

#### 46. TIPS & TRICKS: RESPECT NATURE – Page 132

Nature can give and take. It can cause harm but also heal.

You may be in a survival situation because of nature, for example: heavy weather or an earthquake. How difficult the situation may be, please remember that nature can provide you good things that you need. Many plants, herbs, flowers and trees have beneficial elements that can help with nutrition, food, medicines and other things such as: water purification, making fire and shelter. When using things from nature you don't need everything. Take only what is necessary and don't destroy a plant or tree that you don't use. Try to recycle as much as possible. Product packages can be reused for other purposes. Please do not throw away waste in the environment. If there's no other option, put the waste in plastic bags and cover it with stones or bury it in the ground.

By taking care of the environment,  
we start creating a better world for us all.