

METABOLIC CHANGE JULY 2021 NEWSLETTER



5 SIMPLE & SUSTAINABLE SWAPS

1. Replace disposable paper towels with Swedish dishtowels. See CNN's [*Are Swedish Dishcloths worth it? Absolutely. here's why.*](#)
2. Swap a traditional showerhead for a water-saving spa showerhead. Read CNN's [*The Best Showerheads of 2021*](#) for efficient spa showerheads.
3. Swap out incandescent light bulbs for LED light bulbs. Energy.gov's [*How Energy-Efficient Light Bulbs Compare with Traditional Incandescents*](#) compares energy cost and savings.
4. Replace single-use liquid soaps with eco-friendly refillables. For mindbodygreen's *Reduce Your Plastic Waste With These 8 Sustainable & Refillable Soaps* click [here](#).
5. Swap out air conditioning for a DC fan or run an A/C unit and a DC fan together to save energy. For SFGATE's *Is Running a Fan a Lot Cheaper Than an Air Conditioner?* click [here](#).