



Ask Silva *about* *Building* *Healthy, Wealthy & Eco-friendly Lifestyles*

Our World—Our Home?

Our world has been generous to us for thousands of years, sharing her natural resources so we can build nations, economies to sustain humankind, and to support us with materials so we can provide for our children and their children for years to come.

Current reports warn of the serious nature of the developing global energy crisis. Global warming is causing unusual weather patterns, ice is melting, forests are being clear cut for profit, and the ability of the trees to perform photosynthesis is in jeopardy.

In a recent published report by the National Academy of Sciences, a research team that includes members from NASA's Goddard Institute for Space Studies estimates that global temperatures are reaching a million year highpoint, and could surpass that peak in less than a few decades if current global warming trends continue.

Sadly, Americans are the biggest contributor responsible for producing these frightening statistics revealed by the National Academy of Science Report.

The cost of curbing the soaring emissions of harmful gases that are blamed for causing global warming has been estimated at \$1 trillion by a major recent study. The volume of emissions of the gases that cause global warming will double by 2050 unless powerful countries all agree to make policy changes to cut energy use and develop eco-friendly energy systems.

The good news is the scientists say there is still time to combat the swift rise in temperatures and to prevent the potentially devastating consequences of global warming-- that time is running out and we caring people who want to make a difference must act now.

So I ask you, isn't it time that we all **wake up from sleepwalking mode** and accept reality? Start by taking positive active steps towards leaving a healthy and wealthy legacy for our children.

Our world needs US to be good to her right NOW! I feel that it is so important that we care enough to be good to ourselves, consider other people, and appreciate international diversity.

National borders are made by politicians and when something happens in one part of the world it affects us all.

Those of us blessed with the gifts of this earth have the purpose of reaching out to others and helping to live a better lifestyle. After all-- the passionate dream for every mother in the world is to have her child raised in a safe & healthy environment. Together we can make this dream come true.

Take that first step, because as you take more and more steps, believe me, your conscious passion for safe, healthy and wealthy eco friendly lifestyle will take over and you will feel and see how your life has improved.

Proactive measures now can prevent both financial and human toll in the future. It is easy to sit back and think that someone else will do it. Our world needs us to be good to it now. **If not now, then when?**

RECYCLE . REUSE . REDISTRIBUTE

Tips to Start Eco-Living

- TURN OFF LIGHTS
- USE RECHARGEABLE BATTERIES
- USE LESS HOT WATER
- WEAR A SWEATER FOR TEMPERTURE CONTROL
- TURN OFF ELECTIRCAL APPLIANCES, TV, RADIO,
- USE FANS
- CUT UP SIX PACK RINGS
- INSTALL WEATHER STRIPPING
- INSULATE YOUR HOME

About Silva

Silva is a general contractor and healthy and wealthy lifestyle developer. Author of the best selling book, "**Jump Start Your Life--7 Steps to Wake Up from the sleepwalking mode**", she is a television personality and host of "**Green for Life**"®—the TV show. Silva facilitates workshops and speaking engagements about building healthy, wealthy and eco-friendly lifestyles. She believes that success will come when you live in an environment that is your safe and healthy sanctuary for spirit, mind and body.

For questions about how to build your healthy, wealthy and eco-friendly lifestyle:

Email Questions
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