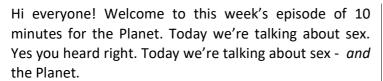


10 Minutes For The Planet

Green Up Your Sex life!

by Valentine Rinner
Vocabulary & pronunciation study by Sue Thomas©
Words are explained alongside the text
Stressed syllables are underlined and in bold*



Transitioning to a sus<u>tain</u>able 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 **mol**ecules are used everywhere in industrial processes despite many official scandals, and are causing major so<u>ci</u>etal 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 withbacterial or fungicidal propertiesused as preservatives incosmetics

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,

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Hi - heard - healthy - habits - human - however - health - hormone
hindering - here - having - has - home-made - homework
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There are only 4 English words beginning with "h" where the "h" is silent

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