

## 10 Minutes For The Planet Green Up Your Sex life!

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Vocabulary & pronunciation study by Sue Thomas©

Words are explained alongside the text

Stressed syllables are underlined and in bold\*



Hi everyone! Welcome to this week's episode of 10 minutes for the Planet. Today we're talking about sex. Yes you heard right. Today we're talking about sex - *and* the Planet.

Transitioning to a **sustainable** and **healthy** lifestyle for **both** ourselves and the planet includes rethinking *all* of our habits. Even how we behave in the bedroom.

We probably all agree that sex is one of the most natural human activities. However 21st century sex has seen less natural **artifacts** brought under the covers. Indeed while it can be fun to bring toys, lubricants, etc. into our sexual activities, what those items are made of is generally less fun. The main **culprits** here are - again - **endocrine disruptors**.

Yes, the same **nasty** substances we've already talked about a few times on 10 minutes for the Planet. As a reminder, those **molecules** are used everywhere in industrial processes despite many official scandals, and are causing major **societal** health issues, namely increasing hormone-dependent cancers and other illnesses, lowering male fertility and **hindering** foetal growth and **development**.

Endocrine disruptors are also found in plastic sex toys, condoms, lubricants and in all the different cosmetics we put on to make ourselves attractive for sex, from **nail polish** to **deodorant**. However, it is not yet a legal requirement to put them on the ingredients' list. These products are toxic enough on our skin, let's try not to saturate our **mucosae** with them too. Here are a few **tips** to avoid intoxicating your sexual activities and to take the first steps towards a healthy sex life:

**healthy** (adj.) promoting a good physical condition

**both** (conj.) equally

**artifact** (n.) man-made object

**culprit** (n.) a thing responsible for a bad effect

**endocrine disruptors** (n.) chemicals which change the hormone balance by increasing or decreasing hormone production, and interfering with hormone signalling

**nasty** (adj.) highly objectionable or unpleasant

**to hinder** (vb.) to interfere with

**nail polish** (n.) lacquer for painting finger nails

**mucosae** (n.) a membrane lining all body passages that communicate with the air

**tip** (n.) useful suggestion

First of all, **avoid** applying toxic cosmetics with **parabens**, nanoparticles and **suchlike**, especially before having sex. To choose your products **stay away** from **greenwashing** brands and look for **certifying** labels such as Ecocert or Slow Cosmetics.

Secondly, **opt** for paraben-free lubricants and condoms. You can find plenty online. For condoms, look for natural latex and the **RFSU** label. Regarding lubricants, nothing is easier and safer than making your own. It's also much **cheaper**. **Plain** coconut oil is very commonly used as this oil has a great texture and smell. However be careful to choose water-based lubricants if you use condoms as oil can damage the protection.

A third tip applies to those who use toys or other **accessories**. As explained, most of the **mainstream** artifacts contain toxic substances. So make sure that yours are at least **phthalate**-free. You should also read the 2006 Greenpeace report if you're not yet **convinced** on how serious the **issue** is.

The last tip refers to the recent 10 minutes for the Planet episode on indoor air pollution. Indeed, as you breathe much heavier and deeper during sex it is of the **utmost** importance that the air you breathe is as clean as it can be as it penetrates deeper into your lungs and blood. So **air out** the bedroom (or other rooms) regularly and stay low on indoor perfumes or **scented** candles too close to the bed.

Natural cosmetics, home-made lubricants, safe toys and **fresh** air: now that should be enough homework for the week.

Bye everyone! See you next week for the next episode of 10 minutes for the Planet.

**avoid** (vb.) to try not to do

**parabens** (n.) chemicals with bacterial or fungicidal properties  
- used as preservatives in cosmetics

**suchlike** (pronoun.) things of the same kind

**to stay away** (phrasal vb.) to try not to do

**greenwashing** (n.) insincere environmental concern

**to opt** (vb.) to choose

**RFSU** (Swedish initials)  
Swedish Association for Sexuality Education

**cheaper** (adj.) less expensive

**plain** (adj.) with no additions

**mainstream** (adj.) common

**phthalate** (n.) chemicals linked to reproductive and hormonal abnormalities.

**issue** (n.) problem

**utmost** (adj.) greatest

**scented** (adj.) perfumed

**air out** (phrasal vb.) to ventilate

**\*Tip!** Usually the 'H' consonant sound at the beginning of words is pronounced,

**Hi** - heard - healthy - habits - human - however - health - hormone  
hindering - here - having - has - home-made - homework

There are only 4 English words beginning with "h" where the "h" is silent

(h)our - (h)onour - (h)onest - (h)eir