

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)

5-FREE
Formulated without:
formaldehyde, toluene, DBP,
formaldehyde resin, and
camphor.

Pacifica 7 Free Nail Polish
(\$9; 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 people participated in a protest against environmental pollution. This year's theme is "Water: The Power of Change." See how you can get involved at 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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Nail polish: Patric Arditto; lettuce: Creative Crop/Getty Images