
DO YOUR PART: HOW YOU CAN FIGHT GLOBAL WARMING



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Full contents available at: www.WomensLifestylePublications.com/live-green/globalwarming

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YOU MAY PASS THIS FREE MINI E-BOOK ON TO A FRIEND OR FAMILY MEMBER
TO HELP STOP GLOBAL WARMING FOR A BETTER AND BRIGHTER FUTURE.



1. INTRODUCTION

Over the last year or so, many people have begun to focus their attention on the very real problem of Global Warming. While environmentalists and others have known about global warming for quite some time, it has taken the issue awhile to capture the public's attention. For many years, there were doubts that the problem even existed. But recently, all but a few scientists agree that the problem is very real and that the earth faces severe problems if we don't act immediately to begin to reverse the damage of global warming.

One of the things that have raised public awareness of this issue is the movie, **An Inconvenient Truth**, produced and presented by former vice-president Al Gore. The former senator from Tennessee got interested in the problem when he was in college, over forty years ago, and he has maintained his interest in the face of many nay-sayers and critiques throughout the years. But with the release of **An Inconvenient Truth**, he is getting global warming the attention it deserves. Other events have also served to raise the public's awareness that global warming might be a problem—the terrible hurricanes that have battered the Gulf Coast of the United States and other international locations, as well as other unusual weather.

Many regions have experienced extreme heat or cold or strong storms. Hearing about natural disasters brings home immediately the idea that perhaps something is amiss on our beautiful green and blue planet. Global warming is a big problem. Many people feel that there is no more important issue to work on— after all, if our planet is our only home. Without a clean, healthy earth on which to live, we have nothing. Yet to the average citizen, it may seem like such an overwhelming issue that there's really nothing anyone can do. However, nothing could be further from the truth. The good news is that there is plenty all of us can do. The even better news is that there are many effective activities that aren't particularly difficult to accomplish. Best of all, many of these activities which positively impact global warming will improve your quality of life.

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This report will give you many, many ideas about simple steps you can take to help the problem of global warming. We'll talk about energy conservation (it's not nearly as daunting as it seems), being a green commuter, recycling (many communities are making this a breeze for consumers), water conservation, shopping green, and even simple things like the benefits of planting a garden. You will find activities that you can involve the entire family in, things to do that you'll enjoy. You'll feel better about the lifestyle choices you are making because you will be certain that you are leaving a lighter footprint on this earth. And that is what it is all about. Before we get into the information about the activities and ideas for fighting global warming, first we are going to explain it (don't worry, its all in layman's terms). We will discuss what global warming actually is, how it affects you and your family, and what is being done before we get into the lengthy section on what you can do.

A couple more notes before we get started: at the end of each section you will find a handy bullet-point reference list that recaps the ideas. We want to make it as easy as possible for you to follow through on the ideas listed here. Also, at the end of this special report you will find a page of resources, including websites and organizations where you can go to find out more information. Okay. Are you ready to get going? Let's jump right in—the earth is in peril and there's no time to waste.

More information at: www.WomensLifestylePublications.com/live-green/globalwarming



2. WHAT IS GLOBAL WARMING?

The simplest definition of global warming is that it is an increase in the surface temperature of the earth. The term that we are all getting used to hearing now most often means artificial warming of the earth that is due to greenhouse gases.

AND WHAT ARE GREENHOUSE GASES?

These are emissions from human activities such as driving cars and using electrical appliances. The biggest culprit is carbon dioxide, which gets trapped in the atmosphere and makes everything warmer, like a heavy blanket. You may have heard this called the greenhouse effect. There is more carbon dioxide currently trapped in the atmosphere than there has been in the last 650,000 years. *You read that right—650,000 years.* Consider that most of that carbon dioxide is there because of our human activities and you start to get the picture.

A little bit of greenhouse gas in the atmosphere is not all bad. After all, we do need some warmth! The natural ecosystem which traps the correct amount of warmth in the atmosphere is what gives us fresh air, clean water, and the natural weather systems. However, we've overloaded it so much with the emissions from our cars, and power plants, and over-consumptive lifestyles that it is endangering our planet. The earth's surface temperature has risen by about one degree Fahrenheit over the last century, and that is expected to accelerate. In general, the earth's ecosystem is changing, thanks largely to the humans who inhabit it.

Another phrase you'll hear a lot is **climate change**. It's important to bear in mind that climate changes occur naturally over the centuries and millennia, however, the current warming that we are experiencing is way more extreme than could be accounted for in normal fluctuation. Changes that

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scientists had forecast to occur as the result of global warming have already begun. And many scientists believe that severe climate changes and some of the catastrophic weather that often accompanies it are the result of our increased global warming. There has been a marked increase in the number of category four and five hurricanes over the last few years. That's because hurricanes are formed over warm sea water, and as the water temperatures of the oceans rise, more killer storms are created. Many other changes occur from warmer sea temperatures, such as the melting of the polar icecaps.

One of the results of the melting polar ice caps is that the oceans are beginning to rise. When you consider that most of the world's population lives on or near coasts, you can start to see the problem. If we continue at our current rate of spewing greenhouse gases into the air, the oceans are expected to rise six feet in 100 years—or less. Rising sea levels threaten massive physical devastation and damage to economies worldwide. And consider this—while the United States has only four percent of the world's population, it is responsible for 22% of the greenhouse gas emissions. One of the first things that occur as temperatures rise is that more disease-carrying insects and rodents thrive. While we normally associate diseases such as malaria and encephalitis with other continents, we'll be seeing a lot more of them in the future, right here in the United States, if global warming continues at its current rate. This has already started to happen, and doctors at the Harvard Medical Center have linked outbreaks of various diseases such as the Hanta-virus directly to climate change.

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3. HOW DOES GLOBAL WARMING AFFECT ME?

Perhaps you are reading all this and wondering what the big deal is. After all, these are big concepts. If you don't live in a part of the world impacted by hurricanes, maybe you feel you don't have much to worry about. Or perhaps you live in a very cold part of the world and you would welcome global warming. But nothing could be further than the truth—global warming affects us all. We only have one planet and one place for us all to live. So far, scientists have not found any other planets that are habitable without massive intervention that is beyond our economic means. So, we are stuck here on earth and we need to make sure that we are actively preserving this beautiful planet.

Climate change means more than warmer winters. (And, for the record, many of those bitterly cold winters and huge storms parts of the country have been getting are the direct result of global warming.) Climate change means that certain regions will no longer be able to sustain farmlands or grow the same crops. It means changing precipitation and regional climates that can affect human and animal health and welfare. Some changes that might happen would include expanding deserts, drier soils, more intense rainstorms and faster evaporation of the water from them. None of these results are good for the health for the planet or its inhabitants. The above mentioned diseases will be harder and harder to contain and control, and some of them can be very deadly.

In the United States, they don't have to worry too much about insect-born diseases. They are used to the luxury of spending time outdoors without fretting. But that may soon change as more and more of the populace becomes prone to unusual illnesses. Here's another startling statistic: 800,000 people a year die from sicknesses caused by air pollution, half of those in China, which is second after the United States in carbon dioxide emissions, according to the World Health Organization. Other changes

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from global warming that will have an extreme adverse impact on us include more frequent and intense heat waves and prolonged drought, and more wildfires. Some predict that the Arctic Ocean will be ice free by 2050, and more than a million species worldwide will be driven to extinction by that same year. Already many animals have begun changing their habits and habitats, moving closer to the poles. While we are already seeing the results of climate change and global warming in our own lives, it is our children and grand children who will be living in a vastly altered landscape.

Do we want to be known as the people who stood idly by and did nothing to improve the lives of future generations? The Native Americans have long had a philosophy that everything they do should be considered in light of the impact it will have on all the generations to come. Tread lightly on the planet is a philosophy that we can all follow.

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4. WHAT IS BEING DONE?

In the US, programs to stem the tide of global warming are being implemented on the federal, state and local levels. The United States Environmental Protection Agency (EPA) is the lead federal agency involved in this program and it is partnering with state, local and private agencies to address the challenges of global warming while strengthening the economy. Also at the federal level, the U.S. Global Change Research Program is researching global warming, its effects and what we can do to stop it. Many state agencies are creating programs to reduce greenhouse emissions, and local governments are creating curbside recycling programs and encouraging businesses to go green with a variety of incentives. How about on the global level?

While the U.S. is responsible for a huge preponderance of the greenhouse emissions, it's certainly not the US 's problem alone. The U.S. government is working with other countries through the United Nations. The program is called the United Nations Framework Convention on Climate Change. The Kyoto Protocol is an international and binding agreement that many are entering into as a way to reduce greenhouse gases worldwide. While the U.S. under the current administration has refused to sign this legally binding agreement, many local cities have done so and you can contact the mayor of your city to find out what's been done where you live.

One of the activities of the Kyoto Protocol program is to support countries and regions in coping with the current effects of the crisis. While there is much we can do to prevent future effects of global warming, we must also be aware that damage has already been done. Because of this, we must minimize the current impacts. Some of the ways this is being done is through prevention. For instance, building flood walls and moving populations out of low-lying floodplains is one recommendation. They also recommend "focusing on vulnerability," that is, identifying populations and areas that will be most at risk from climate change and global warming. Of course, more research is an ongoing necessity, as is flexibility and funding for this research. The forecasts of what will be needed on the broadest levels are fascinating—it's essential that we start actually thinking differently to solve this problem. It is true that some governmental bodies and agencies, as well as private concerns, have been slow to realize that there is a problem and even slower to act upon it.

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One of the key concerns is financial. Going green on every level does cost more upfront. However, study after study has shown that these higher upfront costs actually result in huge savings down the road, because green policies have such a positive impact on health and lifestyle. For instance, a recent climate change conference held in Bangkok affirmed that burning cleaner fuels resulted in health benefits that saved money. The World Health Organization recommends that governments should consider the increased savings in health costs if they aren't dealing with the direct results of global warming—heat waves, disease, and water scarcity.

More and more, governments around the world are recognizing that going green will result in long-term savings. Finally, many organizations are working hard to reduce the impact of this problem. One of the most prominent is called Global Green, which is the U.S. arm of Green Cross International, a group started by former Russian president Mikhail Gorbachev in 1993. He was inspired to act by the 1992 Green Summit in Rio de Janeiro. The group's mission "is to create a sustainable future by cultivating harmonious relationships between humans and the environment." It focuses on stemming global climate change by encouraging green building, eliminating weapons of mass destruction, and providing clean drinking water for the 2.4 billion people who lack it. President Gorbachov's vision is to create a new approach to the environmental crisis by connecting humans back to their environment. There are many other organizations, both public and private, who are working very hard on this problem. They include the Environmental Defense, Stop Global Warming Now, and others. Please note that we have compiled an extensive list of organizations and resources on global warming at the end of this report. You'll find links to websites of all these groups and many other agencies there.

More information at: www.WomensLifestylePublications.com/live-green/globalwarming

5. WHAT CAN I DO TO HELP STOP GLOBAL WARMING?

Are you ready for some startling statistics? In the United States, 6.6 tons of greenhouse gases are emitted per person every year. We're not getting any better at this, as this figure rose 3.4% from 1990 to 1997. Most of these emissions come from the burning of fossil fuels to power our cars and light our homes and buildings. According to the EPA, this accounts for 82% of the emissions, a hefty chunk. The rest comes from raising livestock, natural gas pipelines, coal, industrial chemicals, and methane from waste in landfills. With figures like these, it's probably not much of a surprise that currently the U.S. emits more greenhouse gases per person than any other country on earth—though the rates do vary widely by state and region.

From these statistics you can easily see that there are three main areas where you can make a huge impact on global warming. These three areas are how much electricity we use, the waste we process, and the transportation choices we make. As consumers, we can cut down up to 32% of the emissions we spew into the air, just by making smart choices. The rest comes from industry and other sources, and we can have an impact on that by lobbying governments to come up with stricter standards.

One of the words you'll hear a lot when looking into global warming is **sustainability**. Its one of the new buzz words and it's a good one.

Wikipedia defines the word as "an attempt to provide the best outcomes for the human and natural environments both now and into the future."

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The EPA defines it as “the ability to achieve continuing economic prosperity while protecting the natural systems of the planet and providing a high quality of life for its people.”

These definitions both embrace taking stewardship of the planet, its people, and the best quality of life for all - which is what taking action to ease global warming is all about.

The experts agree: the overall recommendation is for rapid transition to energy efficiency and renewable energy sources. But what does this mean? And how can the average consumer add such practices to their everyday life? *That’s where this report comes in.* We have compiled a list of actions, both large and small that you can take to help prevent global warming. If you are feeling overwhelmed, don’t be. You can start small, taking one little step, and then expand your awareness and commitment to the cause. Bit by bit you’ll be replacing old habits and before you know you’ll be proud to call yourself a green citizen. You may even feel compelled to become an activist on the part of the planet. Our list of resources can help you with that, too. Are you ready? We’ve got a lot of ground to cover, so let’s get going. Don’t forget the handy checklists at the end of each section, which gives you a quick reference of things to do immediately. You can refer to these lists if you want to get going right away, and then go back later and read the background information. The most important thing is to take action as soon as possible.

Read More at: www.WomensLifestylePublications.com/live-green/globalwarming

6. ENERGY CONSERVATION

We’re going to discuss two kinds of conservation—both energy and water. But let’s get started with energy conservation, which can range from the simple act of changing your light bulbs to more comprehensive activities like purchasing green power. United States households alone are responsible for 21% of the global warming pollution that occurs in the world. This is more than the entire global warming output of the United Kingdom. It is clear we are not doing a very good job at energy conservation. Yet energy-conscious families can reduce their emissions by two-thirds with some simple choices.

WHAT ARE GREEN POWER PROGRAMS?

It refers to energy-efficient power sources that emit little or no carbon dioxide into the air, and therefore doesn’t contribute to the problem of global warming. Some of the benefits of green power may include a reduction in smog, and acid rain. Green power also minimizes financial risks. Let’s face it, fossil fuels are running out and the scarcer they become, the more they are going to cost. Just go take a look at the price at your local gas station, or check out how much natural gas prices have risen lately. Green power also creates new jobs, because it tends to rely on local resources and land. Conventional energy sources include nuclear power, coal, gas, oil, and large-scale hydro-power.

Green energy sources refer to power that is generated from renewable resources, such as windmills, solar power, geothermal, hydro-power and biomass. Some of these are old standbys that are getting a fresh look, and some are emerging technologies. Don’t worry, you don’t have to understand what all those are to participate in these programs and contribute to the reduction of global warming. But in case you are interested, here’s a brief primer.

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Windmills use strong winds to produce pollution free, renewable energy. In some areas, *wind power* is as cheap as fossil-fuel energy. The windier the location, the cheaper the energy. *Solar* technologies are generally more expensive, and basically convert sunlight to power. *Geothermal* hot water or steam from beneath the earth's surface to electricity. It creates very little pollution, and they are very economical. *Biomass* is crop or animal parts used to create energy and it is a very versatile fuel source.

The US Department of Energy's Energy Efficiency site listed in resources has a page where you can check what is available in your state. And there are links for more information about wind power, solar power, biomass and *hydro-power*, should you want to learn more about any of these renewable energies.

Buy Offsets Or, you can buy offsets. What this means is that you are paying someone to reduce or remove global warming pollution. If you want to buy 5 tons of carbon offset, the seller then guarantees that 5 fewer tons of carbon dioxide will go into the air. This is a great option for those who have already reduced their greenhouse emissions through, say, the tips in this report, but wish to do more. By buying offsets, you can get your impact down to zero, and that is a lovely number when dealing with global warming. Just think how much closer we'd be to solving the problem if everyone got their impact down to zero. The way to buy offsets is to first calculate what your impact is. You can do this on the Environmental Defense site, where you can also read about and purchase options. Then you can choose to purchase some of the offsets that most appeal to you— programs like Driving Green, which works with livestock herders in Mexico to convert livestock waste to energy. Or the Atmos Clear Club, which works with a landfill in Illinois to collect greenhouse gases from the landfill so it does not hit the atmosphere. Purchase some offsets (they generally cost from \$4 to \$8 per ton) and you'll be going a long, long way toward reducing your impact on the environment. A few simple steps listed here:

ENERGY CONSERVATION ACTION STEPS:

- Turn Off Lights and Appliances
- Adjust Your Thermostat
- Replace Light Bulbs
- Look into purchasing green power
- and more

Full explanation available at: www.WomensLifestylePublications.com/live-green/globalwarming

7. WATER CONSERVATION

Many people scoff at the idea that we need to conserve water. After all, it's all around us - in lakes and rivers and streams, in the rain and snow that falls from the sky. But the following statistics should help change your mind: 97% of the world's water is salty or undrinkable. 2% is locked in glaciers or ice caps. That leaves 1% of the world's water that is available for human consumption. And we need water for everything - not just our bodies, but crops and animals. We depend on it for all our needs, personal, business, manufacturing, and community. Our water supply is threatened by clear cutting of forests and runoff from industry and toxic pollution.

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Recent federal policies in the US have proposed relaxing Clean Water standards - which will only make the problem worse. According to Global Green, 1.2 billion people, or almost 1 in 5 people worldwide, are without access to safe drinking water. And, out of 191 nations in the world, 10 nations share 65% of the world's water resources. In developed countries, we take water so for granted that we let it run freely from the tap while we brush our teeth, or over-soak our yards when we carelessly forget to turn off the sprinkler. But many countries in the world don't even have the luxury of safe drinking water. It's important that we realize water is a precious resource, and its time to stop wasting it. Luckily, there are many simple things we can do.

WATER CONSERVATION ACTION STEPS:

- Be careful about what you let wash down storm drains
- Recycle motor oil properly
- Buy non-toxic alternatives to pesticides
- Dispose of pet waste in the garbage
- Grass-cycle your lawn
- and more

Full edition available at: www.WomensLifestylePublications.com/live-green/globalwarming

8. GIVE YOUR HOUSE A GREEN MAKEOVER

Just as there are many things to do that contribute to water and energy conservation both indoors and out, you can also help the cause enormously by going through your home and giving it a green makeover. The Stop Global Warming website (www.stopglobalwarming.org) has a fascinating page that shares simple tips that you can do to make your house greener. The best part is that they also show the savings not only in money, but in carbon dioxide. Just think of how much we could accomplish if every person committed to making these changes. Check out the action step list below for a quick reference.

GREEN HOUSE MAKEOVER ACTION STEPS

- Turn the thermostat on your water heater down.
- Insulate your water heater
- Consider purchasing a tankless water heater
- and more

9. BE A GREEN COMMUTER

- Scientists calculate that about half of all air pollution comes from driving cars and trucks.
- Every day in America, we use eight million barrels of oil in driving our cars and trucks.
- The average American car releases 35 pounds of carbon dioxide into the atmosphere every day.

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ADJUST YOUR DRIVING HABITS

- Americans drive an average of 614.5 billion miles to and from work. 614.5 billion miles.
- Since 1970, the number of vehicle miles traveled in America has increased 150 percent, while the population has increased only 40 percent.
- According to statistics on the Environmental Defense site, if all commuters worked from home one day a week, we would save 5.85 billion gallons of oil and 143 billion pounds of carbon dioxide each year.

MAINTAIN YOUR CAR FOR FUEL EFFICIENCY

- Keeping up with routine maintenance on your car can save you up to \$380 and 165 gallons of gas a year.
- One thing people don't realize is that your car's air filter needs changing often, and doing that one thing can make a huge difference. Changing it monthly can save 800 pounds of carbon dioxide from the air, and \$130 in cash.
- Low tire pressure wastes over two million gallons of gas every day in the United States.

BUY A HYBRID

- A household with two cars will emit 20,000 pounds of carbon dioxide into the air on a yearly basis, adding 10 tons of pollution that is going to stick around.

CONSIDER ALTERNATIVE FUELS

- Did you know that the original Model T cars built by Henry Ford were designed to run either on gas or ethanol?
- Buy a Fuel-Efficient Car.....Read on in the full edition.

Full edition available at: www.WomensLifestylePublications.com/live-green/globalwarming

Even if you are not quite up for buying a hybrid, or converting to bio-diesel, you can buy the most fuel-efficient car possible for your needs and thus do your part to prevent global warming that way.

There are so many different ways to become a green commuter, it's practically a crime not to implement some of them, and they are so easy and effective. And, as we are learning repeatedly, small steps can add up to big results. Make a commitment to becoming a green commuter today, and then choose one of several of the above- mentioned options and you will know you are making a positive impact to the problem of global warming.

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GREEN COMMUTER ACTION STEPS

- Drive less
- Telecommute
- Drive more slowly
- Don't drive aggressively
- Group errands.....

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15. WHAT WILL YOU CHOOSE TO DO?

Once you become interested in global warming and start to read and understand the extent of the problem, it is impossible to sit idly by any longer. It's unlikely that you will be able to return to some of your own previous habits. Simply reading a few pages of this report will likely have you turning off appliances and switching out light bulbs. You might even be inspired to buy a hybrid car or bike to work. Perhaps you will start an organic garden in your backyard or learn about permaculture. For sure you'll be more careful about what you allow to wash down storm drains, and you'll probably begin a more extensive recycling program in your home. Any and all of those activities and others listed in this report will help.



The only thing that won't help is if you sit back again and do nothing. There are way too many people in this country and others who don't know understand the parameters of the problem. Now that you do, it's up to you to take action. Whether you are 20 or 80 our future and the future of our children and grandchildren depend on it.

16. RESOURCES

General

Start here for general websites that will have many resources, links, and information. These are all excellent references. Many of them have options to join to receive newsletters and other reports. The best way to keep in touch with what's going on is to sign up for these newsletters:

- Earth 911 www.earth911.org
- Environmental Defense www.environmentaldefense.org
- Stop Global Warming www.stopglobalwarming.org
- and many more....

Government and Official Sites

Go to these sites for official news and information. They are detailed and full of useful information, if a bit densely written at times.

- US Department of Energy www.energy.gov/greenpower
- US Global Change Research Program www.usgcrp.gov
- and many more....

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Green Commuting

These sites offer a wide variety of information on hybrid cars, fuel efficiency, mass transit, walking, and bicycling.

- www.hybridcars.com
- <http://autos.yahoo.com>
- www.greenercars.com
- www.fueleconomy.gov
- www.flexcar.com
- www.zipcar.com
- and many more....

Be Green at Work

- www.greenatworkmag.com
- and, Yes, many more....

Recycling

- www.christmastree.org
- www.earth911.org
- and many more....

Become an Activist

- www.seattle.gov/mayor/climate
- www.blogger.com
- and much, much, more....

Only found at www.WomensLifestylePublications.com/live-green/globalwarming

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YOU ONLY HAVE THE RIGHT TO READ AND ENJOY THIS EBOOK AND ASSOCIATED AUDIO PROGRAM FOR PERSONAL USE ONLY.

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