not blockade the countries roads for starters as people come resigned to the fact that high prices are here to stay. Unfortunately, the high prices are unlikely to decrease and are becoming more and more likely with increasing tensions around the world in oil economies leading to decreasing oil supply and price volatility in the world markets. Fossil fuels are running out at an alarming rate and people are starting to look seriously at other alternatives.

Needless to say, an increase in oil prices will create hardships to the economy and in every person's life. But some people state that the only way to get them to use public transport or to walk the 5 minutes to the local shop instead of driving is to price them out of using their cars for inefficient journeys. Increasingly people are making their own biodiesel fuel from used cooking oil to run their cars to reduce their dependence on oil.

Biodiesel is made from vegetable oil (including used oil) in a process called transesterification, whereby the glycerin is separated from the oil leaving a clean burning fuel that will efficiently power any diesel engine with vastly reduced exhaust emissions this is good for the environment. People have been deserting their local petrol station in favor of using waste vegetable oil from large scale users such as pubs, restaurants, or pure oil off the shelf.

The government is becoming aware of this use of cheaper, alternative fuel and is targeting this eco method as they are not paying tax on this oil which they would be doing if they bought petrol. The government appears to pay lip service to reducing climate change as the small number of Bio-diesel users are being targeted for tax evasion instead of encouraged to use this eco friendly fuel. Where is the incentive for current Bio-diesel users and companies to invest in research and development?

For those of you that are thinking of making the change there are different process or kits available to convert car engines and these cost between \$400 and \$1,200. All you need to add is vegetable oil, methanol, a small amount of catalyst, electricity and tap water into this conversion and your ready to go! Oh.. and don't forget to tell the taxman.

If you can't reduce your car driving why not offset the carbon that you are using. Carbon offsetting helps you to offset the carbon dioxide that you use when flying or driving etc by planting trees or installing solar panels and thereby removing your contribution to global climate change. You contribute to pollution by driving; you reduce the pollution by planting trees! You are carbon neutral!

Renewable Energy and Solar Power

Hi-tech ways to capture enough sunlight per day every day to power everything in a home or business hasn't been discovered yet. The current cost of solar panels can run into thousands of pounds, which would require the panels to produce electricity for years without maintenance in order to see a return on investment. What is needed is more grants available to people to enable them to afford renewable energy in the homes. Otherwise only the relatively well off will be able to afford paying over £2000 for solar panels and then saving money over the next 10-20 years. B & Q and other retailers in the UK have now started to advertise solar and wind turbines on TV, they must becoming more mainstream for them to do this.

Currently, many people use solar panels, which can be placed on a side of a roof to attract sunlight during the day to heat a small number of rooms and water. Solar panels can be purchased at a number of locations throughout the UK, as well as online. To view UK companies involved in renewable sources of energy see the green directory. Panels do a great job of helping families and businesses to conserve energy. Hopefully, solar panels will become a part of daily life, in order to prevent the disappearance of natural resources and to maintain energy conservation. In August 2008 high street chain Currys have said that they will start to sell off the shelf solar panels at a substantial discount to existing suppliers. Also, houses that are being built locally now have wind turbines attached to create energy! At last progress from the house builders are making an effort - they can be the real drivers behind this change.

In the recent 2009 Budget announcement by Gordon Brown, millions of pounds have been allocated to helping homes and businesses take advantage of renewable energy and the benefits that it brings. This is a welcoming strategy by the government. More and more homes are also attaching mini-wind turbines to their homes to boost the electricity generated by solar panels, British Gas (Centrica) have recently been looking for volunteers to pilot this with.

Developing countries with sunny climates such as Africa are the perfect place to take advantage of this renewable energy especially in rural areas that are not connected to the national grid for electricity. There needs to be a commitment from the G8 and other government around the world in providing funds to achieve this.

I have just read about the founding of Google and the founders are keep to develop solar power and have invested in a number of companies that have solar panels attached to like a mat that you can roll out and stick onto a building instead of the current large, expensive panels that are available at the moment!

Renewable Energy Tax Credits - Greener in More Ways Than One

It's certainly no secret: the cost of renewable energy production and its implementation can be extremely high. This is the very reason why tax credits are often used to enable renewable energy sources to compete with fossil fuels.

With rising oil and natural gas prices, the war in Iraq and environmental problems centering on global warming and air pollution, our nation is concerned about their energy security and environmental issues. The United States is recognizing the need and power of renewable energy and is supporting its development through federal income tax credits and incentives.

President George Bush signed the Energy Policy Act of 2005 into law on August 8, 2005. It took over four years for Congress to pass after reviewing several different versions. It extended tax credits for wind and biomass energies for two more years and included additional tax credits for solar, geothermal and ocean energy.

Solar tax credits apply to residential and business users. This tax credit would pertain to eligible equipment installed between 1/1/06 and 12/31/08. The equipment installed would include those solar systems that generate electricity, heat and cool or provide hot water to structures. It must also be operational in the first year the credit is taken and the taxpayer must be the original user. The credit is 30% with a \$2,000 cap for each unit for residential taxpayers and it is 30% with a no business cap specified for corporate users. After 12/31/08 the corporate tax credit will return to 10%.

The geothermal corporate credit remains at 10% with no maximum stated. This credit does not apply to geothermal heat pumps and is limited to geothermal energy equipment that produces, uses or distributes energy derived from geothermal deposits. A personal tax credit of 10% with a \$300 maximum can be taken for geothermal heat pumps.

The federal government also included production tax credits for renewable energies. These credits allow companies to invest in renewable technologies and write the investment off against other investments. This was a major push of support for renewable energy technologies. The credit was extended until December 31, 2008. The credits are 1.9 cents per kWh for wind, geothermal, closed-loop biomass and 1.0 cent per kWh for hydroelectric power, landfill gas, municipal solid waste and open-loop biomass. These pertain to the first ten years of operation

How to Reduce Pollution

Similar to production tax credits, there were also provisions for renewable energy production incentives (REPI) for state and local governments, as well as, nonprofit electrical cooperatives. The enacted law included new qualifying energy generation facilities for solar, wind, biomass (excluding municipal solid waste combustion) landfill gas and certain types of dry steam geothermal energy. It was extended through fiscal year 2016 and also included ocean and wave energy.

These credits will be applied to any amount that remains after any other state or utility incentives have been taken. There are numerous states that do offer incentives also. Some new state incentives include a California state rebate program for photovoltaic, an Illinois state grant program for wind energy, a New Jersey state rebate program for geothermal heat pumps and a Pennsylvania property tax assessment for wind energy. These are just a few of the many state incentives that exist.

The United States government and the individual states are promoting renewable energy sources as an energy source to be encouraged. With all the incentives available, this may be one of the best times to make your air cleaner with a commitment toward this energy. With everyone's support we can recharge renewable energy's development.



Geothermal Renewable Energy - The Earth

The heat of the Earth makes up what is known as geothermal energy. When dust and gasses from Earth mixed together 4 billion years ago, geothermal energy resulted.

Inside the Earth at its core, some 4,000 miles deep, the temperature is estimated at about 9,000 degrees Fahrenheit. Geothermal energy has been used throughout history for bathing, relaxing, cooking and heating. It was thought by some to have healing effects and was used to treat eye and skin diseases. The first geothermal generator that produced energy was built in Lardarello, Italy in 1904. The United States followed with their first attempt at geothermal power in 1912 at The Geysers in California. Today it is produced in twenty-one countries around the world.

Geothermal energy is located deep in the ground. The heat at the core of the Earth has an outward flow. As it moves, it is transferred to surrounding rock layers called the mantle. As temperatures and pressure increase, the rock melts and becomes magma. The magma moves toward the surface of the earth carrying the heat with it. If the magma reaches the Earth's surface, it becomes lava. However, most of it stays below the Earth's crust and heats rocks and water that surround it. These temperatures can reach up to 700 degrees Fahrenheit. When the water travels to the Earth's surface, it becomes hot springs or geysers. Mostly it stays trapped in fractured, porous rocks called geothermal reservoirs. This heat near the Earth's surface becomes a form of energy.

Hot water or steam from the reservoir exerts a force that can spin a turbine connected to a generator and produces electricity. The cooled water is then returned to the reservoir in order for it to reheat. Much exploration and testing needs to be done to determine where the geothermal underground waters are. When ideal spots are located, drilling is done to create production wells that bring the water to the Earth's surface for power generation in geothermal power plants.

Although the costs to construct geothermal plants and geothermal wells are high, the cost of producing electricity is lower over time. The fuel is reliable, stable and does not need to be transported. The white smoke you will see over geothermal power plants is not smoke but rather steam. During the process of operations it may, however, bring some hazardous gases from underground.

The United States stands as the biggest producer of geothermal energy. Unfortunately, interest in it is low and it only accounts for about 1% of this country's energy supply. Through research and experience new methods and technologies for accessing geothermal energy will improve. Tapping into the heat under the Earth's surface can produce much more of the nations energy. We are

How to Reduce Pollution

at a point where renewable energy sources must make their way to the forefront of the energy picture. Not only are fossil fuels being depleted, but also they are ruining our air quality. In time, geothermal energy may become an appealing alternative. Competitive pricing and minimal environmental impact could produce a hot future for this renewable energy source.



Use Wind Turbines - Save Money and Stop Paying Electricity Bills

What would you do if you could get the electric company to give you money? Well, there are ways to make the electric company and ways that you never have to pay them again. Wind energy is the fastest growing means of alternative energy in the world. Since 2000, the electricity output from wind energy has more than quadrupled. The reason wind energy is popular is because it is clean, efficient, renewable and readily available. Wind turbines have been popping up all over the world. It isn't just homeowners or regular people trying to find alternative energy, but countries and large organizations. There is a demand and people are turning to wind power as a way to meet the alternative energy needs.

Wind power is an interesting idea. There are people who have been installing wind turbines and then taking themselves "off the grid." This means they disconnect themselves from the electric company and never deal with them again. No bills, no notes, no phone calls. Nothing.

This sounds like a great idea, but it requires installing wind turbines, which can be costly. However, there are ways to make some money back. In the United States, there are many states that offer tax breaks by using alternative energy. You will save money if you qualify and you will make your money back faster. There are also some states that allow homeowners to sell the extra energy back. These are "net metering laws." When using the wind turbine, the electricity meter will actually spin backwards. Net metering laws allow homeowners and businesses to be billed only for their net energy consumption as opposed to all of the energy they used.

Net metering helps because customers get full value of the electricity they use. People who use wind turbines might need to use the power company still because wind is intermittent. Over 40 states offer some type of net metering law. Residents should take advantage of these. They can get more information by going to <http://www.eere.energy.gov/greenpower/resources/> or contacting the Dept. of Energy Efficiency and Renewable Energy.

As more people begin using wind turbines and the technology progresses, the cost of getting and installing wind turbines is decreasing. This is good news for anyone looking to use wind turbines. Now, there are other avenues to pursue when looking for alternative energy.

Worldwide, wind energy only accounts for 1 percent of the electricity use. However, there are countries that have taken a bigger role in using wind as a viable solution to meeting alternative energy needs. Denmark uses wind turbines

How to Reduce Pollution

for 19 percent of its electricity productions, Spain and Portugal use nine percent and Germany and Ireland use six percent.

Wind turbines also help the environment. Over the course of the wind turbine's lifetime, a residential turbine would be equivalent to planting two trees with the amount of carbon dioxide that would be saved. There are many reasons to get on the wind power bandwagon. They are all worth it. If money is the only thing holding you back, consider all the rebates and benefits you can get from owning a wind turbine. You will make your money back in a few years.



What is the Cause of Water Pollution?

Water pollution refers to the changes in the physical, biological, and chemical conditions of any body of water which harmfully disrupts the balance of the ecosystem.

Like any type of pollution, water pollution results when an overwhelming amount of waste coming from different sources of pollutants can no longer be accommodated by the natural ecosystem. Consequently, when the wastes are not destroyed as fast as they are produced, they make it unfavorable to humans and many other organisms. But that's not all. Learn more about what causes water pollution.

There are actually many specific reasons behind what causes water pollution. However, it is important to familiarize yourself with the two main categories of water pollution. Some pollution comes directly from one's specific location. This type of pollution is called point source pollution such as sewage pipes that empty polluted water into the river and farmland. Meanwhile, non-point source pollution is pollution that comes from large areas like gasoline and other dirt from highways that go into the lakes and rivers.

What are the causes water pollution? Who are the culprits who should be responsible for the harm brought by their pollutants? How do these sources of pollution pollute different bodies of water?

One major cause of water pollution that has caused serious environmental and health problems are the pollutants coming from chemical and industrial processes. When factories and manufacturers pour their chemicals and livestock wastes directly into streams and rivers, the water becomes poisonous and oxygen levels are depleted causing many aquatic organisms to die. These wastes include solvents and toxic substances. Most of the wastes are not biodegradable. Power plants, paper mills, refineries, automobile factories dispose waste into the rivers.

The heated water from the power plants is called thermal pollution. This kills aquatic animals and plants by reducing the oxygen content of the water. Power plants use water to cool their machineries, thus changing the temperature of the water.

Aside from thermal pollution, there are also organic and inorganic pollutants. The organic wastes include refuse from slaughter houses, fish and meat canning factories, and leather tanning companies, manufacturing plants, pesticides and crude oil companies. Since organic wastes are decomposed by microorganisms, much of the dissolved oxygen in water is used up and the waster begins to stink.

How to Reduce Pollution

Inorganic wastes include toxic and corrosive substances like acids, heavy metals, mercury, cadmium and lead which can impair the normal body processes. Battery manufacturers, mining, paper mills increase the concentration of mercury making the water dangerous and poisonous for most living things.

Another cause of water pollution is from pesticides. Farm pesticides poison aquatic plants and animals. Animal manure, chemical fertilizers, phosphate detergent pollute water by supplying excess nutrients. This pollution is known as eutrophication. This greatly increases the growth of algae in water thereby decreasing the amount of oxygen level in water causing the death of many aquatic organisms.

Water is also being polluted by garbage specifically plastics and other plastic-like substances. Some plastic like nylon can entangle fishes and other marine animals. Plastics that have broken down into tiny pieces can be eaten by sea creatures which may cause their death. Since plastic is non-biodegradable, it will continue to kill more fishes.

One more cause of water pollution is sewage coming from households. Since no one wants to live in a polluted area, near a dumpsite or landfill, the wastewater and untreated sewage are carried away from the home polluting different bodies of water. Most developing countries practice this type of sewage disposal. Even modern countries carry poorly treated sewage to canals leading to major bodies of water. The danger is when the sewage pipes gets broken and waste contaminates the drinking water. When this happens, the breakage will open a wide array of water borne diseases that will surely pose peril to consumers.

Last among the causes of water pollution are personal care and household products. Shampoo, lotion, moisturizer, hair dye, bleach, laundry detergent, fabric softener, and many others contribute to water pollution. Human waste is not the only thing that goes to sewage. These products also join the wastewater to contaminate the streams, rivers, and lakes.

Although the world abounds with water, only three percent of it is potable. Included in the 3% source of potable water are the streams, spring, rivers, lakes, and waterfalls that are continuously being threatened and contaminated by the different factors that cause of water pollution. If the sources of water pollution are not controlled, this basic necessity will eventually become a rare commodity only a few can afford to have.

Water Pollution: Everything you Need to Know and How you Can Help

What do the human body and the planet earth have in common?

Water. If the human body has about two-thirds water, our planet has about 70% of it, which establishes the fact that water constitutes a major portion in both body masses. And that is what's alarming. If 70% of the earth's surface is made up of water, then humankind should have been very wary of anything that would pollute this major portion of the planet. Alas, the human race has done otherwise. Water pollution is now a global problem.

Today, water pollution is rampant and the chief source of water pollution is the human race. We are the very ones that need water most and, yet, we have polluted it, even to the brink of extinction.

There are many types of water pollutants but these can be segregated into four classifications: natural, agricultural, municipal and industrial pollutants. Natural water pollutants could include all the natural phenomena that happen from time to time such as volcanic eruptions, earthquakes that cause major upheavals in the ocean floor and storms that cause flashfloods. Even global warming could be qualified as a cause of water pollution.

Agricultural pollution consists mainly of poultry and other agricultural animal wastes that are carelessly thrown off to bodies of water near farms. It could also be the fertilizers or pesticides that are used to make better crops, which erode into lakes, rivers or streams. Municipal wastes are those that come from residential areas. This is the liquid waste that households throw into bodies of water. Industrial pollution consists of all the wastes that major industrial firms chuck into the waters. This last classification is the most severe and most rampant among the three - and it is also the one that has caused the most damage. Industrial waste could include contaminants that are hard to take off from the waters once they spread - petroleum from oil spills or nuclear wastes.

The bodies of water in the world are in catastrophic danger, what with all the industries in the world today, plus our individual wastes all put together! No wonder mankind now drinks from bottles instead of just scooping water from running streams. The effects of water pollution to humanity is staggering. But we should also consider all the other life forms that suffer - the fishes and other animals such as birds, and plants. And what happens when humans eat the very fishes that live in polluted waters? Do you still want that answered?

But where there is life, there is hope. There is something that we can do - you can do - to save the only planet that we have. You could be an advocate, in your own

How to Reduce Pollution

simple way, of retrieving the lost beauty of oceans, lakes, rivers and streams. Here is a list that might get you to consider in fighting water pollution:

1. Primarily, you should prevent water pollution. Just like an illness, it is much simpler to prevent its occurrence rather than to cure. Begin at your own home. Make sure that you conserve water. You can never imagine the water shortages that happen all over the globe. So if you have a constant supply of water at home, use it wisely.
2. Plant trees (if circumstance would allow you). Having more trees or plants in your yard would prevent pollutants from flowing freely into nearby bodies of water. Since they keep the soil from eroding, water pollution or, at least, the quality of the water is improved.
3. Do not throw any form of garbage into any body of water. Sign up for any organization that aims in cleaning up beaches (or lakes, or streams). Be an active member of such organizations.
4. Never throw water pollutants down your sink or toilet bowl. Make sure to dispose wastewater properly. Think of the many septic tanks that contribute to water pollution. Now, 'get the picture'?

Luckily, for all of us, there were concerned lawmakers out there that have made legislations on water pollution. The U.S. alone has several anti-water pollution laws such as the Federal Water Pollution Control Act of 1972, The Safe Drinking Water Act of 1974, and the Federal Insecticide, Fungicide and Rodenticide Act, which was amended in 1988. These laws prevent further damage to U.S. waters.

Although water pollution is an extensive problem, bridling it is still possible. And everything begins with each and every individual in each and every home. And yes, that population includes YOU.

Body Detox Products - A Must-Have To Fight Pollution

No one is a 100 percent free of toxins inside. I mean that the detoxification process is not always a hundred percent successful and the body needs some external help with the detoxification process. This can be achieved in many ways including dieting, use of detox kits and other medication especially herbal detoxification tonics and pills.

People are of the belief that they are free of toxins because they are in total control of the cleanliness. Nothing can be further from the truth. There are toxins in everything we consume, and when we are not consuming it it is entering our system through the pores of our skin and the air we breathe. The vegetables we eat are sprayed with pesticides which are not completely washed off before cooking. These chemicals turn up in our system as toxins.

The air we breathe is polluted with smoke and petroleum fumes, in addition to this there are chemicals in the house that come from the toiletries we use. These sprays and shampoos and soaps are loaded with toxins that will enter our system through our eyes, nose and skin and later build up to such an extent that it will be almost impossible for the natural process of the body to rid itself of them. Toxins in the body will eventually lead to health problems and so must be purged from the body at regular intervals to prevent a build up of toxin levels.

Medical science has come a long way and with it comes many discoveries in the detoxification process of the human body. Humans have developed ways to increase their life span and treat symptoms of dreaded diseases and alleviate a lot of pain through proper medical procedures. However, it is these same medications that leave behind a residue that builds up as toxins in the system. These toxins have their own side effects. In fact any kind of medication adds to the build up of toxins in the system. It is imperative that these toxins should be purged from the system to prevent any health problems in time.

Our kidney and liver are able to rid the system of toxins to a great extent, however, when the toxins build up to such an extent it is important for us to find the right detox product to help the process along. There are detox kits that can be used in the home and they do a very good job too. These kits contain detox herbal products that can be used along with a diet plan that comes with the detox kit. In about 5 days you will be relatively free from toxins in your body with proper use of these detox products. It is equally important to find the right detox product that works well for you. This could mean a bit of trial and error but before long you will definitely find it.