

Little Guide to Health and Happiness



This Little Book of 'How To' tips and tools has been written to provide a number of very simple and natural remedies and recipes which you can use to help lead a healthy and happy lifestyle.

When thinking about our health and happiness, it is hard to ignore that of the planet we call home. We live in an increasingly connected world in which all people and planet rely on each other in order to sustain themselves.

The Sustainable Development Goals (SDGs) are a set of 17 different goals, established in 2015, which were set up to act as a framework for development, with the aim of being achieved by the year 2030. Through focusing on areas such as No Poverty, Gender Equality and Responsible Consumption and Production, the SDGs explore the interdependent

nature of the world, and look at actions we can all take to help create a place where all people, plants and animals are healthy and happy.

When considering the Sustainable Development Goals, due to their interconnected nature, it is difficult to focus solely on one goal in isolation. This Little Guide has been written in a way which will explore how we can all work to achieve Goal 3 - Good Health and Wellbeing, whilst also looking at the impact that this has on the other 16 SDGs.

Each page has been designed with a simple 'how to' method which we can all carry out to help lead a healthy and happy lifestyle, whilst also looking at the planetary impact which this action has, along with the relevant SDG(s) that this connects to.

How to make Natural Homemade Shampoo



More often than not, shampoos that we use in our hair contain surfactants; the chemicals which create a sud-like texture in our soaps and shampoos. Although this is not harmful to our skin and hair, it can be very harmful to aquatic plant and animal life living below the water. Given the quantity of shampoo going down our drains daily, by switching to this homemade alternative, we can all help to create a safer and healthier environment for all our fish and marine plant life. Also, by creating our own homemade shampoos, we are able to sustainably minimize the amount of products which we buy and ensure that we reduce the amount of waste which we create.



MATERIALS

For this, you will need:

- Mixing bowl/container
- Large spoon or mixer
- A glass bottle
- 2 tbsp liquid honey
- 2 tsp coconut oil
- 3 drops lavender essential oil

Source: <https://beautymunsta.com/homemade-shampoo-recipes-without-castile-soap/>

METHOD

Using a mixing bowl or container, squeeze in 3 tablespoons of liquid honey. To this, add 1 tablespoon of coconut oil and 3 drops of lavender essential oil. Stir together using a large spoon or mixer to form a creamy shampoo.

Tip: By using a re-usable glass bottle rather than one made from plastic to store your shampoo, you will be creating less plastic waste and helping to clean up the environment!

How to make Natural Homemade Bread



Did you know that the world produces enough food to feed 1.5x the global population, yet 795 million people across the world still live in hunger? Food insecurity is one of the biggest global challenges we face today. According to the World Food Programme, a massive 1/3 of all food that we produce gets wasted every year. In order to combat this, growing and making our own food is key. By following this recipe to make your own homemade bread, you can help ensure that you are consuming food that is not only healthy and sustainable for yourself, but also guarantee that you create no waste or add to this global issue.

Source: <https://www.concernusa.org/story/top-9-causes-world-hunger/>



MATERIALS

For this, you will need:

- Mixing bowl
- Large spoon or mixer
- Baking sheet/tray
- 250g plain white flour
- 250g plain wholemeal flour
- 100g porridge oats
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 25g butter
- 500ml buttermilk

Source: <https://www.bbcgoodfood.com/recipes/1432/irish-soda-bread>

METHOD

Preheat your oven to 200C/gas 6/fan 180C and dust a baking tray with flour. Mix the flour, oats and bicarbonate of soda together in a large bowl, and rub in the butter using your fingers. Pour in the buttermilk and mix quickly, then bring the dough together very lightly with your fingertips.

Place the dough on the baking sheet/tray and score a deep 'X' across the top to help the dough cook right through. Bake for 30-35 minutes until the bottom of the bread sounds hollow when tapped. If it doesn't appear ready after this time, turn the bread upside down and bake for a few minutes more.

Once cooked, transfer to a cold surface to cool down.

How to make Natural Homemade Toothpaste



Many of the toothpastes that we use on our teeth contain chemicals such as phosphorus, which can be very harmful to marine life and environment. Through the disposing of toothpaste through our drains, we release tonnes of phosphorus into our seas and oceans every day, which causes a huge build-up of algal growth in our waterways. In order to survive, these decomposing algae rely on breathing in the oxygen from the water in which they live. By doing so, the oxygen which many other marine plants and animals rely on is removed, creating huge areas in which no other marine life can flourish. Through choosing this homemade toothpaste, we can all massively decrease the levels of phosphorus which we release and help to ensure that our marine life and environment is sustainably managed and protected.



MATERIALS

For this, you will need:

- Sterilised glass jar or container
- 1/4 cup baking soda/bicarbonate of soda
- Water
- 1-2 drops peppermint, spearmint, anise or cinnamon essential oils (optional)

Source: <https://www.theguardian.com/lifeandstyle/2016/feb/23/make-your-own-toothpaste-lotion-ingredients-environment>

METHOD

Begin by sterilising your glass jar or container by placing it in a large pot of boiling water for 10 minutes. After letting this cool, add the baking soda to your jar/container and slowly add in water until you get a thin paste. If you prefer a flavoured toothpaste, add one or two drops of essential oils to the paste and mix well.

Tip: By using a bamboo toothbrush instead of a plastic one, you will be creating less plastic waste and helping to clean up the environment!

How to grow your own wildflowers



Did you know that the majority of the roses that we buy in the supermarket are grown in countries such as Ethiopia and Kenya, with Ethiopia exporting a massive 80 million flowers a year to Holland alone? Did you also know that only 3% of the profits made on the selling of these products ever returns back to the countries in which they were grown? This means that when we buy a bunch of roses from the supermarket at £40, only £1.20 of this ever reaches its country of origin, where it then has to be divided amongst the various individuals involved in growing it. By growing our own flowers, not only can we add some beauty to our surrounding environments, but we can also help to boycott this system of flower trading, and help to create a world which is fair and compassionate for all.

Source: <https://oxfamblogs.org/fp2p/should-we-buy-roses-from-ethiopia/>



MATERIALS

For this, you will need:

- Mixing bowl/container
- Large spoon or mixer
- A glass bottle
- 2 tbsp liquid honey
- 2 tsp coconut oil
- 3 drops lavender essential oil

Source: <https://beautymunsta.com/homemade-shampoo-recipes-without-castile-soap/>

METHOD

Begin by removing any weeds from the area which you wish to plant using your hands to pull them out of the ground. Following this, dig the area you are growing on so that the ground is broken up and loose. Using your hands, press down on the top of the soil to make it firm and run a rake over it; this will create a seedbed for a new lawn.

Pure wildflower seed should be sown at 1g per sq metre, or if using a mix of wildflower and grass seed mixes, seeds should be sown at 5g per sq metre. Hint: by mixing your seed with silver sand, it can become easier to handle. To ensure that your seed is scattered evenly, sow half of it lengthways and the other half widthways. Rake this in lightly and water thoroughly. Leave to grow naturally.

How to repair Ripped Jeans



Did you know that in order to produce just one pair of blue jeans a massive 1,800 litres of water is needed? Due to the process involved in the growing, washing and dyeing of cotton to make the denim for our jeans, a huge amount of water is required. However, due to the chemicals involved in this process, this water can then no longer be used for other purposes, and is often discarded into our rivers and oceans. It is estimated that up to 20% of the world's industrial water pollution is associated with the manufacturing of clothes, and that 85% of this is due to the process involved in dyeing fabrics. Rather than simply buying a new pair of jeans when our old jeans rip or tear, by learning how to repair them, or reusing the material for other things, we can all help reduce the amount of water and energy which is used to make a pair of jeans, whilst also cutting down on our consumerist footprint.

Source: <https://www.fluencecorp.com/blue-jeans-water-footprint/>



MATERIALS

For this, you will need:

- Thread
- Needle
- Fabric
- Scissors
- Fabric pins

Source: https://www.ehow.com/how_12165671_fix-ripped-jeans-sewing-machine.html

METHOD

Step 1: Begin by cutting a patch out of your selected fabric; ensuring it is slightly larger than the ripped area of your jeans. Note: the shape of the fabric you cut doesn't matter, as this will be sewn on to the inside of the jeans.

Step 2: Turn the jeans inside out, and place the fabric on top of the ripped area of the jeans you wish to cover. Note: ensure the pattern or colour of the fabric is face down away from you.

Step 3: Place two fabric pins (approximately 2 inches apart) in to the material and the jeans to connect them and to hold the material in place. Thread the needle with a piece of thread which is around twice the length of the perimeter of the fabric you are about to sew and secure with a knot at the end.

Step 4: Begin your stitching by feeding the needle through the fabric into the jeans and back out again.

Step 5: Repeat this motion until you have stitched around the whole piece of fabric. Finish off by tying a secure knot.



How to make Natural Homeade Beeswax candle

Bees play a crucial role in the lifecycle of us all. As they pollinate and help with the growth of many of the crops and food we consume. With increasing effects of climate change, pollution and pesticides in the environment, bees across the world are struggling to survive. By making use of beeswax rather than paraffin to make our candles, we can help to protect beehives, along with the fields and crops which bees visit to gather their pollen.

As well as this, as with many things that burn, many candles when lit produce particulate matter into the air; solid particles in the air which can be hazardous when breathed in. As this matter is so small, when breathed in, particulate matter from candles can cause respiratory problems for many people and animals. Through choosing beeswax over paraffin, due to the natural ingredients used, you can guarantee that no toxins are released into the air, ensuring it is a much healthier option for all.



MATERIALS

For this, you will need:

- Square braided cotton wick
- 4 jars/glass containers
- Scales
- Wooden skewers (cut in half) or pencils
- 12 oz. beeswax
- 12 oz. coconut oil
- 4 jars/glass containers
- Large glass measuring cup/jug
- Old recycled newspaper

Source: <https://www.diynatural.com/how-to-make-beeswax-candles-natural/>

*Beeswax can be found at your local Beekeeper Association, health food shop or online

METHOD

Step 1: Using scales, measure out 12 oz. of beeswax in a large glass measuring cup/jug. Pour a few inches of water into a pan and put it on the oven over a medium heat. Place the measuring cup/jug into the water until the beeswax has melted. (Note: do not heat your beeswax over a high heat or it could set alight).

Step 2: Whilst the beeswax is melting, cut up the wicks so that they are a few inches taller than the jars you are using. Once the beeswax has begun to melt, carefully dip one cut wick into the wax and lay it out straight on a sheet of newspaper. Place a skewer at one end of the wick to hold it down and gently pull at the other end to ensure it is straight. Repeat the same with the other wicks and allow to dry.

Step 3: Using the scales, measure out 12 oz. of coconut oil and add to the beeswax once it has almost completely melted. Stir well.

Step 4: When beeswax/coconut oil mixture melts, stir carefully with a wooden skewer. Pour this mixture into a glass jar until the jar is around 1/5 of the way full. Immediately place a piece of wick into the centre of the jar so that it touches the bottom. Hold the wick in place gently until the wax hardens enough for it to stand freely on its own, and then set to one side to harden completely. Repeat this with any other jars you are using.

Step 5: Rest a skewer on top of each jar, and gently wrap a wick around each skewer to make sure it's positioned straight. When secured, pour in the rest of the hot wax/oil mixture, ensuring that you leave a little space at the top of the jar. Set aside to cool completely. This will take between 12-24 hours to completely dry out.

Step 6: Once dried, cut the wicks at the top, ensuring to leave 1/4 - 1/2 inch for lighting.

Step 7: Set them alight and enjoy your beautiful new candles! Note: you may have to hold the flame over the wick a little longer in order to light your beeswax candle.



How to make natural Homemade Teas



Did you know? So many of the everyday plants which we find in our parks and gardens can be used to make healthy teas full of vitamins and minerals which can help to boost our immune systems, support digestion and help with aches and pains. When looking at SDG 3, 'Good Health and Wellbeing; ensuring healthy lives and promoting well-being for all at all ages', looking after our own health and wellbeing is key.



MATERIALS

For the following, all you need is to pick the leaves and flowers from the following plants and add some boiling water to make a tea:

- Dandelions
- Red Clover
- Meadowsweet
- Nettles

*Note: if you wish for these plants to last longer, by storing them in a warm dry place, such as a hot press or warm cupboard, you can dry them out and use them to make tea on a later date.

METHOD

Dandelions have multiple medicinal uses. The leaves of the dandelion plant are 'bitters' which when boiled with water and consumed as a tea help to support digestion, support kidney function and are rich in chlorophyll and vitamins. The flowers from red clover plants are rich in phyto-oestrogens which are particularly useful to help balance hormonal changes for women. The flowers from the meadowsweet plants are very rich in salicylates which help to eradicate heartburn and indigestion, pain and can assist with possible cancer protection.

Nettles also have multiple uses. When made into a tea, nettle leaves are often used to help treat pains and inflammation associated with osteoarthritis. Nettle tea has also shown promising effects on managing blood sugar levels, and can help to prevent diabetes and heart disease due to its high levels of polyphenols.

*Note: when picking the leaves from the nettle plant ensure to wear gloves or cover your hands to avoid getting stung. However, once picked, the sting is no longer present in the leaves and so these can be handled easily.



Five Ways to Wellbeing

The Five Ways to Wellbeing are a set of simple everyday actions which we can all take to boost our own health and wellbeing. Developed by the New Economics Foundation, these five ways are based on research done on how we can all develop a long term plan for ensuring we all lead healthy and happy lives.

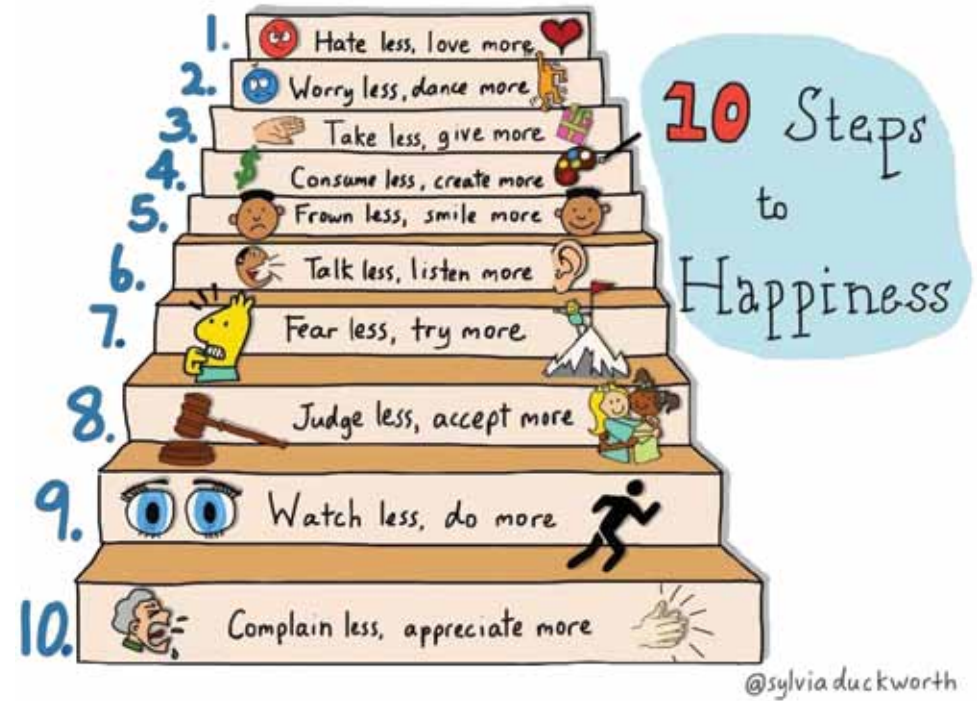
CONNECT

BE ACTIVE

TAKE NOTICE

KEEP LEARNING

GIVE





"Happiness is the highest form of health"

- His Holiness the 14th Dalai Lama of Tibet

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