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Overcome Excessive Consumption as a Minimalist | TV, SOCIAL MEDIA, SHOPPING

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7 “Eco-Friendly” Habits That Are Mostly Just Money-Wasters | The Financial Diet

Based on an article by Bree Rody-Mantha:

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FREE VEGAN CHEAT SHEET HERE sophiaesperanza.earth This cheat sheet and video is for everyone who is interested becoming more plant-based and vegan. This cheat sheet is HUGE and lists everything from clothing, beauty products, home cleaning, bath and body, milk/cheese/meat alternatives, apps, organizations, documentaries and much more. I personally love researching, reading journals, analyzing studies and diving into the 'why' of things. I also know this takes time and energy that not everyone can afford to give- as the pace of the World increases. This is why I want every bit of content I share with you all to be as condensed and helpful as possible. I appreciate that you've spent 30 minutes watching this video, your time is precious to me. TIME INDEX: HISTORY OF VEGANISM :20 - 2:22 MY STORY 2:24 - 5:28 STEP 1. SEEING THE VICTIMS 5:27 - 6:26 STEP 2. QUESTIONING LABELS 6:26 - 9:00 STEP 3. BE KIND TO YOURSELF 9:00 - 9:07 STEP 4. YOUR APPROACH 9:08 - 10:07 STEP 5. WHAT DO YOU EAT 10:08 - 11:24 STEP 6. GROCERY SHOPPING 11:26- 13:12 STEP 7. 'TRANSITIONAL FOODS' AND FOOD ADDICTION 13:14 - 14:48 STEP 8. SUPPLEMENTS 14:48 - 21:39 STEP 9. FARMING PRACTICE THAT CAN HEAL THE EARTH 21:39 - 22:17 STEP 10. HAVE A HEALTHY RELATIONSHIP

WITH FOOD 22:18 - 23:24 STEP 11. CALORIES AND NUTRITIONAL VALUE 23:24 - 23:51 STEP 12. APPS 23:51 - 24:31 STEP 13. CLOTHING 24:31 - 24:42 STEP 14. THE IMPACT 24:43 - ENDING HEALTHFORCE SUPERFOODS COUPON HERE Use my code SOPHIA15 for 15% off, site-wide healthforcesuperfoods.com Products I use routinely: Spirulina Manna Chlorella Manna Warrior Food Vanilla Turmeric Alchemy Earth Broth Cacao Alchemy Mesquite MacaForce MycoForce Personal Links: Instagram bit.ly/3i1ZeSk Website sophiaesperanza.earth For reference: pnas.org/content/113/15/4146.abstract pnas.org/content/pnas/113/15/4146.full.pdf 2gn8ag2k4ou3ll8b41b7v2qp-wpengine.netdna-ssl.com/wp-content/uploads/Std19.Chickens.5M.pdf eatingourfuture.wordpress.com/eating-meat-raises-risks-of-cancer-heart-disease-early-death-shorter-life/farm-animal-b12-deficiency-suppl animalclock.org pcrn.org/good-nutrition/nutrition-information/omega-3 cowspiracy.com/facts ivu.org/history/greece_rome/pythagoras.html vegansociety.com/about-us/history

14 things I don't buy as an eco-minimalist

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Here's 10 Tracker Ideas for your bullet journal including trackers for your Ideal Day, a more sustainable life, good deeds, food consumption, stress, emotions, overall health, study hours, chores, and goals! ✨ What is your favourite thing to track? Comment down below! 📌 Products Used: Stationery Island Dual Brush Markers - stationeryisland.com/products/dual-brush-marker-set Stationery Island Brush Pens - stationeryisland.com/collections/new-arrivals/products/brush-pens-pack-of-24-1-aqua-brush-essential-colours 📌 GRAB ONE OF OUR BULLET JOURNALS FROM THE SHOP NOW! 📌 stationeryisland.com/collections/bullet-journals ALSO AVAILABLE ON AMAZON: 📌 BLACK - amazon.co.uk/Stationery-Island-Dotted-Notebook-Hardcover/dp/B07H4TJ6JW/ref=sr_1_5?ie=UTF8&qid=1540890445&sr=8-5&keywords=📌 TEAL - amazon.co.uk/Stationery-Island-Dotted-Notebook-Hardcover/dp/B07H4TC6V6/ref=sr_1_6?ie=UTF8&qid=1540890445&sr=8-6&keywords=📌 MUST-SEE VIDEOS! 📌 📌 Lettering Ideas Playlist: youtube.com/watch?v=UO9sUiSN_dA&list=PLobrCBZSx4pfSjPHXKRCITIL4yB1CXipa 📌 5 Bullet Journal Daily Tracker Ideas: youtube.com/watch?v=qDidC8nr2s8&t=169s 📌 15 Bullet Journal Collection Ideas:youtu.be/X7HX3JuhyxU 📌 Plan with Me Playlist: youtube.com/watch?v=EVK9qnr5xhM&list=PLobrCBZSx4pdlrCI5u4TU2JCgNWe-iKxU 📌 Instagram: instagram.com/stationeryisland.uk 📌 DON'T FORGET TO GIVE THIS VIDEO A THUMBS UP AND SUBSCRIBE! 📌 youtube.com/stationeryisland_uk?sub_confirmation=1 📌 Check out our brush pens perfect for bullet journal! stationeryisland.com/collections/brush-pens 📌 SOLO ACOUSTIC GUITAR by Jason Shaw 📌 freemusicarchive.org/music/Jason_Shaw/ 📌 Creative Commons — Attribution 3.0 United States— CC BY 3.0 US creativecommons.org/licenses/by/3.0/us/ 📌 Music promoted by Audio Library yououtu.be/4M9Puanhdac

Does Drinking Alcohol Kill Your Gut Bacteria

Alcohols are used to disinfect things all the time, which makes drinking them sound bad for the helpful critters in your gut. But, turns out, drinking in moderation could actually be good for your microbiome. Host: Michael Aranda We're conducting a survey of our viewers! If you have time, please give us feedback: surveymonkey.com/r/SciShowSurvey2017 Hosted by: ----- Support SciShow by becoming a patron on Patreon: patreon.com/scishow ----- Dooblydoo thanks go to the following Patreon supporters: KSam Lufi, Kevin Knupp, Nicholas Smith, Inerri, D.A. Noe, alexander wadsworth, الخليفة سلطان, Piya Shedden, KatieMarie Magnone, Scott Satovsky Jr, Bella Nash, Charles Sutherland, Bader AlGhamdi, James Harshaw, Patrick Merrithew, Patrick D. Ashmore, Candy, Tim Curwick, charles george, Saul, Mark Terrio-Cameron, Viraansh Bhanushali, Kevin Bealer, Philippe von Bergen, Chris Peters, Fatima Iqbal, Justin Lentz ----- Looking for SciShow elsewhere on the internet? Facebook: facebook.com/scishow Twitter: twitter.com/scishow Tumblr: scishow.tumblr.com Instagram: instagram.com/thescishow ----- Sources: annualreviews.org/doi/abs/10.1146/annurev.pharmtox.39.1.127?journalCode=pharmtox ncbi.nlm.nih.gov/pmc/articles/PMC2539099/ onlinelibrary.wiley.com/doi/10.1111/j.1365-2621.2004.tb09938.x/full sciencedirect.com/science/article/pii/S0956713514004411 foodsafety.gov/poisoning/causes/bacteriaviruses/index.html eurosurveillance.org/ViewArticle.aspx?ArticleId=2195 jstor.org/stable/3702740 ncbi.nlm.nih.gov/books/NBK7670/ academic.oup.com/nutritionreviews/article-abstract/71/7/483/1807403/Ethanol-metabolism-and-its-effects-on-the-ajcn.nutrition.org/content/95/6/1323.long ; mdpi.com/1420-3049/22/1/99/htm sciencedirect.com/science/article/pii/S0924224410001068 tandfonline.com/doi/abs/10.1080/07315724.2014.904763 pubs.rsc.org/-/content/articlelanding/2016/fo/c5fo00886g/unauth#!divAbstract link.springer.com/article/10.2478/s11536-007-0048-9 pubs.rsc.org/-/content/articlehtml/2016/fo/c6fo00218h journals.lww.com/epidem/Abstract/2001/03000/Alcohol_as_a_Gastric_Disinfectant__The_Complex.13.aspx karger.com/Article/Abstract/90168 pmj.bmj.com/content/77/905/172.short sciencedirect.com/science/article/pii/S1521691803000349 ncbi.nlm.nih.gov/pmc/articles/PMC4590619/ mdpi.com/2218-273X/5/4/2573/htm ncbi.nlm.nih.gov/pmc/articles/PMC1374273/ link.springer.com/chapter/10.1007/978-3-319-30361-1_12 ----- Images: commons.wikimedia.org/wiki/File:Galenus.jpg remf.dartmouth.edu/images/bacteriaSEM/source/1.html commons.wikimedia.org/wiki/File:Clostridium_perfringens.jpg

The Great Pacific Garbage Patch Is Not What You Think It Is | The Swim

It's not an island twice the size of Texas. But it is severely impacting marine life and human health... and incredibly hard to study. How Millions of Microscopic Fibers Are Ending Up in Our Bodies - youtu.be/Bbg0L7JN15U Read More What Happens to the Plastic We Throw Out nationalgeographic.com/magazine/2018/06/the-journey-of-plastic-around-the-globe/ "Henderson Island is a tiny, uninhabited island in the middle of the Pacific Ocean, 3,000 miles from major population centers. Though it is half the size of Manhattan, more than 19 tons of trash litter its white, sandy beaches. Researchers estimate that it has the highest concentration of debris of any place in the world, for a total of over 37 million pieces on the entirety of the small island. For every square meter you walk, on average you'll find 672 pieces of trash. For each visible piece of debris on the beach in the video above, two pieces are buried in the sand. How does so much trash wash ashore on Henderson Island?" We know ocean plastic is a problem. We can't fix it until we answer these 5 questions.

vox.com/science-and-health/2018/7/3/17514172/how-much-plastic-is-in-the-ocean-2018 "Ocean plastic has, in a pretty short time, become a surprisingly potent international environmental movement. For one, there's more awareness now about the astounding quantity of plastic — between 4.7 and 12.8 million metric tons — floating around in the ocean. As the World Economic Forum put it, this volume is 'equivalent to dumping the contents of one garbage truck into the ocean per minute.' But what about large-scale, long-term plastic reduction? Shouldn't we also be working toward that?" A running list of action on plastic pollution nationalgeographic.com/environment/2018/07/ocean-plastic-pollution-solutions/ "THE WORLD HAS a plastic pollution problem and it's snowballing—but so is public awareness and action. Each year, an estimated 18 billion pounds of plastic waste enters the world's ocean from coastal regions. That's about equivalent to five grocery bags of plastic trash piled up on every foot of coastline on the planet. New research is emerging apace about the possible long-term impacts of tiny pieces of plastic on the marine food chain—raising fresh questions about how it might ultimately impact human health and food security. The world is waking up to a crisis of ocean plastic—and we're tracking the developments and solutions as they happen."

Ben Lecomte's historic swim across the Pacific Ocean is a feat that can't be missed. Join us as we dive into the most extensive data set of the Pacific Ocean ever collected. Learn about the technology the Seeker crew is using to deter sharks away from Ben and measure the impact of the long-distance swim on his mind and body. Ben's core mission is to raise awareness for ocean health issues, so we'll investigate key topics such as pollution and plastics as he swims closer to the Great Pacific Garbage Patch, discover potential consequences from climate change, and examine how factors like ocean currents can impact his progress along the way. Seeker explains every aspect of our world through a lens of science, inspiring a new generation of curious minds who want to know how today's discoveries in science, math, engineering and technology are impacting our lives, and shaping our future. Our stories parse meaning from the noise in a world of rapidly changing information. Subscribe now! youtube.com/subscription_center?add_user=dnewschannel Seeker on Twitter twitter.com/seeker Seeker on Facebook facebook.com/SeekerMedia/ Seeker seeker.com/ Discovery on Facebook facebook.com/Discovery/ Nomadica Films nomadicafilms.com/

Can Sea Water Desalination Save The World

Today, one out of three people don't have access to safe drinking water. And that's the result of many things, but one of them is that 96.5% of that water is found in our oceans. It's saturated with salt, and undrinkable. Most of the freshwater is locked away in glaciers or deep underground. Less than one percent of it is available to us. So why can't we just take all that seawater, filter out the salt, and have a nearly unlimited supply of clean, drinkable water? » [Subscribe to CNBC: cnb.cx/SubscribeCNBC](https://cnb.cx/SubscribeCNBC) » [Subscribe to CNBC TV: cnb.cx/SubscribeCNBCtelevision](https://cnb.cx/SubscribeCNBCtelevision) » [Subscribe to CNBC Classic: cnb.cx/SubscribeCNBCclassic](https://cnb.cx/SubscribeCNBCclassic) About CNBC: From 'Wall Street' to 'Main Street' to award winning original documentaries and Reality TV series, CNBC has you covered. Experience special sneak peeks of your favorite shows, exclusive video and more. Connect with CNBC News Online [Get the latest news: cnb.com/](https://cnb.com/) Follow CNBC on LinkedIn: cnb.cx/LinkedInCNBC Follow CNBC News on Facebook: cnb.cx/LikeCNBC Follow CNBC News on Twitter: cnb.cx/FollowCNBC Follow CNBC News on Instagram: cnb.cx/InstagramCNBC #CNBC Can Sea Water Desalination Save The World?

Why You Shouldn't Eat Clean: How To Lose Fat More Effectively

A recent survey showed that 88% of people view clean eating as positive. In this video I lay out 5 reasons why it isn't as great as it seems. Get my 15 chapter Ultimate Guide To Body Recomposition: ▶

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----- About me: I'm a Canadian natural pro bodybuilder and internationally-qualified powerlifter with a BSc in biochemistry/chemistry and a passion for science. I've been training for 12 years drug-free. I'm 5'5 and fluctuate between 160 lbs (lean) and 180 lbs (bulked). ----- Disclaimers: Jeff Nippard is not a doctor or a medical

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