



## FOUR WAYS TO CELEBRATE EARTH DAY

Research supports that nature has the power to nurture in so many ways. Spending time outdoors can relieve stress, improve brain functioning and memory, sharpen focus, reduce negative rumination and enhance creativity. This Earth Day, step outside and enjoy the natural environment surrounding you. Here are a few additional ways to celebrate Earth Day every day:

### Reduce household plastic use.

- Use reusable metal or biodegradable straws.
- Use reusable bags when purchasing fresh produce.
- Bring your own reusable containers for taking home restaurant leftovers.
- Always bring a reusable water bottle with you to avoid plastic bottles.
- Join your community's clean-up efforts of local lakes and rivers.
- Reduce microplastics found in fleece and sports textiles; buy clothes made from natural fibers like wool and cotton.
- Use your own cup when purchasing coffee or tea.

### Choose one way to live more sustainably. Here are some small steps to help reduce your carbon footprint:

- Live a tobacco-free lifestyle.
- Compost food and yard waste.
- Purchase secondhand.
- Use non-toxic cleaners.
- Recycle and reuse.

- Reduce the use of your dryer.
- Replace incandescent light bulbs with energy-efficient options, such as LEDs, CFLs or halogens.
- Adjust your thermostat by seven to 10 degrees.
- Use rechargeable batteries.
- Unplug electronics and put your laptop and desktop in sleep mode when not in use.
- Use cloths instead of paper towel.
- Share or donate clothing.

### Inspire and talk to the younger generation about our planet.

- Read a story together about anything Earth-related. Your local librarian can suggest an assortment of books to check out!
- Dig in the dirt. Fill a small bucket with dirt and add water. Form mud "meatballs" together! When you're done, add seeds to the dirt and refill the hole. Check back in a week to witness your sprouts!
- Seek out sensations. Take a mindful moment while outside to notice the sights, smells, sounds and feels around you.

- Observe and learn. Raise and release butterflies. Check out options like [InsectLore](#).

### Celebrate nature by creating eco-friendly art.

- Color leaf prints.
- Press or dry flowers to preserve them.
- Design a nature scene, mandala or face by gluing pebbles, grass clippings, leaves, sticks, petals and more onto cardboard from a package box.
- Make a nature bracelet. On your next walk together, form masking tape around the wrist, sticky side out. Adhere nature treasures to the tape as you hike.

"The Power of Nature to Nurture," Beth Czischke, [motivatehealth.com](#), June 15, 2016.

"How to Help: Earth Month 2026," [nature.org](#), accessed March 10, 2026.

"Sustainable Living: 59 Tips for a More Sustainable Lifestyle," [cbs.de/en/blog](#), accessed March 10, 2026.

# Steps To Prevent Colon Cancer



Colon cancer, also known as colorectal cancer, is one of the most common cancers in the United States. The encouraging news is that it is also one of the most preventable.

Colon cancer often begins as small growths called polyps in the colon or rectum. These polyps may not cause symptoms at first, which makes routine screening especially important. When found early, colorectal cancer is highly treatable, and screenings can even prevent cancer by removing precancerous polyps before they develop further.

In addition to screening, lifestyle habits play a meaningful role in reducing risk.

A diet rich in fiber from fruits, vegetables, legumes, and whole grains supports healthy digestion and may help lower inflammation in the digestive tract. Limiting processed meats (such as bacon, sausage and deli meats) and reducing red meat intake can also decrease risk. Choosing lean proteins and incorporating more plant-based meals is a positive step toward overall health.

Regular physical activity is another protective factor. Even moderate exercise, such as brisk walking for 30 minutes most days of the week, supports digestive health and helps maintain a healthy weight — both linked to reduced colorectal cancer risk.

Limiting alcohol intake and avoiding tobacco products further lowers risk and benefits overall wellbeing.

Most adults are advised to begin colorectal cancer screening at age 45, or earlier if they have a family history or other risk factors. Talk to your healthcare provider about which screening option is right for you.

Prevention doesn't require drastic changes. Small, consistent choices — paired with routine screening — can have a lasting impact on your health.

"Prevention and Early Detection Guidelines," American Cancer Society, [cancer.org](https://www.cancer.org), accessed February 18, 2026.

"Screening for Colorectal Cancer," Centers for Disease Control and Prevention, [cdc.gov](https://www.cdc.gov), accessed February 18, 2026.

"Preventing Bowel Cancer," World Cancer Research Fund International, [wcrf.org](https://www.wcrf.org), accessed February 18, 2026.

## Springtime Lemon Lavender Cookies

Prep Time: 10 minutes Cook Time: 10 minutes Serves: 12

### Ingredients

- 1 cup gluten free baking flour, or regular oat flour
- 1/3 cup coconut sugar, or sugar of choice
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 tablespoon dried lavender, finely chopped
- 1/2 cup coconut oil, melted
- 1/4 cup freshly squeezed lemon juice

### Instructions

1. Preheat the oven to 350°F. Prepare a baking sheet with parchment paper or use a nonstick baking sheet.
2. Using a standing mixer or hand mixer, blend together the coconut oil, coconut sugar, salt, baking soda, lemon juice and lavender. Slowly fold flour into the batter by hand to combine. Be careful not to over combine.
3. Scoop a heaping tablespoon of the batter onto the baking sheet. Pat the dough down to form the batter into the shape of a cookie, as these will not flatten or rise when they bake.
4. Bake 8-10 minutes until they are slightly golden around the edges. Remove from the oven and immediately transfer to a wire rack using a spatula to cool completely before serving, and enjoy!

### Notes

Keep up to two weeks in the refrigerator!

### Nutrition Information

Serving: 1 cookie, Calories: 123kcal, Carbohydrates: 11g, Protein: 1g, Fat: 9g, Sodium: 103mg, Fiber: 1g, Sugar: 3g

Recipe adapted from: [www.skinnyfitalicious.com](https://www.skinnyfitalicious.com)