

Sustainable Living

Sustainable Living The word sustainable (adj.) means involving methods that do not completely use up or destroy natural resources. Similarly living means currently active or being used. Therefore, sustainable living refers to a lifestyle which attempt to reduce the use of natural resources. Those who practice sustainable living they manage to reduce their carbon footprint by changing the methods of energy consumption, resources utilized and so on. Sustainable living practitioner aim to sustain the available natural resources and they are respectful of humanity's symbiotic relationship with Earths natural ecology and cycles. The word sustainable living is more than synonym of ecological living. We are going to discuss about the lifestyle for sustainable living. First and foremost, let's talk about the shelter, power, foods and so on. Shelter: The shelter/home that is built using sustainable methods, materials and with greenery around is supposed to be sustainable homes. Construction of such houses has more than neutral effect on the Earth/Nature. A sustainable home utilizes natural resources in such a way that none of the resources is degraded. For instance, we can take the example of solar panel installed. Sustainable houses concept must be encouraged to reduce chemical production, carbon footprint and so on. Power: Sustainable living requires the use of sustainable energy. For sustainable living the use of power should be in such a way that the present requirement is fulfilled without compromising the requirement of future generations. You need to choose such a power generating method which is infinitely available (renewable) and no natural resources is harmed. Some of the best examples could be biomass, geothermal, wind and solar. Foods: We need to look after the foods and their production while talking about the sustainable living. Production of foods in industrial level requires heavy irrigation, extensive insecticides/pesticides, fertilizers and so on which in return degrades the fertility of soil and lately it invites land degradation, soil erosion, loss in biodiversity, chemical leaching etc. For sustainable living acquiring the local or seasonal food could be one the best option. Instead of industrial products if foods are bought through local farmer, it will reduce the production of carbon output. Small-scale farming utilizes more sustainable methods as compared to industrial-scale farming. Hence use/purchase of foods should be considered equally while practicing sustainable living. Transportation: The carbon emitted by the automobiles and their manufacturer is one of the biggest sources of carbon production. Carbon emission must be considered by each and every big industry. Instead of private vehicles local transport such as bus, cycles, rail etc. should be encouraged which will shift large number of peoples away from reliance on car mobilization which will reduce the carbon emission rate by automobile transport. The use and production of electric vehicles should be encouraged and carbon emission should be discouraged to have a sustainable living. Moreover water, wastes are also major points to be noted while talking about sustainable living. Sustainable living should be brought in practice in order to save and preserve nature and its beauty for future generations.

References

<http://www.merriam-webster.com/dictionary/sustainable>

http://en.wikipedia.org/wiki/Sustainable_living

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