



As the summer heat gets intense and sweaty, everyone wants a comfortable life. The scorching temperatures bring in a lot of worries when it comes to health. Here are some tips to make your life in summer eco-friendly. Enjoy and have fun...

- 1. Drink more water, but don't waste:** It will keep you not only hydrated, it is essential for your metabolism to prevent fatigue, support liver detoxification and overall cellular health. Do not leave the tap running freely, stop it.



Remember: Birds need fresh, clean water for drinking and bathing. Remember to change the water regularly in the bird bath and clean it every couple of days.

- 2. Earthen Pot cum Fridges:** Better use the earthen pots as the refrigerator for storing water. The water stored in a mud pot is cooled down rapidly as the pores of the terracotta pot allow water to reach the surface and evaporate. Fruits and vegetables also can be stored in mud based refrigerators.



- 3. Whitewashing/ Ceramic tiles on the roof:** Apply a single coat of good quality exterior waterproof paint on the building roof. It brings down the indoor temperature by 5-10 degrees. Light coloured external surfaces/roofs can reflect up to 70% of summer heat gain. Ceramic tile can reflect the infrared and visible spectrum of solar radiation to keep the roofs cool.



Note: Roof whitewashing can be done once in two-three years, depending on the amount of rain received in your region.

- 4. Khus Khus blinds/curtains:** These are made of reeds and special grass, laid out neatly in a box and complete with water pipes for drip wetting. This mat is laid across open doorways and windows and helps lower the temperature indoors. It has a unique character that does not allow the heat in the air to pass through and water vapor evaporated thus it provides the cool breeze for people behind the layer. It also adds a pleasant aroma in the house.



5. Shade your home: Installing shades or blinds on windows facing the west side of the building will reduce summer temperatures, improve comfort and save energy. Shading glass reduces unwanted heat gain. Use plantings instead of paving to reduce ground temperature and the amount of reflected heat. Use in combination with planting to filter unwanted sun. Effective shading can block up to 90% of this heat. Appropriate shading with plants reduce the chance of exposure to harmful ultraviolet rays. Planting is a low cost, low energy provider of shade that improves air quality by filtering pollutants.



6. Growing plants on the terrace and balcony: The mud/soil used to grow plants acts as an insulator, absorbs the direct heat from Sun, thereby keeping terrace cool. Keep planters in the balcony and place outside the opening.



7. Water pool: Make a practice to sprinkle water in front of the house and on the rooftop. The water evaporates and due to evaporation, the ambient temperature inside the house cools down. Similarly, have a fountain or large tanks of water with aquatic plants in front of the house can also help bring down the ambient temperature.



8. Wear right and lightweight clothes: These clothes are the best choice to keep cool. Dark coloured clothing attracts the light and holds heat in, making body temperature rise. Go for cotton, khadi, linen fabric. Cotton is a breathable fiber that lets air circulate. These are not only good for health, good for the environment also.



Remember: Go for the eco-labelled



clothes.



The organic cotton initiative

9. Stay Indoors: If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight. Pets also need protection from dehydration and heat-related illnesses too.



10. Use cooler light fixtures: An incandescent bulb radiates 90% of its energy as heat. Replace them with compact fluorescent bulbs (CFLs) or LEDs, which emit 75% less heat.

11. Foods that keep you cool: Instead of hot foods, try lighter food, including frequent small meals or snacks containing cold fruit or low fat dairy products. Have fruits which can keep you hydrated like cucumber, watermelon, peaches, pineapple and citrus fruits. Avoid caffeine and alcohol as these promote dehydration.



12. Chill out with cooling beauty products: Go for self-cooling products that create a refreshing, icy feeling on contact. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.



13. Chill your summer vacation: With warm weather right around the corner and the sun is blistering hot, go for a break and eco-friendly vacation. Jet off to places like sea beaches or hills where you enjoy your vacation with family. Summer time is always vacation time.



Source:

http://wwf.panda.org/how_you_can_help/live_green/travel/on_vacation/

<http://www.ecoideaz.com/expert-corner/indian-summer-tips-to-stay-cool-the-eco-friendly-way>

<http://www.yourhome.gov.au/passive-design/shading>