

The Green Issue

# Health

APRIL  
2020

REAL  
WELLNESS

**SMALL  
CHANGES,  
BIG RESULTS**  
ECO-FRIENDLY  
IDEAS FOR  
EVERY DAY

**SALAD FOR  
BREAKFAST?**  
YES, PLEASE!

**CLEAN  
BEAUTY  
PICKS**  
GOOD FOR  
YOU, GOOD  
FOR THE  
PLANET

**STRETCH  
GOALS**  
WHY YOU  
NEED TO STAY  
FLEXIBLE

## Kourtney Kardashian

ON GOING GREEN,  
RAISING A FAMILY &  
LIVING LIFE ON  
HER OWN TERMS

Health

HOME  
AWARD  
WINNERS  
2020



# Nailed

Now more than ever, the polish v  
grew about health risks associa  
responded with new formulatio  
they omit. Most traditional nail p  
skip the most potentially hazard  
phthalate (DBP). Other compar  
nontoxic (by the way, this term i  
themselves). Here are some bran  
delivers the color and finish you c

**Chanel Le Vernis Longwear  
Nail Colour** (\$28; [chanel.com](http://chanel.com))

**5-FREE**

Formulated without:  
formaldehyde, toluene, DBP,  
formaldehyde resin, and  
camphor.

**Pacifica 7 Free Nail Polish**  
(\$9; [ulta.com](http://ulta.com))

**7-FREE**

Formulated without:  
formaldehyde, toluene,  
DBP, resin, camphor,  
xylene, and parabens.

GET INVOLVED

## EARTH DAY

The first Earth Day was celebrated on April 22, 1970, when 20 million Americans participated in a nationwide protest against environmental pollution. This year's theme is "Be the Change." See how you can get involved at [earthday.org](http://earthday.org).

# HOW TO WASH VEGGIES

While it would be nice to buy all organic, all the time, that's not always feasible (hello, \$5 bunch of celery!). So what's the best way to remove pesticide residue from your fruits and veggies? One study suggests baking soda may be the secret. University of Massachusetts Amherst researchers found that soaking apples in a baking soda solution (1 teaspoon per 2 cups water) for two minutes removed more pesticides than a two-minute rinse in tap water. And the longer the soak, the better. (It took 12 to 15 minutes to completely remove all pesticides used in the experiment.) "Many pesticides are not stable at alkali conditions, so baking soda can degrade them," explains study author Lili He, PhD.

For produce too delicate to soak (like berries), certified integrative nutritionist Karina Heinrich recommends this DIY spray: 1 cup water, 2 tablespoons baking soda, and 1 tablespoon lemon juice. Spritz onto produce, let sit for 5 to 10 minutes, then rinse.



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