

Don't panic, it's just organic!



Stress-free
While it seems daunting to make seemingly extreme lifestyle changes, don't stress too much. Here are small changes that's sustainable in the long run

1 Grow a few small kitchen plants. It helps you understand what it takes to grow something and care for it and watch it return some food to you.

2 You could also consider buying a few organic items during your usual grocery shopping. Be smart about buying organic as it makes sense for some vegetables and fruit more than others.

3 Eliminate all harsh cleaners in the home and switch to natural ones.

4 Ban the use of plastic if it involves disposing the plastic item after a couple of uses.

An organic life has a stereotype — hippies growing their own food, mostly vegan and living in simple 'earthy' homes. While this could be the utopian organic living, there are other simpler ways to live a healthier lifestyle. So why should you choose to live more organically?

There are many reasons people take to this lifestyle but primarily it is because living organically is truly healthier for you! As time goes by, newer research and science has shown that everything in our daily lives is loaded with harmful chemicals, preservatives and pesticides and causing several health issues. From the building materials used in your homes and offices, the food we eat, the clothes we wear, the plastics in our lives and even the very things that are meant to clean our bodies and habitable spaces are all full of chemicals.

By flushing these out from our lives, we can become healthier and lower the risk of diseases affecting our families.

It is also true by extension that living organically will help the environment and have a better eco-footprint.

What is bad for us happens to be bad for the earth as well. Some people want to live organic to be part of the new age mantra and don't want to be left behind. Whatever the reasons you find appropriate, living organically is good

for your health and for that of the planet as well — so get on with it!

One way to ease into this lifestyle change is to start by focusing on one area and then building upon it. Some may choose the home organic garden as a starting point, but I have seen the most shift happening in homes with new parents. With the understanding that the infant needs chemical and toxin free items ranging from bedding, clothing and toys, the choices they tend to make for their young ones continuously tend to be healthy and organic.

Always remember that even little changes can add up over time and make a big impact. At an average of six loads of laundry per week,

each household produces about two lorry tankers of wastewater annually, which is chemical laden and added into our rivers and lakes with minimal treatment. One small change in this, will keep your family and our earth thanking you for a long time to come.



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