

OUR ONLY EARTH IS IN DANGER!

Help us to combat climate change.

What can you do?

1. Help to counteract the loss of the forest.

- Plant trees in deforested areas.
- Treat the forest with care, and avoid practices that could start a forest fire.
- Conserve natural watercourses. Without water, there is no life.
- Protect especially any trees growing on slopes, as these prevent soil erosion.
- If you need wood, prefer that which can guarantee its sustainable source.



2. Optimise your diet.

- Improve your diet by not consuming or using animals, as animal agriculture is the largest source of greenhouse gases (**87% of adjusted global emissions**) and the largest destroyer of forest (**92% of deforestation in the Amazon**).
- Increase your consumption of perennial fruits and vegetables.
- Increase your consumption of local and sustainably-grown food.



3. Do not use pesticides or fertilisers.

- The chemicals employed in the agricultural sector contaminate the soil and the water as well as the crops. We must replace them with methods of cultivation and food production that mimic natural systems.



The fate of the planet is the fate of everyone.

Care for your health and that of the animals with whom we share the world.
Help us to conserve the natural environment and to combat climate change.

