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MORE THAN **90**
WAYS TO MAKE YOUR EXISTING
HOME MORE ECO-FRIENDLY,
HEAL THE PLANET
& SAVE MONEY!



Debbie Wysocki

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Debbie Wysocki



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FOREWORD

I have known and worked with Debbie for close to 25 years. From the very start I trusted her to take the ball and run with things, and she always over-performed. She is hard working, professional, dedicated, and loyal to a fault.

I could always count on her to go above and beyond the call of her duties. If you are looking for a realtor who will go the extra mile, think outside the box and deliver returns whether buying, selling, investing, or doing an exchange, look no further. It is with great appreciation and gratitude that I recommend Debbie Wysocki.

Debbie does an excellent job in this book of breaking it down to its simplest form.



Ken Fisher

Founder, Heal the
Planet &
Real Estate Investor,
Monopoly Investments

INTRODUCTION

What do you think about when you hear the word ‘**making your property green?**’

Do you break out in a cold sweat?

No worries here – you do not need to become a hippie like people in the 1960s.

Maybe think more like people who lived in the 1920s and 1930s but have the ability of great technology at their fingertips.

What did our great grandparents and great-great grandparents get right?

Number one I would say when they selected their home (whether they were purchasing a home which was already built OR selecting the land where the home was to be built, they took into consideration Mother Nature. Where the sun would rise and where it would set; the wind conditions, if there were mountains, the rainfall of the area, and flood patterns.

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All of these things would weigh in on where they chose to purchase a home and what kind of home they purchased OR WOULD BUILD.

They did not fight with Mother Nature – WHY? Because they knew by working with Nature, life would be easier.

Think about this – by selecting land which would have trees on the EAST Side of your home it could protect your home during the day, thereby making it cooler (remember there was no a/c back in the day).

Now, what about food?

Was there a proliferation of Restaurants and Supermarkets like we have today?

Think again. I remember my grand-mother telling me that most stores were closed on Sundays because it was a day of worship – so plan ahead

People did not worry about pesticides and genetically modified food. And, If you were not living on a farm, it was a sure bet that a family member was, and you at least had a vegetable garden. **The food was FARM TO TABLE. And, Green Markets were common as were general stores.**

People did not worry about pesticides, and herbicides and

genetically modified food. We were not checking for corn syrup and whether the label on our fruits and veggies started with a 4, 9 or the dreaded 3.

People got enough sleep, worshipped together – maybe on occasion drank too much – said something rude to a neighbor – but in the end – we took care of each other – we had community.

Then things changed. Kids no longer walked to school – buses picked them up. Fast food restaurants grew like wild fire, and we went from going out a few times a year to one to two meals a week at a restaurant in the 1970s to two meals a day in the 2000s – pretty scary.

So, while this book is not about Food – once you make your home healthy and eco-friendly, you may want to take a look at you.

Remember, your skin is the largest organ you have. While many people do organ specific cleanses – I believe in whole body cleanses. I just can't help myself.

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Before becoming one of the Top Luxury Realtors in Fort Lauderdale, and having worked with Ken Fisher, Real Estate Investor, & founder of Heal the Planet, for over 20 years – where I was lucky enough to gain insight into extremely complex real estate transactions, I was also Beverly Hills Financial Analyst.

And, I can say both of these jobs were stressful. Well, I had to take my health into my own hands – because doctors thought it would be best for me to live on pain pills, sleeping pills and anti depressants for something called Fibromyalgia. After 7 days – I thought they were crazy. A friend sent me 7 nutritional supplements to use – and, I told him – you just want me to sell them – I hate selling stuff.

In 6 weeks – I was a NEW person – and in 2 years I had replaced my income as a Beverly Hills Financial Analyst. Very few people know that I was running two business concurrently – A Direct Sales Business which grew to more than 15,000 Team Members and created a residual income which still pays me today when I have not touched it in more than 10 years – all from wellness products designed to cleanse the body at a cellular level and promote healing, reduce inflammation, and assist the body in becoming more alkaline.

What I know is if you are a living breathing human being, you are under stress. When you add to that, being a parent, spouse, business owner, or caretaker – just double down on the stress levels.

When my mother became ill with cancer and my sister and I took care of her in home hospice – I completely stepped away from my direct sales business – and it kept paying me – we call that Royalty Income (or mail box money). It still pays me today and I haven't touched it in more than 10 years.

I was still working with Ken in Real Estate, and I loved it – but I did not get paid when I did not work – Like every other job I know.

So once my mom passed, I thought, what do I really want to do?

I love Real Estate, Love Helping people and I went to a business owners mastermind and my peers said Debbie – ***Get you license.***

So, that is how I ended up in Luxury – Luxury clients are

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***all the only people I have ever really served in business
– so it was a natural move for me.***

Obviously, being a Girl Scout Leader and being involved in many charity and outreach programs we work in many areas of the community where great assistance is needed – including the homeless, unwed mothers, foster families, and more.

This book is all about you – and assisting you in making you and your home healthier.

If my Team and I can ever be of service to you – whether it's a question about making your home more eco-friendly, buying, selling or investing in Real Estate – locally, in the US – or even abroad – don't hesitate to call.

I chose to partner my company. **Florida Luxury Homes Group**, with Keller Williams, who is the Number One Real Estate company not only in South Florida, but in North America – and in the world.

By the way, Keller Williams Luxury International, the Boutique Division of Keller Williams, is also the number one Luxury Real Estate Company in the world – selling almost \$1 billion per day of Luxury Real Estate!

It is truly my privilege to partner with Keller Williams Realty Professionals in Fort Lauderdale. Our Team is amazing . . . from our Broker, Richard Bass, Team Leader & CEO, Todd Smith, Operating Partner, Alan Waxman, Director of First Impressions, to our Market Center Administrators Robin Taylor, and Christine Swanson. Thank you for being part of my Team along with Supreme Lending and Title Alliance.

We are here for you.

We specialize in LISTENING TO OUR CUSTOMERS' needs AND GOING TO WORK.

With advanced designations in the Luxury, International, Negotiating, 1031 Exchanges, Pricing Strategies, Second Homes, Vacation Rentals and several others, ***we are about meeting you where you are – and many times assisting you with strategies you may not have considered.***

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I wrote the ***Eco-Friendly Tip Guide*** to make a difference for you and your family – and you kids, grandkids, and great grandkids.

How else will we ***Heal the Planet.***

A big shout out to Ken Fisher – also known as Uncle Kenny to my kids. We all love him – he is a big part of our lives.

We both hope to be *Difference Makers* for you!

Debbie Wysocki

*Realtor® & Real Estate Property Advisor
Certified Luxury Home Marketing Specialist® (CHLM) - Guild Member
Certified Residential Specialist (CRS)
Graduate- Realtor® Institute (GRI)
Certified International Property Specialist (CIPS)
Resort and Second Home Specialist (RSPS)
#1 Individual Agent in Closed Sales Volume – KW Fort Lauderdale
Record Setting Sales Price in Lauderdale Beach – multiple years
& Hillsboro Shores
Along with several other Industry Designations & Achievements
And Multiple Other Awards with Keller Williams at the Local,
Regional and National Level*

The term REALTOR® has one, and only one, meaning: REALTOR® is a federally registered collective membership mark which identifies a real estate professional who is member of the NATIONAL ASSOCIATION OF REALTORS® and subscribes to its strict Code of Ethics.

MEET SOME OF MY CLIENTS



"I have known Debbie Wysocki for several years and am consistently inspired by her commitment to serving others. I have always known her to be a woman of integrity and someone who delivers what she promises. I highly recommend Debbie."

Nancy Matthews, CEO & Co-Founder,
Women's Prosperity Network - Fort Lauderdale



"Debbie Wysocki is very professional. It's like 'Your wish is my command' -- fairy tale! I can't thank Debbie enough for enthusiastic attitude, friendliness and honesty."

Isabel Levin, Realtor - Miami, FL

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“I had a signed contract in 16 days from the time my home hit the MLS and 4 offers to choose from. Thank you Debbie. I am a happy customer.”

Janet Wyant - Pompano Beach, FL



“We were under contract our first day over our asking price & Debbie had a waiting list of potential buyers. She handled every curve ball to close our home.”

Deanna Landis - Fort Lauderdale, FL



"We have used other Real Estate Agents before, but have found none better than Debbie."

Dan Ustian, Chicago, IL



"We were referred to Debbie by a neighbor and Debbie navigated us through the home buying process. We closed in 34 days with an FHA Loan. Debbie explained the process along the way -- we were so excited to move into our new home."

Yunior Martinez & Dorca Hernandez - Palm Springs, FL



**ENERGY
SAVING TIPS:
FOR YOUR
WHOLE
HOUSE**

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ENERGY SAVING TIPS FOR YOUR WHOLE HOUSE

Here are some energy-saving tips for your whole house:

1. Turn off lights: When you leave a room, turn off the lights. If there is available sunlight, use that instead. This helps save money too!
2. This is a SUPER EASY FIX – and if you have high hats in your home – YOU will be so happy with the change – THE COST IS ABOUT \$14 PER FIXTURE/ BULB and it will modernize and change the whole look of your house.

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The above retrofit kits can be found at Lightbulbs Unlimited.

<https://www.lbulighting.com/brand-bulbrite/dimmable-led-4-inch-downlight-retrofit-recessed-lighting-kit-8-watt-%2850w-incandescent%29--soft-white/sku-V203-773102>

3. Use LED bulbs: These bulbs last longer and use far less energy.



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4. Install a Nest or Similar device (and while I do not like the AI features and have disabled them – (you can YouTube this) the energy savings is huge – you can program – and override the thermostat from anywhere.



Emerson Sensi Star Certified ST55 Wi-Fi Smart Thermostat available on Amazon – less than \$100

5. Change your a/c filters monthly

6. Wash the a/c condenser coils off with the hose monthly – this will extend the life of your unit by years.
7. Using ceiling fan with your air conditioning: This allows you to set your thermostat nine degrees higher. You will achieve the same target temperature while saving 30 percent of energy!
8. Solar Panels. We live in the Sunshine State. And, if you do not have the funds to pay for the panels outright – which, of course, is the best option, there are financing programs and incentives from the Federal Government.

Please take note that **the PACE Financing Program** has come under fire for taking advantage of people (not disclosing that an actual lien will be placed on their property..

YGreene has been found to be a more trustworthy source of funding for those individuals who cannot

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afford to pay for improvements outright or through a home improvement loan.

And, do not forget about tax credits.

We found that we could even sell back some of our electric to FPL. A reputable solar panel company should give you two to three options so you can determine which one is best for you.

Your roof should be in good condition.

And, I would go with just a solar panel company – not a combination roofing solar panel company.



Obviously, you want to get more than one quote – but one of the companies who came out tried to tell me I needed a new roof. And, I have an Italian Tile roof which lasts 50 years. He did not know I had just researched and written an article on roofing and that I was a Realtor and that my Roofer and I were close. He said he would not put solar panels on my home unless I purchased a new roof .

Needless to say, we did not do business with his company (which is well known).

- 9. Impact Windows** – if you live in an area prone to hurricanes will reduce your energy bills, reduce your

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insurance bills, and keep your family safe and investment safe. If you are not in a hurricane area, look for Energy Star rated windows. If you live on the ocean, remember to get a sea turtle friendly tint.

Generally speaking, I think the green tint is easiest to see through and is very energy efficient. But your Window salesperson will be able to assist you best.

Energy Star Windows

Energy efficient windows labeled as ENERGY STAR windows are how windows are rated for energy efficiency. The lower the rating, the more energy-efficient are your windows. The energy savings provided by these windows are enough to cover the added cost per window.

Installing impact windows or energy efficient windows not only will improve your energy costs; they will also increase your home value.

Always check with your tax professional, but I believe through 2022, the Federal government is still offering tax incentives for both Solar Panels and impact windows.

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10. Insulation in your Attic. This can reduce the heat in your home and the need to run your air conditioner significantly.

If you have owned your home for more than 10 years, it is a safe bet, you probably need a 'refresh' of your insulation.

Most homes have critters which get into the attic. And, believe it or not, they love to eat this stuff. And, over time, your insulation will disappear, flatten and you have less.

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If you use your attic for storage, going up and down, some of it will simply come in and out.

It might be time for an 'energy audit.'

While this book is about making your current home more sustainable (you can't really use newspaper as insulation), you can increase insulation to keep your home cooler. And, should you decide to build a GREEN HOME, you can explore what green insulation is available at that time.

Check with your Realtor and see if they have a preferred vendor for Insulation – or any of the services I have recommended.

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**If you do not have a current Realtor, I am happy to
share my list of Preferred Vendors with you – they
all give exceptional service to my clients.**

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Proper Insulation

Insulation is one of the most important things that you need to consider while building a green home. Heating & cooling account for 50% of a home's energy consumption. Air leaks such as around windows, doors and ductwork are responsible for building heat loss.

Don't let your heating & go to waste through improper insulation. Proper insulation will not only reduce your energy consumption but will bring down your electricity bills substantially.

The use of Green Insulation has proven to be a sustainable construction technology as it eliminates the need for high-end finishes made from non-renewable materials. Green insulation offers a solution by making use of old and used materials such as denim and newspaper.

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GO GREEN INSULATION OF SOUTH FLORIDA

11. Utilize shades – many of my clients use Sun Blocker shades so they can still see the gorgeous water views we enjoy – and still keep the sun out.

Many of my clients who have bedrooms, offices, or common living areas with an Eastern Exposure choose to add a blackout shade as this will keep the extreme

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heat out during the day – and energy costs down.

My most favorite **shade preferred vendor** is **Steve** from **Sun Blocker Shades**—he has the **best prices and excellent service – 954-296-0440—be sure to tell him you were referred by *Debbie Wysocki* or it might be several weeks before you hear back from him – he is that good and that busy!**



12. NEW ROOFS – When the time comes – as it does for all of us, consider what options you have for roofing.

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The material used on your roof can make a dramatic difference in your home's energy

efficiency. You may want to consider a product which reflects the sun's energy away from the roof, cools faster at night, and holds less heat for less time in order to help reduce energy costs & usage related to heat.

Slate, terra cotta tile (Italian Tile), white tiles, special membranes, and metal roofing are a few of the roofing products available with varying degrees of green benefits.

Another great idea is the "living roof" also known as green roofs because it's just so...cool. Living roofs are constructed to hold plants that grow on the roof to catch and filter rainwater and will insulate the home. This also prevents roof water from running

directly into the storm sewer system. Living roofs are used more frequently in commercial buildings; however, it certainly can be incorporated into a residential roof. **Frankly not very common in South Florida – you sometimes see them in Hawaii – and the Caribbean**

Or, it can be as simply as choosing a lighter roof color.

My favorite roofing company – a preferred vendor for more than 15 years is Grace Roofing. They come with clout – they are the roofers for the Broward County School System & the Palm Beach County School System.

John Aldred – the founder of Grace Roofing is the most honest and hardworking roofer I have ever met. 954-733-7332 --Remember – referrals are king.
www.graceroofing.net

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Samples of Eco-Friendly Roofing



Synthetic Slate Roof Tiles Utilize Recycled Petroleum Products – and Rated Impact Resistant

Learn more below:

<https://www.hgtv.com/design/remodel/mechanical-systems/the-benefits-of-synthetic-slate-shingles>

Real Clay Tile Roofs have the ability to last over 100 years (my preference). Tile Roofs are also an excellent choice. Both types of roofs are weather and fire resistant and have the ability to withstand wind forces of up to 150 mph (very important in South Florida).

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Here is a guide on roofing material put out by **The Roofing Institute**

http://tileroofing.org/wp-content/uploads/2014/02/Facts_of_Tile_Final_Low_Res.pdf

He will tell you if you need a repair OR a new roof –
And, he will tell you the best style of roof for you!

13. Paint your house a lighter color: This will keep your home cooler in the hot summer months.

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Now, the question is **WHAT KIND OF PAINT SHOULD WE USE?**

Many paints contain volatile organic compounds (VOCs), which refers to a class of chemicals that evaporate readily at room temperature. When these VOCs off-gas, a process that can last for weeks depending on the type of paint, they may cause a variety of health problems like nausea; dizziness; irritation of the eyes and respiratory tract; heart, lung, or kidney damage; and even cancer.

Here are a couple of the brands to look for:

Ecos Paint can match any color and has the largest selection – check out their website:

<https://www.ecospaints.net/woodshield-stain-and-varnish>

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Here are the 8 BEST Eco Friendly Paints:

<https://www.thegoodtrade.com/features/eco-friendly-paints-for-your-home>

14. Clean Water. Install a Whole House Water Filter (cities add chemicals to take out the toxins that get into the water)—I have found Aquasana Filters to be the best; they have multiple components based on where you live (if you have high rust levels, well water, and should you want to remove microorganisms—there are different components you can add); AND, then add **point of use filters for drinking in the kitchen, shower and potentially bathroom sink.**

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Remember, the water has to pass through your pipes. If your pipes are older, the water could pick up additional contaminants. You do not want reverse osmosis, because you want to keep the minerals.



Aquasana Under Counter Water Filtration System

If you smell chlorine in your shower, you need a filter. Chlorine is known to be a leading factor in breast cancer, eczema, and asthma.

Use my discount code:

www.aquasana.com

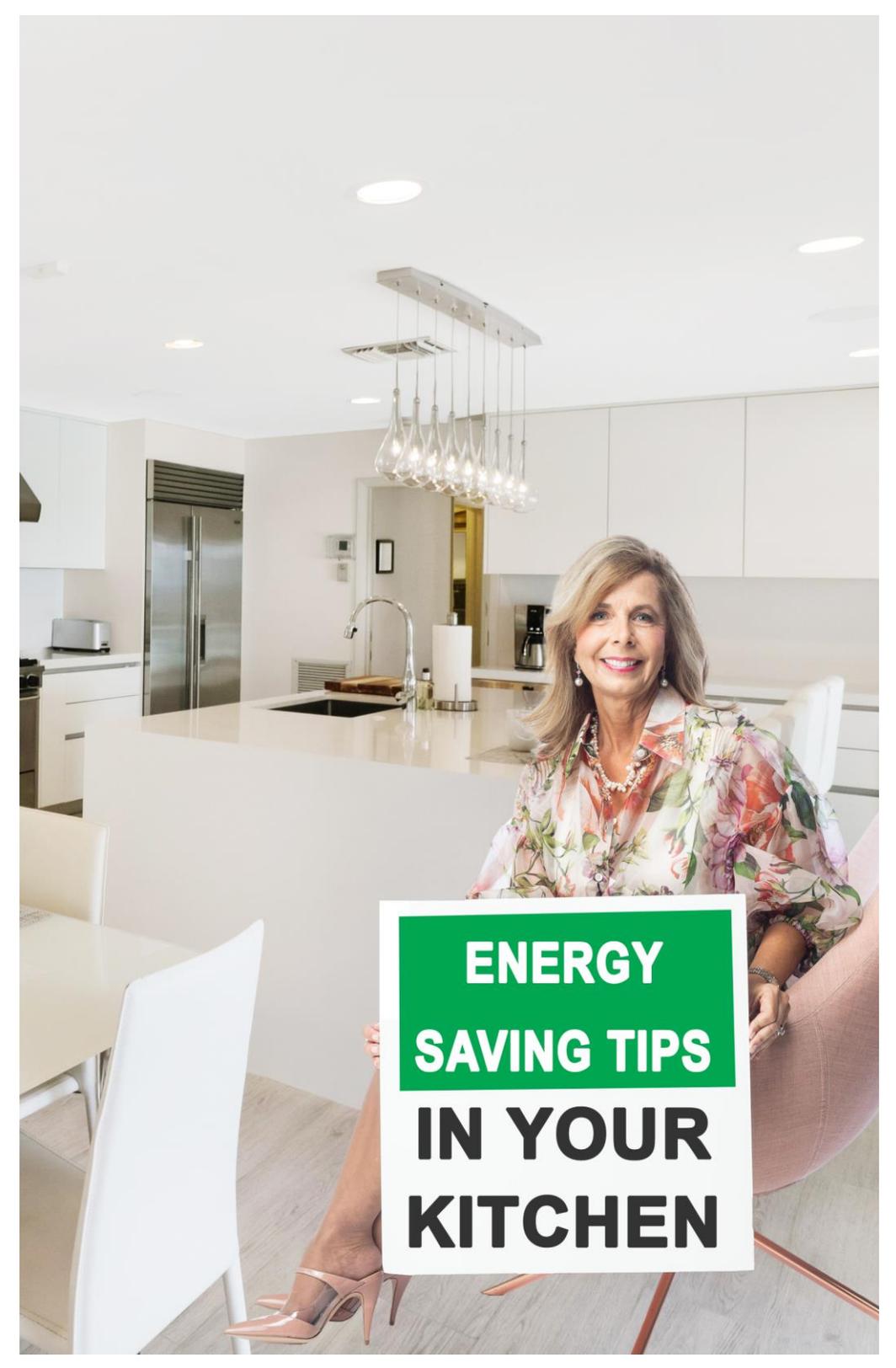
Debbie

15. Tankless water heater. With tankless water heaters, you need not wait for the water to get

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heated. Tankless water heaters heat only as much water as is needed as it is passed through the electric or gas coil. This gives you twin benefits. First, it eliminates excess energy costs as it heats up only the exact amount of water needed and second, you increase your storage space by eliminating the hot water tank. As mentioned in point 16 below – gas is the best choice – and will certainly last the longest – but Electric also will work.

- 16.** In general, if natural gas is available in your area, install an on demand gas water heater, gas dryer, and pool heater. IF you live in Florida and there are gas lines at the street, TECO will bring the lines to your house where the appliances are going IF you are installing 2 or more appliances.

A woman with blonde hair, wearing a colorful floral blouse and high heels, is sitting in a modern kitchen. She is holding a white sign with a green header and black text. The kitchen features white cabinetry, a stainless steel refrigerator, a sink with a faucet, and a modern pendant light fixture with multiple glass shades. The overall atmosphere is bright and clean.

**ENERGY
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ENERGY SAVING TIPS IN YOUR KITCHEN

1. When it's time, replace appliances to energy efficient models (look for the "energy star" label).
2. Use cloth napkins: 13 billion pounds of paper towels are used in the U.S. every year. Use cloth napkins and towels instead to eliminate waste! Limit Paper Towel Usage. You don't have to give up paper towels completely, but it's best to use them sparingly.

Scientists at Massachusetts Institute of Technology (MIT) compared the seven most common methods for drying hands and found that using paper towels generates 70 percent more carbon emissions than cold air-driven hand dryers. Of course, you probably don't have a hand dryer at home, but even

using a cotton towel is 48 percent more eco-friendly than drying off with a paper towel.

3. Only wash full loads of dishes: Dishwashers should be completely full in order to be energy efficient.

Using a Dishwasher saves water: hand washing dishes can use up to 20 gallons of water; a dishwasher only uses 3 to 4 gallons of water.

4. Reduce empty space in freezer: Your freezer uses less energy when it has less to freeze. Keep it full!
5. Turn refrigerator energy saver switch on during summer, off during winter: If your refrigerator has this option, it can save energy and money.
6. Vacuum the coils behind the refrigerator twice a year: This increases its efficiency.

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7. Make your own household cleaners or be sure to use cleaners with no parabens or toxins.

8. Turn oven off for last few minutes of baking: Use the heat already generated by the oven without wasting energy.

9. Use appropriate burner for pot size: Use your small burner for small pots and pans. Otherwise, it's wasted energy.

10. Utilize Healthy Cookware (cast iron, Le Cruset, or Waterless Stainless Steel)



Amway Queen Cookware is Waterless Stainless Steel – I have had my set for 42 years – and it is amazing – yes if you are doing the math – I purchased this set when I was 18 years old – and back then it was \$2500 – well worth every penny. Even at 18 I knew the importance of eating healthy.

11. Purchase a Pressure Cooker. My Grandmother used this EVERY NIGHT to make dinner. You'll be doing both the environment and yourself a favor by investing in a pressure cooker. The kitchen gadget, which speeds up the time it takes to cook a stovetop meal, allegedly reduces cooking time by as much as 70 percent, which means less energy used preparing your favorite pot roasts, pastas, and potatoes.

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Presto Pressure Cooker – Available on Amazon

12. Use an eco-friendly food wrap.

As a society, we love to use food wraps. It's a convenient way to keep our sandwiches fresh and

our food covered. [One study estimated](#) that in a 6-month period, Americans use 10 million boxes of plastic food wrap. The bad news is this film is adding to the mounting plastic pollution crisis. The good news is there is a great eco-friendly alternative. Beeswax wraps are coverings made by

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combining beeswax and a natural cloth like cotton or hemp. These have anti-fungal and antibacterial properties as well as keeping the food inside moist. Something that plastic wraps simply cannot do. Because the wraps act as a natural barrier like a fruit's skin, they also offer the food inside more protection. They can be used to cover food such as cheese, sandwiches, and uncovered bowls of food. All you have to do is use your hands to mold the wrap to whatever it is you are wrapping and it will naturally cling just like the plastic alternative.



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13. Sponges. Did you know that most of our sponges are made from plastic? And, that means microplastics from sponges come off every time you clean the dishes and are washed straight down the drain.

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These then have a direct line to our waterways and oceans, contributing to the trillions of microplastics floating in the seas.

An easy way to stop this problem is to switch to plant-based sponges. These natural alternatives are just as good as the plastic ones (if not better) without impacting on the environment.

As with all sponges, they vary in size and texture so you will need to find one that suits your needs:

- Cellulose sponges are soft and easy to find online. They are great for cleaning surfaces and washing dishes.
- Loofahs are dried out with a spongy texture and are great for exfoliating skin. They also make a great replacement for scourers.
- Sea sponges are super soft and really absorbent making them great for cleaning up spills or washing cars.

MORE THAN 90 WAYS TO MAKE YOUR EXISTING HOME MORE ECO-FRIENDLY, HEAL THE PLANET & SAVE MONEY!

- Silicon sponges are durable and recyclable. Perfect for those looking for something a little more hard-wearing.

Here is a set of ten plant-based sponges, available on Amazon for just \$11.99 which would work well around your entire house:



14. Toss the Microwave (it changes the molecular structure of your food and if you have been using plastic to cook your meals, you have been releasing

toxic Estrogen into your body – Women – that is cancer causing.

It has even been known to causes challenges in the male hormonal system.

15. Use an old fashion tea kettle to heat your water – it is much healthier for you.





ENERGY
SAVING TIPS
IN YOUR
BATHROOM

ENERGY SAVING TIPS IN YOUR BATHROOM

1. Replace shower head to something with low flow:
Your shower head could be more efficient! Some with heavy flow use unnecessary water.
2. Toilets. Purchase a Single Piece Toilet. And consider getting one with a built in bidet so you can cutdown on how much toilet paper you need.
3. According to the EPA, toilets account for almost 30 percent of the average household's indoor water usage. One easy way to slash this number is by upgrading an older toilet model to an EPA-certified WaterSense model.

Nationwide estimates that the eco-friendly models can save as much as 13,000 gallons of water per year, plus slash water bills by \$90 per toilet.

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4. Fix leaky faucets/toilets



Kohler Santa Rosa Toilet

5. **Don't let water run** when you brush teeth: Save water by only running it when you need it!



6. Stop Tossing Those Rounds, Use Reusable Makeup Pads.

Makeup pads clog up drains, landfills or worse, the oceans. There are some great alternatives on the market to replace the ones you currently use. They are reusable and washable and made from a bamboo cloth fiber that is eco-friendly. Because they are washable, they are essentially a zero-waste product. You can find these from many small direct selling companies or independent boutiques.



7. Use cloth tissues: Americans use 50 pounds of tissues per person every year. A clean cloth tissue or handkerchief can get the job done

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sustainably! Think of your grandparents and the hankies they used!



Replace these with Handkerchiefs



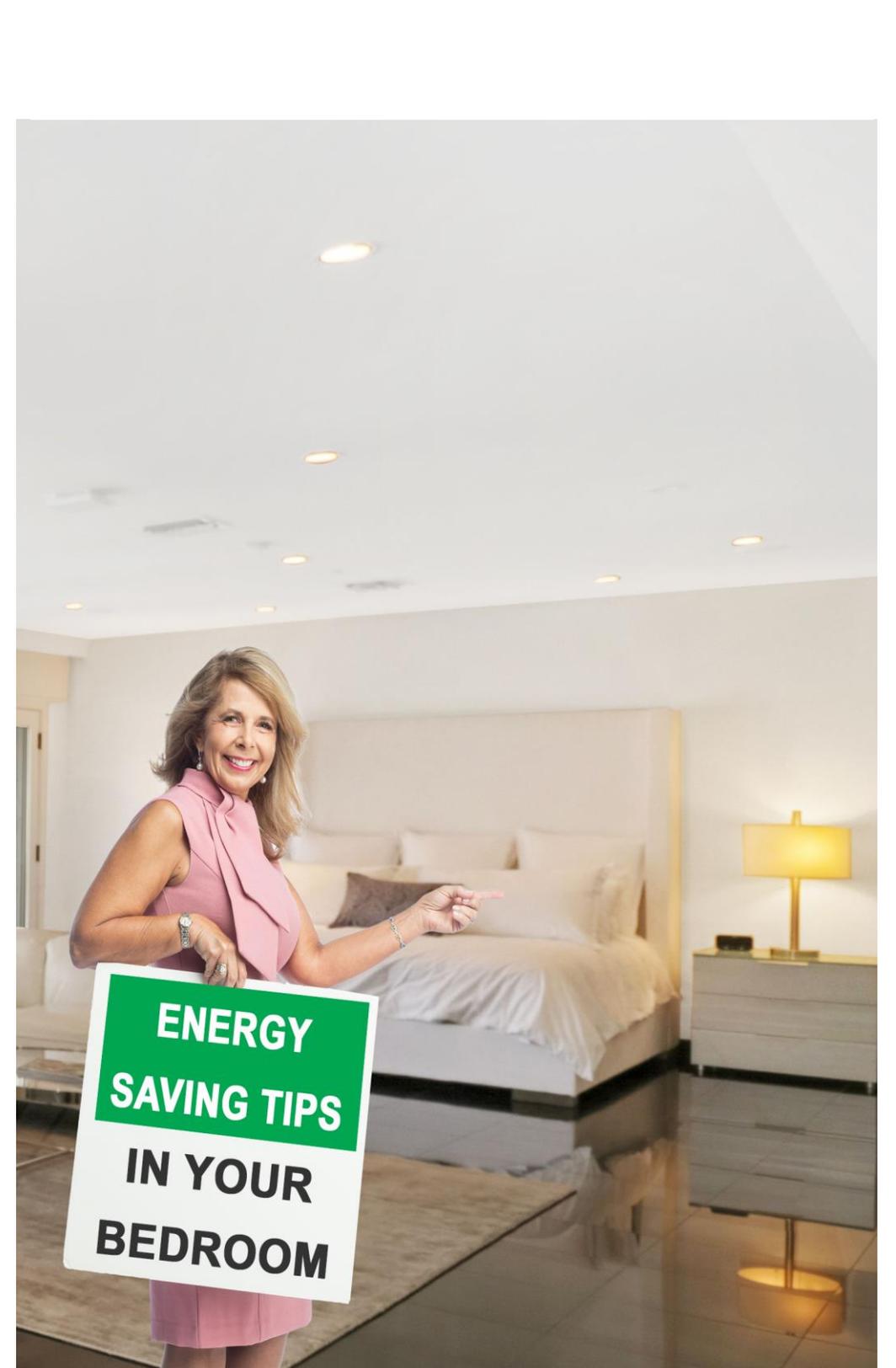
8. Use bidet instead of toilet paper: Help stop tissue waste, and give yourself a better clean.



**TOTO Washlet G400 Elongated Integrated
Dual-Flush & Bidet in Cotton White**

Approximate Cost \$2,000 – Model#

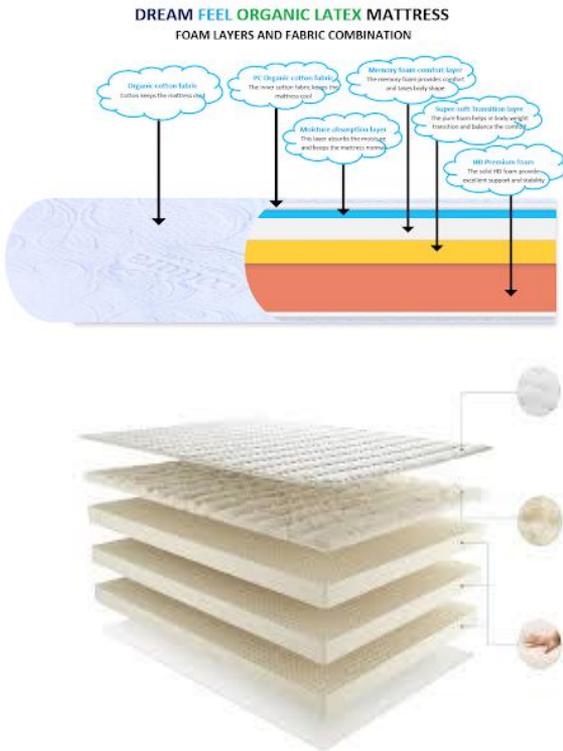
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A woman with blonde hair, wearing a pink sleeveless dress and a matching shawl, stands in a modern bedroom. She is smiling and pointing towards a bed in the background. She holds a large sign in front of her. The sign has a green top section with white text and a white bottom section with black text. The bedroom features a bed with white linens, a nightstand with a lit lamp, and recessed ceiling lights.

**ENERGY
SAVING TIPS
IN YOUR
BEDROOM**

ENERGY SAVING TIPS IN YOUR BEDROOM

1. Purchase an Organic Mattress vs. a traditional mattress (traditional mattresses have fire retardants and other chemicals within the springs).



Here is a great article which explains the differences between mattresses.

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<https://myessentia.com/blogs/mattress-101/latex-vs-memory-foam-mattresses>

Organic options are multiple – natural foam, wool, cotton, rubber, and other fiber options.

2. Purchase organic bedding – **microfiber bedding is actually made from plastic** – do you want to sleep on plastic which clearly does not breathe? Cotton is best!



Organic Bedding: www.EcoCult.com

GO GREEN



**ENERGY
SAVING TIPS**

**IN YOUR
DAILY LIFE**



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ECO-FRIENDLY, HEAL THE PLANET & SAVE MONEY!

YOUR DAILY LIFE

1. Wash Clothes in COLD or WARM Water; this will use less energy than HOT Water.

Believe it or not, almost 90 percent of the energy a washing machine uses goes toward heating water, according to Energy Star. By using the cold water setting on your washing machine, you can eliminate up to 1,600 pounds of carbon dioxide emissions per year. Of course, bed and bath linens should be washed on warm.

2. Front Loading Washing Machines are more Energy Efficient



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3. Don't use bleach or hard chemicals: These release toxins into the air, and pose problems for disposal.
4. Only wash full loads of laundry: Empty loads waste water and energy.
5. Recycle or donate glasses: Throwing these away adds plastic to landfills. Many people likely have your same optical needs. Donating them reduces plastic production and waste.
6. Repair instead of replacing: You don't need to throw something away the minute it stops working. Repairing what you have saves money and slows production.
7. Reuse newspaper for wrapping gifts: It gives the paper a second use and eliminates the need to buy packaging.

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8. Give away old things: Others won't have to buy what you give away.



GREEN VOLUNTEERING AND LIFESTYLE CHOICES

1. Take the stairs: Help reduce the impact elevators have on the environment.



2. Clean up litter in your neighborhood: Help make your area a better place to live.

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Food Drive



RED DAY – Cleaning HOPE



HOUSE of Florida

**Donating Cookie Profits for bunk beds and
bathrooms**



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Girl Scout Troop 11110 working with 4Kids Foster Care – Face Painting & donating GS Cookies at a community event – ‘Love Your Neighbor.

3. Participate in environmental events: If there is a clean-up (beach clean ups, scuba dives) event or a recycling event, volunteer your time.



Beach Clean Up

4. Participate in environmental causes: Inspire those around you to go green—**LIKE EARTH DAY!**
5. Vote for representatives who support environment: Show your local politicians that going green is important to your community.
6. Spend time outdoors: Experiencing nature with family and friends can spark a passion for preserving the planet

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ECO-FRIENDLY, HEAL THE PLANET & SAVE MONEY!



INVEST IN OUR NEXT GENERATION – VOLUNTEER WITH YOUTH

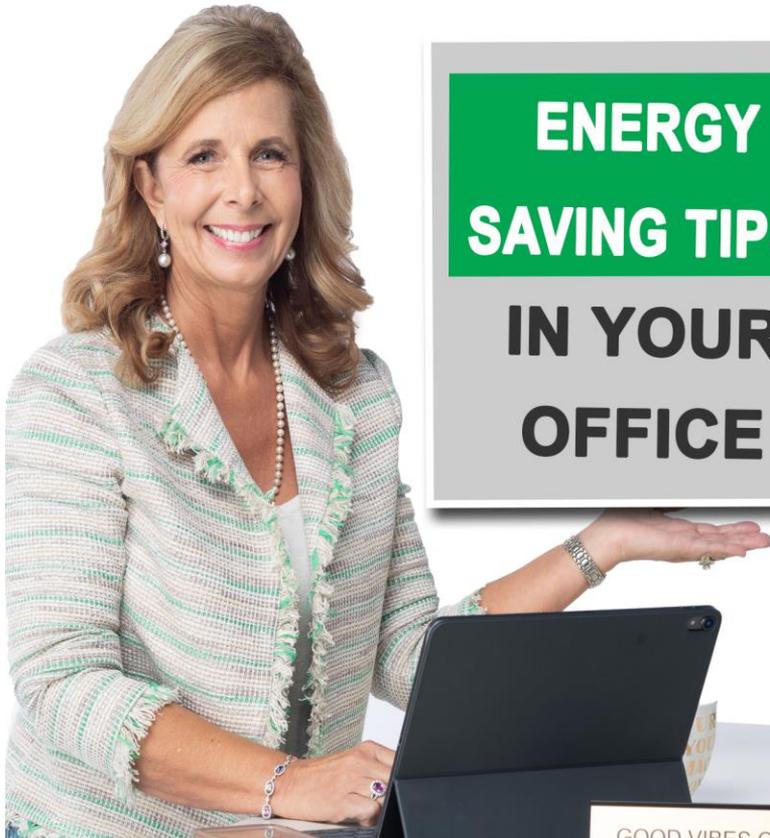
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**ENERGY
SAVING TIPS:
IN YOUR
OFFICE**

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YOUR OFFICE

1. **Use paper efficiently:** Avoid over printing, don't double space and use both sides. This saves trees!
2. **Become as paperless** as you can
3. Turn off your computer monitor when not in use: Your monitor takes about half the energy of your computer. If you're not using it, turn it off.
4. **Choose laptops** over desktops: They use less power.



5. Buy inkjet printers or laser printer: They're cheaper and use less energy. HP has been known to have the best ink jet printers.



6. Donate or recycle old computer: Disposing of electronics properly is important.
9. Use reusable batteries: These save money and eliminate waste.
10. Recycle cellphone: Find e-recyclers near you.

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11. Use cellphone for longer: Skip every other new model. Cell phones last longer than ever, and buying less often reduces waste.

12. Limit screen time: Reducing time at the computer and TV saves energy.

13. Pay your bills online.



**ECO-FRIENDLY
FOOD, GROCERY
AND SHOPPING**



MORE THAN 90 WAYS TO MAKE YOUR EXISTING HOME MORE ECO-FRIENDLY, HEAL THE PLANET & SAVE MONEY!

ECO-FRIENDLY FOOD, GROCERY & SHOPPING

1. Reusable bags: Bring your own bags to the store. Eliminate the need for plastic or paper bags. Plus, these are more durable!
2. Bring produce bags: Rather than using the plastic produce bags, bring your own mesh bags.
3. Buy in-season fruit: Save the earth by reducing shipping.
4. Most cities have a Green Market – find out where yours is!



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5. Purchase a great re-usable water bottle. Don't use disposable cups or plastic bottles! Bring your own water bottle to reduce plastic waste. **And, did you know the bottled water industry has NO government regulation. Aquafina and Dasana is just city water?**
6. Reuse disposable grocery bags: If you have left over paper or plastic bags, use them as many times as possible.
7. Avoid plastic when shopping: Buy unpackaged, fresh vegetables. Avoid items that come in plastic packaging.
8. Use reusable straws: Metal straws work great. Plastic straws are a burden on marine wildlife and the environment. If you live in a city which is near the water – this is very important!
9. Eat local organic food: Local food requires less shipping and less preserving.

10. Eat less meat: Make meals with less meat and balance with more locally grown veggies. Meat production and livestock farming contribute to 18 percent of all human produced greenhouse gas emissions. **Lowering the demand lowers the supply. Try one meatless meal per week.** I love meat – and even one meal a week I can do.

11. Eat less fish: **Eating fish is more responsible for the death of marine wildlife and detonation of their environment than pollution.**

12. Catch and release: Fishing can be a rewarding hobby. Keep the rewards coming by releasing what you catch.

13. **Bring your own mug to coffee shop:** You can control your use of disposable cups. Even when you're on the go, coffee shops do allow you to bring your own mug.



14. **Make your own baby food:** Baby food comes with packaging and shipping. Making your own is simple and can be better for your baby. Many baby food brands contain sugar. **Making baby food is super easy** – get a mini food processor and simply put the food you are eating in the processor and hit the button. You can freeze in appropriate portion sizes—ice cube trays are very handy. I made baby food for my kids – it was much easier than running

15. out of jars of baby food – they just ate the organic food I was eating.

16. Shop at thrift stores: **Clothing production is a major factor in our environmental impact.**

Shopping at thrift stores saves you money while also saving the earth. I purchase 90 percent of my designer clothes on ebay – and only my best friends know.

17. Avoid Styrofoam: Styrofoam is 0 percent recyclable. It goes straight in the landfill and is filled with toxins.

18. Don't buy disposable razors: Reusable razors can be used forever and the shave is better with practice.

19. Use reusable contacts: Disposable contacts are wasteful and more expensive.

20. **Buy eco-friendly products:** Check the packaging on products you buy. Make sure they can be recycled. Do your research to make sure they are eco-friendly.

21. **Choose eco-friendly hygiene:** There are eco friendly options for just about any hygiene product. As summer gets closer and we begin to worry more about the harmful effects of UV light, it's important to check our beauty products for nano-titanium dioxide. According to researchers from the University of Toledo, these sunlight-blocking particles get into the water supply when we wash our beauty products off and can harm the natural environment. That doesn't mean you shouldn't wear sunscreen, though: Find a good natural sunscreen or risk these [20 Ways Sunburn Harms Your Overall Health.](#)

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22. Support businesses and products that care for environment: Supporting good businesses gives them the example they need.

23. Buy locally made products: Less shipping is better for the earth. Avoiding products when possible not made locally or at least nationally.

24. Purchase re-usable cutlery – Bamboo is a great choice. This set below is available from www.HealThePlanet.com/shop-consciously



25. Use reusable lunch box: Brown paper bags do nothing to insulate your food. Plus, they end up in the landfill.



This lunch box is available from Pottery Barn

26.

Buy used furniture: New furniture often tries to emulate past styles anyway. Plus, they use cheaper materials now. Used furniture is typically higher quality and reduces the need for new production.

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27. Avoid excess packaging: Stop buying any product that uses extra unnecessary plastics.

28. Give green gifts: Give gifts free of both packaging waste and disposable items. These could be anything from homemade gifts to thrift store finds—or even a favor. And, have you noticed that both friends and family enjoy ‘experiences.’



**ENVIRON-
MENTALLY-
FRIENDLY
LAWN AND
OUTDOORS**

MORE THAN 90 WAYS TO MAKE YOUR EXISTING HOME MORE ECO-FRIENDLY, HEAL THE PLANET & SAVE MONEY!

Shady landscaping can protect your home from direct sunlight during the summer and allows more sunlight to reach your home through windows during the winter. Planting trees on the southern and western side of your home can keep your home cooler as they will block sunlight from falling directly on your home, and during the winter, when trees lose their leaves, they will allow more sunlight to reach your home.

One of the things people might want to consider is the food they eat and how it is packaged.

1. Even starting a small garden would be helpful in reducing the packaging in our landfills and improving overall health.

Think about your great grandparents – the food was farm to the table.

Even if you are currently eating organic – **where is that organic food coming from – is it local?**

If it's coming from Mexico, Latin America or who knows where, it takes a while to get to you – and many of the vitamins are already gone.

What would your food taste like IF it was fresh?

Think of how many more vitamins you would be ingesting.

2. Plant a simple backyard garden. It's good to remember where our food originates, and it doesn't have to be huge or complicated.

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And, it's probably a safe bet, you probably can't plant everything – and will have more of something than you can eat – so consider starting or joining a food swap



Think about the food our great-great grandparents ate – it was from the farm to the table!

3. **Find or start a Food Swap** in your area
4. **Water plants in early morning or evening:**
Watering at high noon is less efficient because of evaporation.

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5. If you are concerned about the cost of watering or you have a large yard, DON'T BE. **Install an Irrigation Meter and Water Away.** The meter, depending on the size, will pay for itself in 1-2 years.

Application for Irrigation Meter:

<https://www.fortlauderdale.gov/home/showpublicdocument?id=57302>

And, this is my favorite guy to do the work:

Terry at Top Shelf Irrigation 954-818-2041

After consulting my **SUPER SECRET SOURCE** at the **City of Fort Lauderdale**, I can confidently tell you that it is the SAME water source that is INSIDE your home – it is just billed at a different rate because The City does not have to treat the water going out (it is absorbed into the ground).

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6. And, don't forget **collecting rain water** – South Florida does have a rainy season:

Have a Rainwater Cistern to catch the rainwater from your roof gutters (keep your gutters clean from leaves) And place additional buckets out to collect rainwater for plants. Again, this was very common 2 to 3 generations ago, our farmers use them, and if you visit the Caribbean Islands, you will see them at most homes and hotels.

Install a rainwater harvesting system while building your green home to collect rainwater from roofs and then storing it in a tank. The collected water can then be used for other purposes, such as toilets and sprinkler systems. Rain barrels are one of the most common methods of rainwater harvesting being used today.



Here is an article on water systems and water storage.

<https://www.cleanwaterprogram.org/images/uploads/Rain-Barrels-and-Cisterns-Fact-Sheet.pdf>

7. Part of that process is making sure you have **SUPER SOIL**. One way to get SUPER SOIL is to COMPOST and part of composting is using food scraps including your morning coffee grounds.

Below are a few links which should assist you in getting started in composting if you are not already doing so.

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Vitamix Food Recycler

Composting for Beginners:

<https://www.npr.org/2020/04/07/828918397/how-to-compost-at-home>

Compost: Don't throw away food scraps and add them to landfills. Put food waste to good use by composting it. [Create a homemade compost bin for \\$15](#)

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How to use Coffee Grounds in Gardening:

<https://www.thespruce.com/using-coffee-grounds-in-your-garden-2539864>

8. Avoid pesticides in gardens and lawn: These are bad for the earth. There are natural alternatives. Try lady bugs for aphids, Chrysanthemums for mosquitoes

9. If your climate doesn't naturally support grass, don't have grass. You will be fighting nature and feeling frustrated. There are other landscaping types that look great and don't require wasteful habits.

10. Plant native trees: These encourage natural wildlife to return.

11. Plant native plants: Natural wildlife will return, and you eliminate shipping.

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This home is well landscaped. The roof has a good overhang on the East side so the interior will remain cool as well as proper trees to cover windows. It also has impact windows, an irrigation meter, mulch to retain the water and in the backyard it has a veggie garden. This is not only an eco-friendly home; it is a family friendly home.

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CONCLUSION

At **Florida Luxury Homes Group**, we are here to assist you with ALL of your Real Estate needs.

Whatever those may be—big or small – local – nationally – OR anywhere on the Globe.

Just give us a shout out.

Our Team has many resources.

Warmly,

Debbie Wysocki

Award Winning Realtor
#1 Individual in Closed Sales Volume

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ABOUT THE AUTHOR



Debbie Wysocki is a top Real Estate Professional in Fort Lauderdale, most notably known for her strong ties to the community, 20+ years in real estate and another 10 years in financial services, managing a growing real estate portfolio from \$13 million to \$70+ million and being #1 in Units Sold for the past three years and the highest priced Sale in 2017, 2019, & 2021 several

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other awards Industry and Company Awards at the City and Regional Level.

Debbie attributes her success to her steadfast commitment to service. discernment, confidentiality, negotiating, and a good sense of humor. All of which have served her well in assisting clients from all over the world – whether they were a Fortune 500 businessman (or woman), sports personalities, neighbors, business associates, and friends, she thoroughly enjoys assisting them in achieving their real estate goals.

Her specialty is in creating a great Real Estate 'Experience' that is stress free -- whether you are buying, selling, leasing or securing our Property Management Services.

Debbie is committed to providing ongoing education and regularly speaks at real estate industry as well as business conferences, providing cutting-edge information on the state of the real estate market. She is also the author of ten books on the subjects of real

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estate and marketing (see complete list below).

She is also the proud mother of two amazing children and the Leader of one of the top selling Girl Scout Cookie Troops (as well as an outreach troop) in Southeast Florida. Debbie is also involved in Hope South Florida, 4Kids of South Florida, Shuzz, The Secret Santa Project, Strike Force 4-2-1, Lifework Leadership, Heal the Planet, and a Calvary Chapel Fort Lauderdale volunteer.

Designations & Achievements:

- Certified Residential Specialist (CRS)
- Certified International Property Specialist (CIPS)
- GRI Designation (Graduate, Realtor® Institute)
- Certified Luxury Home Marketing Specialist & Million Dollar Guild Member - Institute for Luxury Home Marketing
- RENE (Real Estate Negotiation Expert)

- SRS (Sellers Representative Specialist)
- RSPS (Resort and Second Home Property Specialist)
- PSA (Pricing Strategy Advisor)
- MRP (Military Relocation Professional)
- Certified Real Estate Divorce Specialist
- At Home with Diversity Designation, National Association of Realtors®
- #1 Individual Agent in Closed Volume
- #1 in Units Sold 2016, 2017 & 2018 /Top 20 Realtor® 2016 - 2020
- Highest Priced Sale 2016, 2017, 2019 and 2021
- Agent Leadership Committee Member – Keller Williams Fort Lauderdale
- Strong Community & Business Connections in South Florida (easy to get things done)
- Great Relationships with other Realtors®
- Published Author & Co-Author of 10 Books

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- **How to Sell Your Home for Top Dollar**
- **How to Buy Your Next Home in 5 Easy Steps**
- **How to Make Your Home Stand Out! *How to Win the Price War & Beauty Contest***
- **BE IRRESISTIBLE: *7 Key Recipes to Building a Quality Team***
- **Co-author with Dan Kennedy on *The Ultimate Success Secret*; now in its 2nd printing. An Amazon best-selling co-author with *Juicy Joyful Life*, and co-author with Tony Robbins and Wayne Dyer called *Wake Up and Live the Life You Love*.**
- Expert Speaker on Real Estate Trends and Projections, Branding & Relationship Building
- Former Beverly Hills Financial Analyst (1 Billion under management 80 Clients)
- Top Producer/Recruiter for 20 years in Direct Sales/Marketing

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- Founder/Facilitator Heart Link Network Fort Lauderdale
- Founding Director, Fort Lauderdale Chapter, National Association of Divorce Professionals (NADP)
- Founder/Facilitator Finding Faith & Fortune – Christian Businesswomen’s Networking
- Alumni Lifework Leadership; Member: Strikeforce 421; National Christian Foundation

Debbie’s motto is ***‘How you do anything is how you do everything!’*** and her commitment is to do everything with the highest level of service and excellence.

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Instagram – www.instagram.com/florida.luxuryhomesgroup

Pinterest – www.pinterest.com/debbiewysocki

Personal Instagram –

www.instagram.com/debbie.w.wysocki

Next Door – www.nextdoor.com

Park Bench Next Door –

www.parkbench.com/real-estate/debbie-wysocki



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AFTERWORD

When I chose to build a true business, it was because I wanted to be a mom who had flexibility and could contribute to our family income in a significant way.

This book is dedicated to the people who believed in me and helped make my career in Sales and Real Estate possible. I first started out as a Beverly Hills Financial Analyst (so I love numbers) and then my husband and I ended up in Florida. While I went on to an amazing 20+ year career in Network Marketing, one of the unique things I did was to be one of the first women to create a 'brand' in the direct sales industry along with my mother, Kathy McGurn, who Co-Founded Women with Dreams. She was my biggest fan and she and Dave did a ton of babysitting and I couldn't have built the amazing businesses I did without them.

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What most people didn't know is that simultaneously I was building an equally successful Real Estate Business assisting investors in the Fort Lauderdale Area. Having expanded to a full-service Real Estate practice after my mother passed away and choosing to partner with Keller Williams Realty Professionals in East Fort Lauderdale – I want to give a shout out to Bill Hobbs, Aaron Simons and Nancy Matthews for their professional coaching. Also, Kim Pratt from Supreme Lending, as well as Adriana Andali from Title Alliance who have provided amazing service to my clients – they are all great partners in my Team! Thank you.

My children are Trent who recently graduated cum Laude from University of Florida and scored in the top 1% on the LSAT – plus he is preparing for to teach low-income students AND Amanda who is in her second year at University of Florida after getting straight As last year. She also just received her GOLD Award from Girl Scouts and is now taking over as Assistant Leader of our Girl Scout Troop to work with our remaining high

school girls assisting them in getting their GOLD Awards (like the Boy Scout Eagle Award).

They have both been very involved in helping me grow my business from knocking on doors to stuffing envelopes and scanning business cards (over 10,000 this summer) into my database. They learned sales skills at a young age and, because they were always listening to me, they can carry on a conversation with just about anyone and frequently come in #1 in sales contests for school and scouts. They are friendly and compassionate people who are great kids--and I am so blessed to be their Mom.

My husband, Mark, had to juggle his schedule quite a few times to allow for my travel schedule – and although he didn't quite understand all the 'ins and outs' of network marketing and direct sales, he knows our family enjoyed the financial and tax benefits, as well as all those free trips – and he has been most supportive of me transitioning full-time into Real Estate. So, thank you honey for all your help.

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Being able to continually expand my knowledge so I can assist my sellers in making the most amount of money and finding my buyers the best deals in town is what I do best. Being part of the Keller Williams Luxury International Group gives me access to a larger network of experienced top producing agents who are serious producers. It is a privilege to work with my clients, customers, and colleagues. And I look forward to having the opportunity to be a 'Difference Maker' for you.

Thanks to Elston 'Hector' Santiago who is Director of Maintenance and who is making our home a masterpiece when not working on our clients' homes. A big shout out to Indira Ali for her attention to detail at the many homes we manage – Indira is in charge of our housekeeping and is the best in the business. And, I want to welcome Butch Clemons to our Team as Director of Property Management.

Thanks to Jeannilyn Ubas for working hard to get the graphics done and this book formatted as well as the many other areas she contributes to.

And, last but not least, Kym Yancey, President and Chief Marketing Officer of eWomenNetwork. Kym has rebranded me – thank you! What a difference you are making in my branding.



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