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RED-HOT  
SUMMER  
READ! p.61

# REDDOOK

## Men's secret fears

the good, the bad,  
and the funny—  
real guys fess up

## 5 health mistakes

EVERY WOMAN MAKES

## 62 style steals

Look great  
for less!

## SAVE \$\$\$

Go green—and put  
green in your pocket

## SIMPLE SUMMER SUPPERS

**Heidi Klum**  
tells us the one  
thing that's  
missing in her life

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small amount can contaminate groundwater—and that even proper use could trigger health problems, like asthma. Oxygen-based bleach is a safer yet effective alternative; the idealbite.com team recommends Seventh Generation chlorine-free bleach, OxiClean Free, and 20 Mule Team Borax.



**Is the benefit of recycling, say, a peanut butter jar eliminated by the water I waste washing it thoroughly?** Cheryl, beauty director

“The energy used to create a new jar will be more than that used in the recycling process,” explains Lori Bongiorno, author of *Green, Greener, Greenest*. To minimize water waste, Bongiorno suggests plugging the sink after rinsing off dishes and using that “waste water” to rinse recyclables for collection.

If that sounds too gross, don’t give up and toss your motivation in the trash along with that Skippy container. “In some ways, we need to stop going for perfection and focus on where we can make a difference,” reminds Bongiorno. Ultimately, the jar doesn’t need to be squeaky clean to be recycled. So give it a rinse, toss it in the recycling bin, and move on!



**What is an energy audit? Can I do it myself?** Melanie, deputy executive editor

An energy audit assesses how the energy in your home is being used, says Maria T.

Vargas, spokesperson for Energy Star, the government program designed to encourage efficiency in homes and businesses. To begin, you can compare your home’s energy efficiency to similar homes across the country by using the Energy Yardstick tool at the Energy Star website (energystar.gov). Simply plug in information from your last 12 months of utility bills to receive a customized list of ways to fix your energy leaks, including seeking out drafts and modernizing outdated heating and cooling systems. If you want a more comprehensive audit, contact your local utility company, which may offer one for free or at a discounted rate (around \$15 to \$100). Or consider the Home Performance with Energy Star audit (between \$200 and \$400): a whole-house approach to improving energy efficiency and home comfort. This program is currently in a pilot stage; log on to energystar.gov to see if a contractor is offering this audit in your area.



## go green, save money

With some savvy purchases, you can end up saving a bundle in your pursuit of an eco-friendly lifestyle.

**BREAK THE BOTTLED-WATER HABIT** Stainless steel Klean Kanteens (\$17.45; [kleankanteen.com](http://kleankanteen.com)) are portable and safe to reuse. (Simply skipping one disposable bottled water a day could save you \$550 a year!)



### COMMIT YOURSELF

Tweezerman tweezers (\$10; [tweezerman.com](http://tweezerman.com)) are designed to last, and the company sharpens them for free, so you won’t need to replace them. Bonus: For every Go Green pair sold, \$1 goes to the Arbor Day Foundation.

**CLEAN GREEN** The Shaklee Get Clean Starter Kit (\$167; [shaklee.com](http://shaklee.com)) is a collection of all-natural nontoxic cleansers. The kit contains laundry and dishwashing concentrates and other cleansing solutions, and is the equivalent to \$3,400 of standard cleaning products.

