

TEAM TIPS

FOR A HEALTHIER, ECOLOGICAL AND ECONOMICAL WAY OF LIFE...

EATING

The cooking tips of Mélissa, director of Oenanim and Naturanim and flexitarian, to eat healthier while enjoying delicacies (be careful, does not replace the advice of doctors and nutritionists):

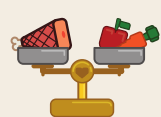


To reduce the meat:
vegetable substitutes, eggs (from the garden or organic, rated 0), preparations such as Tofu, Tempeh, Seitan, legumes, etc.

Alternatives to sugar:



Replace the white sugar with coconut sugar, sap sugar, agave syrup, acacia honey, apple compote.



To improve transit and balance eating:

Favor whole or semi-whole starches, oils rather than butter, goat or vegetable milk, whole, spelled, rye, hulled barley flours, good fats rich in omega 3, 6, 9, seasonal vegetables and youth periods to clean.



Anti-waste tips...

With leftovers: Make omelettes, samosas, quiches, cakes, mix them with starches...

DO IT YOURSELF

Samia's homemade laundry detergent recipe:

Ingredients: 1L of water, 10 grams of Marseille soap in shavings, 20 grams of liquid black soap, 1 tablespoon of soda crystals, 10cl white vinegar, 1 tablespoon of percarbonate of soda, 1 tablespoon of baking soda, 8 to 10 drops of essential oil

Boil water. Once boiling, add the black soap and the Marseille soap, out of the fire. Mix well until dissolved

Add the soda crystals, the soda percarbonate and the baking soda, then return to heat for about fifteen minutes, wait for all the elements to dissolve. Then leave to cool. When the mixture is lukewarm, add the essential oil and the white vinegar, filter, put in a container with a few quantity in case the mixture cools. Also, if the mixture hardens, return to the water bath.

Face and hair masks with eggs:




Mix the yolk with lemon (radiance) and olive oil (repair) and leave on for 30 minutes before shampooing, the white to extract blackheads from the face and the yolk to moisturize.



With an Aloe Vera leaf:

Extract the gel and mix it, then: face mask (2 spoons + 1 spoon honey), hair mask (3 spoons/3 spoons of coconut oil), digestive drink (2 spoons, 250ml of water, 1/2 lemon juice, honey).

WELFARE

For Sabrina, nothing better than a little sports routine before work or on the way home... 

In order to achieve a good bodywork session (1h-1h30). It is necessary to start with 5 to 10 minutes of cardio in order to launch the heart before making intense effort. Either by doing the rower, this one works the whole body or the treadmill, the stepmill or the bike.

Then, it is possible to start by working the legs, doing the leg press (4x10) then the adductor machine (4x12) and the abductor machine (4x12). Then the abs and back with the sit up bench (4x20) and the lumbar bench (4x20). Finally the arms with the high pulley (4x12) and pec-deck (4x12).




For Mélissa, not very sporty, it goes through meditation, yin yoga, sophrology, reiki and gentle exercise...

Get anchored: meditation 5 min morning and evening (mindfulness, guacho, tree), gardening, petting your animals...



Walk briskly 30 min (walking the dogs!)

Yoga, with sun salutation and Savasana in the morning and in the evening to harmonize the body and the spirit, in the morning cat/cow for the back and in the evening positions (5min) Viparita Karani and balasana. And in the office: eye yoga, neck and back stretching! 

ECOLOGY = ECONOMY

16 BEHAVIORS TO LIVE LONGER



1

Group travel



- 1) Carpool. Traveling together
- 2) Use public transport
- 3) Group, combine your purchases
- 4) Group up to buy in large quantities and get better prices

2

Free travel



Use free travel such as walking or cycling.
These modes of transport will have a beneficial effect on your health.

3

LOCAL and seasonal



- 1) Buy from producers in your village
- 2) Buy products made in your region
- 3) Eat seasonal products

4

Essential



Buy what is essential to your life, what you will use very often and for a long time.
Avoid gadgets that you will only use once and not for long

5

Reuse, compost



- 1) A broken object? Imagine another way to use it...
- 2) Reuse your old food to make soup, your old sandwiches to cook French toast
- 3) Compost food and peelings

6

Repair



- 1) Repair or have your objects, clothes and appliances repaired...
- 2) "Repair workshop" give a second life to your electrical appliances

7

Redeem - Resell Exchange - Give



- 1) Buy a used car
- 2) Buy your clothes 2nd hand
- 3) Buy used toys
- 4) Give away what you want to throw away
- 5) Use social networks and second-hand sites to sell or give away

8

Solid - quality



Buy solid, good quality even if it has a cost. Avoid too cheap and fragile objects

9

Autonomy (training)



- 1) Produce your electricity, collect rainwater
- 2) Train yourself to reuse, build, manufacture, repair...
- 3) Make your own soap, toothpaste
Hundreds of euros saved

10

Cultivate, raise, cook



- 1) Grow your vegetables without pesticides
- 2) Cook your meals rather than buying processed meals
- 3) Raise your chickens, rabbits, sheep...

11

Natural, unprocessed



Buy organic even if it is more expensive... It tastes better and you will spend less on medicine and a doctor. Choose unprocessed and unpackaged foods

12

Drink, eat without throwing away



- 1) Don't throw away the food
- 2) Taste expired food before deciding to compost it
- 3) Don't serve yourself without being sure you can eat it all
- 4) Finish your neighbors' plates
- 5) Give your leftovers to the animals

13

Invest sustainably



Invest in insulation
Invest in a clean vehicle
Invest in a means of energy production and ecological heating
Invest in water recovery and filtration

14

Save energy



Use the winter cold to chill your food
Close the doors
Dress warmly to avoid turning up the heat
Use energy-saving lamps

15

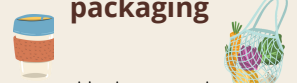
Save, collect water



Reuse rainwater to wash yourself
Use cups to brush your teeth

16

Absent or reusable packaging



Use reusable boxes to buy your bread, your meats...
Avoid disposable and non-recyclable items
Buy food in bulk without packaging
Buy foods with reusable or recyclable packaging