

# ADIEU, BYE BYE, TSCHÜSS AND CIAO

These things should disappear from every household, and quickly!

Often we don't know any better and sometimes we are simply lazy: day after day we consume things with which we harm our health and destroy the planet. You should definitely throw these ten out.

**#1 Microplastics:** In many conventional peelings, shower gels and toothpastes you can find the smallest plastic globules. Because sewage treatment plants cannot filter out this so-called microplastics sufficiently, it gets into the water almost unhindered. There it attracts pollutants and deposits in the soil. Microplastics are also dangerous for fish and water birds because they absorb the particles with their food.

**Alternatives:** Prepare a peeling simply from fine salt and a little olive oil and rub your body with it in the shower, then rinse and marvel. For whiter teeth, rub them with a little coconut oil.

**#2 Toilet paper made from fresh fibres:** If you don't want to flush our forest down the toilet, you'd better buy recycled toilet paper - preferably with the "Blue Angel" environmental label. Don't worry: today's range of recycled toilet paper has little in common with the grey, scratchy paper in public toilets.

**#3 Aluminium foil:** Many people use aluminium foil to wrap food, but this is not a good idea: aluminium is extremely harmful to the environment in its production and at the same time a serious threat to our health. It can damage the nervous system and affect bone metabolism. It is also suspected that it can reduce fertility and have a negative effect on the unborn child. A possible link has also been identified between aluminium and cancer and between aluminium and Alzheimer's disease.

Aluminium foil becomes a health risk if it comes into contact with acidic, fatty, alkaline or salty foods. These attack the metal, which can cause aluminium ions to dissolve and pass into the food.

**Alternatives:** Beeswax cloths are antibacterial and washable and on top of that easy to make yourself (instructions in [www](#)). Freshness boxes are also available in glass and environmentally friendly recycled plastic.

**#4 Nuclear power:** You are certainly not an advocate of nuclear power. And you probably don't like coal-fired power stations, which pollute our air. If you still haven't switched to a green electricity provider, you should urgently change that. Because with a conventional electricity tariff, you support nuclear and coal-fired power whether you like it or not - but with genuine green electricity you are promoting the energy turnaround.

**#5 Harmful detergents:** It's nice when the laundry comes out of the machine bright white. Not so nice if the detergent you trust uses harmful ingredients. Unfortunately, many conventional detergents still contain poorly degradable surfactants, stabilizers, complexing agents, optical brighteners, chemical bleaches and preservatives. If these cannot be completely degraded in sewage treatment plants, they accumulate in soil and water. There they damage plants and animals and can also endanger the groundwater.

**#6 Cheap milk:** Whether milk is healthy or even makes you ill is a matter of debate. What is certain is that you should not buy cheap milk. In May 2016, the price of milk fell to 20 cents per litre. And that means that farmers cannot produce milk to cover their costs. Unless you make it worse: Cheaper feed, more turbo cows, less animal welfare efforts, less hygiene. Buy fair milk if you don't want to support this with your money! And: rather less and therefore better!

**#7 Capsule coffee:** With every cup an aluminium or plastic capsule in the garbage, inferior coffee which is up to four times more expensive than Fairtrade products: No matter how convenient it may be, don't buy a coffee capsule machine! If you already have one, try refillable capsules - here you can decide for yourself which coffee you want to put in and there is no waste.

**#8 Chemical drain cleaners:** Clogged drains, so the advertising tells us, are best treated with the chemical mace. Pipe cleaners are effective, but they usually contain corrosive substances such as sodium hydroxide or sodium hypochloride, which can attack the pipes and our health. The vapours irritate the mucous membranes and if accidentally mixed with acid, highly toxic chlorine gas can be produced. Chemical pipe cleaners also pollute the waste water. There are many effective household remedies against blocked drains.

**Alternatives:** Pour baking powder or baking soda with vinegar essence into the cast, later rinse with hot water. For drain pipes use suction bell or if this does not help, use a standard pipe spiral. Caution is required.

**#9 Plastic bottles:** Why do you still buy water and other drinks in plastic bottles? You most likely have an almost free spring of excellent quality directly at home: Tap water costs less than 0.2 cents per litre and, contrary to rumours about hormone and drug residues, can be drunk almost everywhere in Europa without hesitation. Tests prove: Tap water often contains even more minerals and less unhealthy residues than bottled water. Juices are also available in glass bottles.

**#10 Unsolicited advertising and catalogues:** Advertising brochures and flyers in the letterbox are annoying and usually end up unread in the paper waste. Their production unnecessarily consumes a lot of paper and energy. A simple sign "No advertising please" on the mailbox works wonders. And hopefully contributes in the long run to less unnecessary advertising being printed. To prevent personally addressed advertising, simply contact the sender and cancel catalogues, magazines and the like.

**#11 Alkaline batteries:** rechargeable batteries are better, cost a little more, but they can often be charged up to 1000 times and with the right charger, minor damage is repaired and longevity is improved. Or make sure when buying the device that it already has a battery or power connection.

**Did you know** that in principle you can recharge or refresh disposable alkaline batteries up to 3 times if you have the right charger. These chargers are all microprocessor controlled and can charge the rechargeable AccuCell RAM batteries, other chargers e.g. Ansmann Powerline or Energy Charger destroy the battery! However, the 100% initial power is not available, but it is definitely worth recharging a simple alkaline battery.

