

Living Plastic-Free

Beth Terry

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we are the albatross



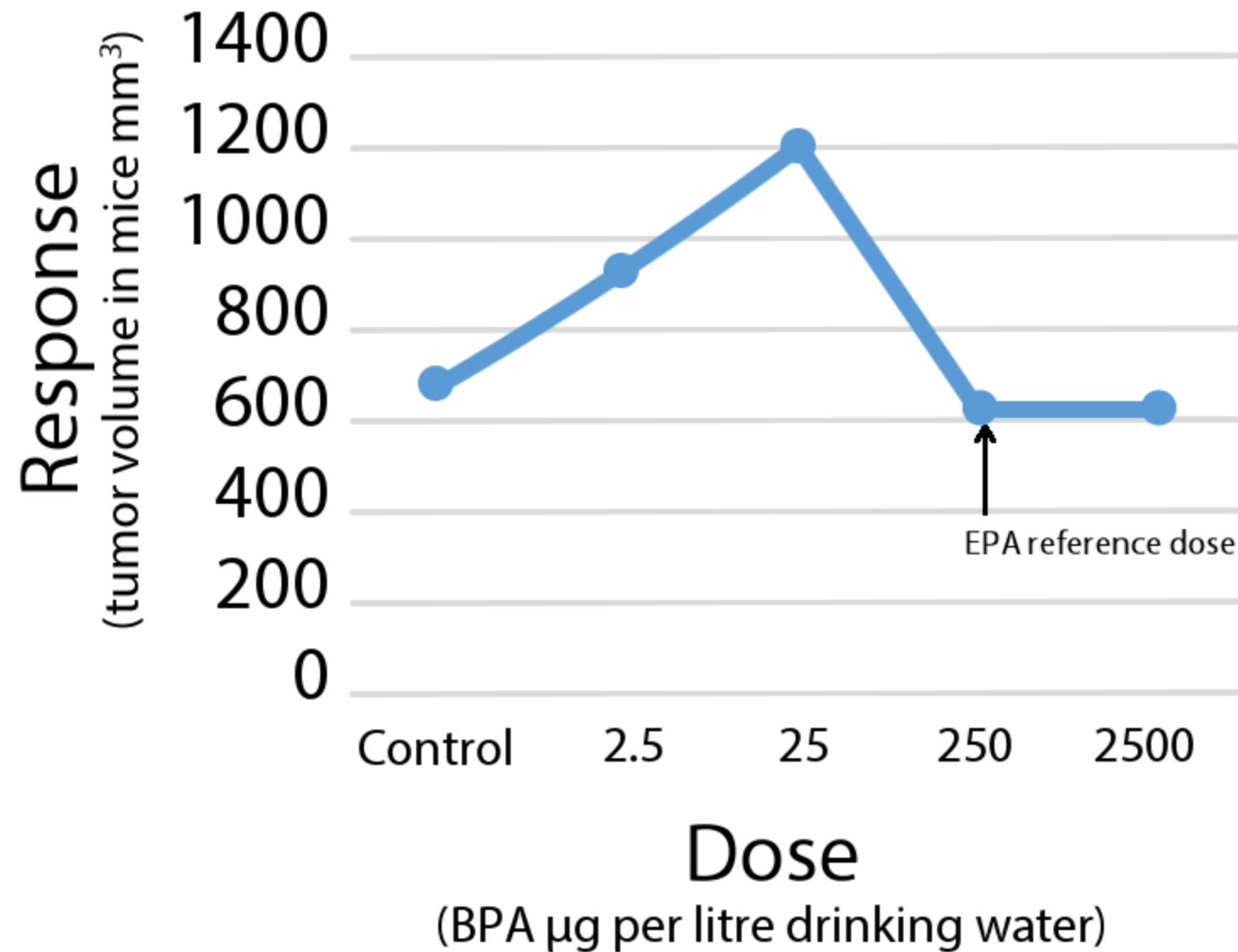
Bisphenol-A



Phthalates



Mouse Exposure to Low Doses of BPA

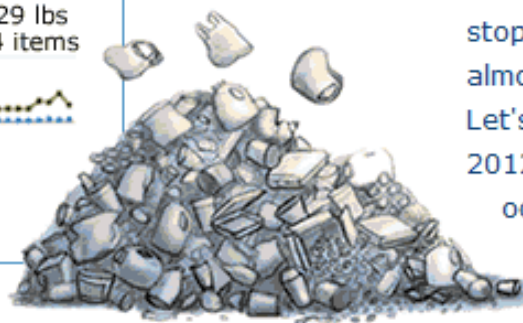
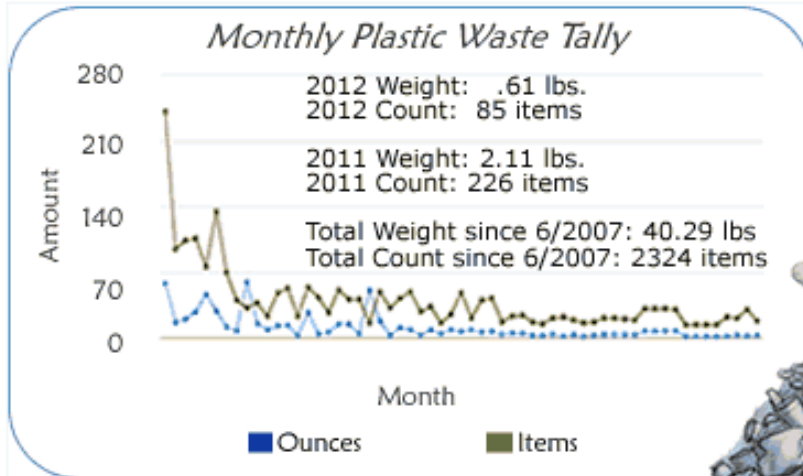


Plastic comes from fossil fuels.



what can I do?

My Plastic-free Life*



Think we can't live without plastic? Think again. In 2007 I committed to stop buying any new plastic & I've almost succeeded! Won't you join me? Let's see what plastic-free looks like in 2012... for the health of our bodies, our oceans, our planet. ~Beth Terry



*the blog formerly known as **fake plastic fish**

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MY BOOK IS AVAILABLE NOW!

A practical guide to ridding your life—and the planet—of plastic.

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*Download for [Kindle](#) or [NOOK](#).

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JUNE 12, 2012

Thoughts About Recycling Styrofoam After Japanese Dock Washes Up On Oregon Coast



You've probably already heard about the Japanese tsunami debris making its way across the ocean and the 66-foot long dock that washed ashore on the Oregon coast last week. (According to NOAA, the debris is unlikely to be radioactive, by the way.) The dock is a story in and of itself, but what made me realize [...]

[Read the full post.](#)

12 comments so far. [Click here to read comments or leave your own.](#)

ADS

Imagine...

Life Without Plastic

One-stop shop for safe, high quality, ethically-sourced alternatives to plastic products for everyday life

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Switch to stainless steel!



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Can't We Just Recycle It All?



The Sad Tale of Lian Jiao





Bring Your Own Bag

Bring Your Own Bottle / Mug



Bring Your Own Containers & Utensils



Bring Your Own
STRAW!



Buy Naked Produce



Shop from Bulk Bins

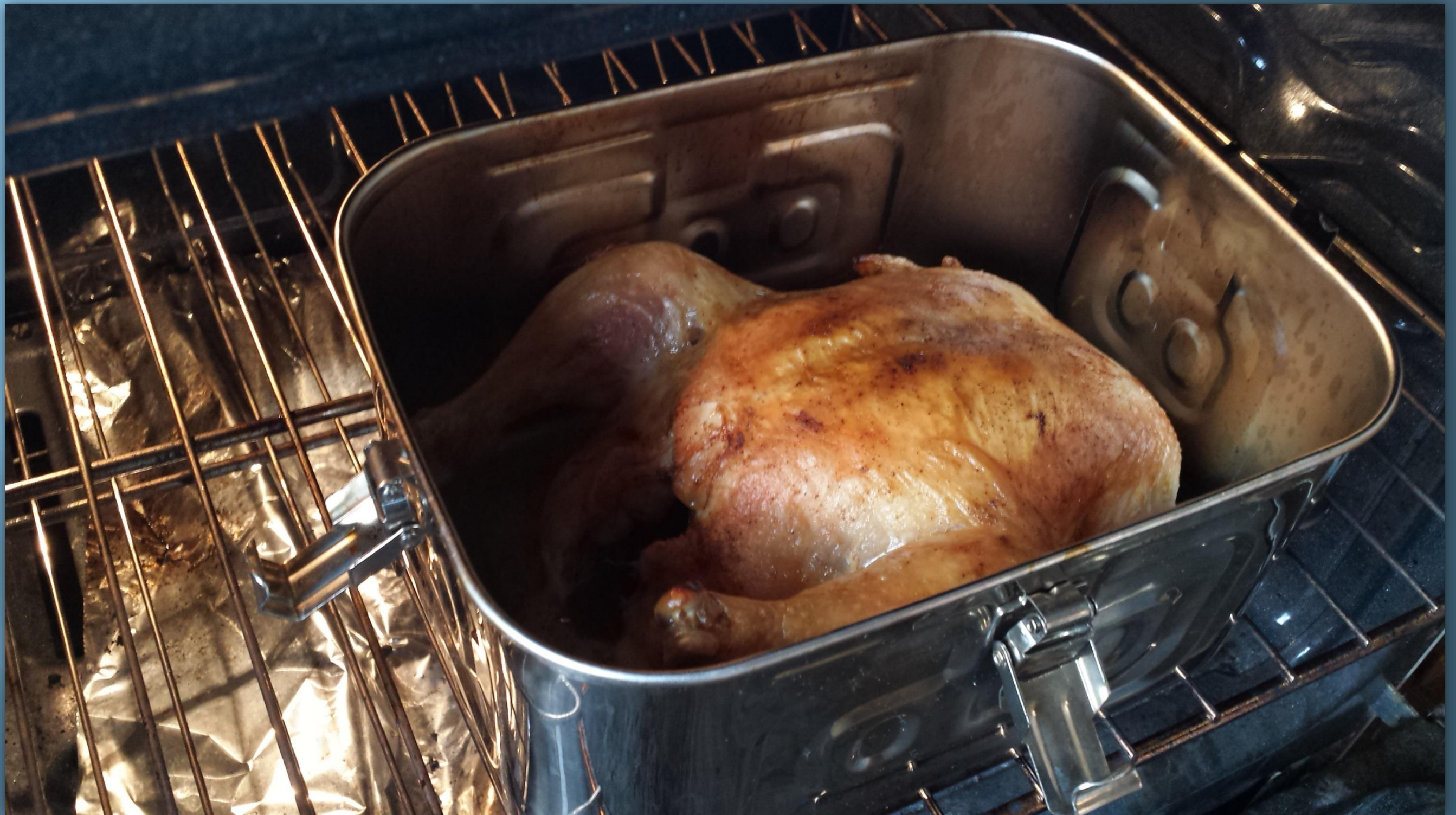


Choose Plastic-Free Bread!













Choose Returnable Glass Containers



Make Your Own









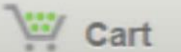




Handmade

shampoo bars

Search



All Items

Handmade

- Bath and Beauty (870)
- Pets (90)
- Children (2)
- Crochet (2)
- Art (1)
- Books and Zines (1)
- Holidays (1)

Vintage (0)

Supplies (5)

Local Items (0)

San Francisco, CA - Change

967 items for shampoo bars

Sort by: Relevancy



Rosemary Peppermint Sham...
dirtydivasoaps \$5.00 USD



NEW Coconut Milk Shampoo...
NjoiCreationS \$6.00 USD



Grapefruit and Orange Natur...
GreenKimono \$6.00 USD



Rosemary Mint Shampoo Bar...
CableAvenu... \$6.50 USD



Plastic-Free Cleaning





Compost
to avoid
plastic
garbage
bags

Borrow/Share



Tool Library



Car Sharing



Fix It

Buy Used or Refurbished



Legislative Action





Ban the Bead

<http://storyofstuff.org/plastic-microbeads-ban-the-bead/>



Set an
Example

REVISED & UPDATED

* Minimal plastic was used in the printing of this book.



**How I Kicked the Plastic Habit
and How You Can Too**

BETH TERRY

FOREWORD BY **JACK JOHNSON**

"Practical and hopeful, with a kind of cheerleading charm."
—*Washington Post*

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