**Avoid Chemicals and Other Environmental Dangers**

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Chemicals are everywhere. They're in the food you eat, the air you breathe, and the products you use in the house and on your bodies. Exposure to harsh chemicals can cause serious damage and should be avoided whenever possible.

If you can afford it, opt for organic foods to better fuel your body. Although going organic can be pricey, think of it as an investment in yourself. If you're going to develop a disease, the cost of healthcare to treat it greatly outweighs the upfront costs of preventative care.

Instead of using bleach and other toxic chemicals in your house, a vinegar and water solution is much cheaper, safer, and just as efficient at sanitizing. Make sure you read the labels of any products you purchase and always choose ones with more natural ingredients.

If you live in a city, taking vacations to rural areas where there is fresh air can really do your body and mind good. Not only will you feel relaxed, but you can absorb clean air to purify your lungs and skin for an all-around more youthful appearance and attitude.

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