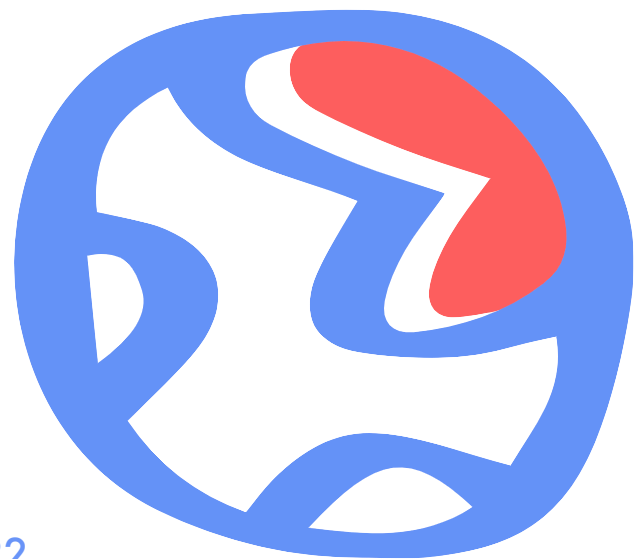




# Annual Earth Commitment Report

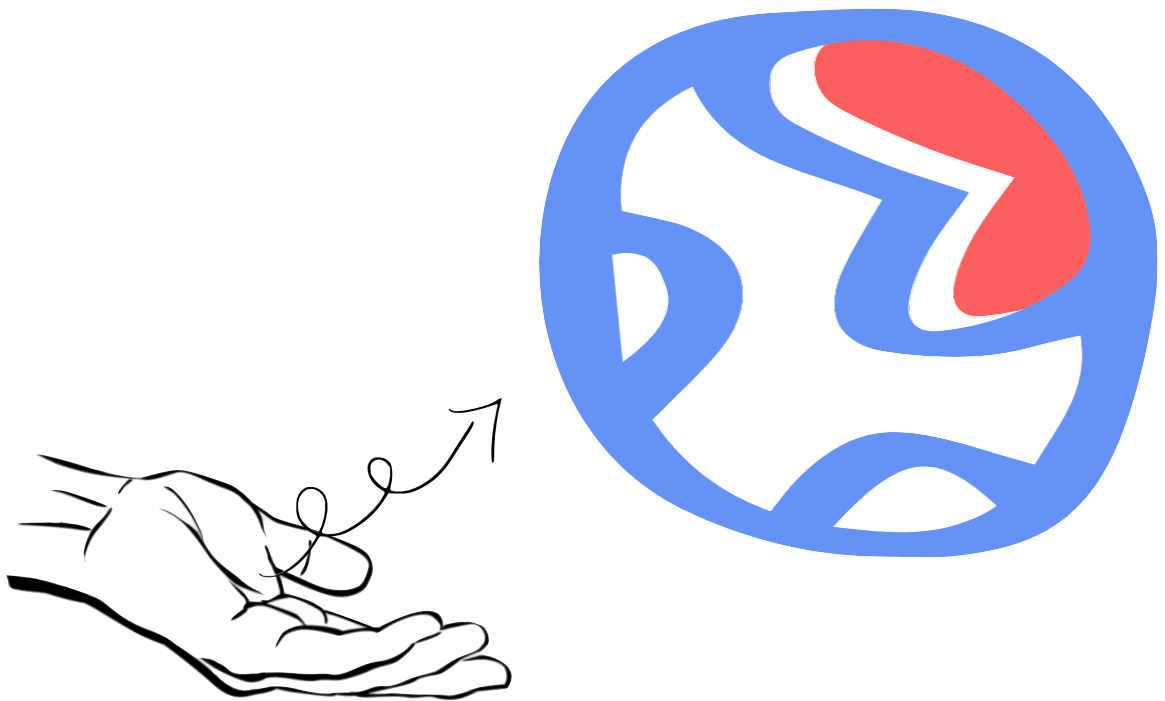


Calendar Year 2022  
January 1, 2022 - December 31, 2022

# Introduction

Turtle Tree Clinic PLLC (DBA Turtle Tree Acupuncture) is a family-owned and operated Acupuncture and East Asian Medicine company based in Louisville, KY. We are in business to create well-being and save our home planet. In doing so, we have adopted two commitments to the Earth (which you will find listed and described within) that govern our operations at the most fundamental level. This report shares the work we've done during the 2022 calendar year to implement those specific commitments.





# Give 1% Back to the Earth

We will donate 1% of our total sales each year to organizations working to heal the Earth and find solutions to urgent threats such as climate change.

## **1% for the Planet®**

While we have set aside 1% of our total sales for planet Earth since the day we opened, Turtle Tree Acupuncture officially joined the global non-profit 1% for the Planet® in June of 2022. 1% for the Planet is an environmental business alliance created by Yvon Chouinard (Patagonia) and Craig Matthews (Blue Ribbon Flies) in 2002 to encourage businesses to protect the natural environment and donate 1% of their total sales to organizations making significant, positive environmental impact.

**\$1261**

Total dollars given to environmental organizations in 2022.

**172**

The number of trees planted by One Tree Planted using our donations. We send one dollar to this organization for every new patient who comes in to see us.

**\$339**

Dollars given to local Louisville environmental organizations Louisville Grows, Bernheim Arboretum and Research Forest, and Kentucky Waterways Alliance.

**104+**

Total hours our two-member team contributed exclusively toward environmental activism projects.



# Cause No Unnecessary Harm

We will provide Acupuncture and East Asian Medicine services and conduct all business operations in a manner that causes no unnecessary harm to the Earth and its inhabitants.

## 2980 (4)

Gallons of water (trees) conserved through our toilet paper sourcing. Conventional toilet paper production wastes water and involves cutting down trees. At a time when water is becoming frighteningly scarce and deforestation is rampant, we don't want to participate in any of that. So we supply our office with toilet paper from [Who Gives A Crap](#), a company making only 100% recycled or bamboo TP. It's tree-free!

## 220

Gallons of material diverted from landfills by composting. At Turtle Tree, all compostable materials including cotton balls, food-waste, tea bags, and hand towels are composted for us by [Louisville Compost Coop](#).

## 13

Plastic bottles kept out of circulation through our detergent sourcing. Conventional laundry and dish-washing involve harsh chemicals that are not biodegradable and harm our waterways and wildlife. To make sure our washing needs don't add to pollution, we purchase our detergent from [Earth Breeze](#), a company making biodegradable, plastic-free, compostable products that are safe for people and planet. Earth Breeze donates detergent to those in need and recycles existing plastic.

## 3.42

Liters of acu-trash diverted from landfills every month. We choose acupuncture needles with the lowest impact on the market, from [Acufast](#). The needles are smaller (less metal), sterilized with non-toxic methods, packaged in minimal and recyclable pouches and compostable boxes.

## 26

Tons of carbon dioxide produced in 2022. This is 70.1% better than other health businesses our size (average carbon footprint 87 tons of CO<sub>2</sub> per year). The largest contributor to our carbon footprint (88%) was facilities - the energy used to power our clinic (electricity and natural gas). However, this is still 29% better than other health clinics our size. The second largest contributor was transportation (33%).

## Areas to Improve

- Further reduce ordering and shipping to the lowest possible frequency.
- Decrease our use of utilities such as electric and natural gas and work with our landlord to move toward renewable energy.
- Use public transportation or walk to work to reduce transportation carbon costs.
- Prioritize suppliers with legitimate climate initiatives and reduced impacts compared to other companies.



## In Closing

We can't heal ourselves without healing our home planet. Since we opened in Louisville in 2021, Turtle Tree has set aside 1% of our total sales to give back to the Earth and donated that money to projects and non-profits on the front lines of the climate crisis. We choose to do better because our medicine demands it, our children require it, and our health thrives on it.



**2921**

# of people who have accessed our [Planet Protector's Guide](#), a pdf resource for products, services, and practices that promote a greener life and reduce greenhouse gasses, waste, and environmental toxicity.

**\$1261**

Total dollars given to environmental organizations in 2022.

**20**

Copies of the groundbreaking publication [The Carbon Almanac](#) purchased by Turtle Tree and available at the Treehouse for people to read for free.

**14**

Non-profit organizations vetted and listed on our [Activism page](#) for people who want to give support to stellar groups doing hard, important work addressing the climate crisis, pollution, community, and resilience.

**5+**

Local farms growing organic (or organic-equivalent) foods in a regenerative way that we support and promote. We urge our community members to join Louisville's [local food movement](#) and [these farmers](#) in growing food the way it should be grown.

**0**

Flights taken. Our "Turtles Don't Fly" Co-op is a group of people who have chosen not to fly because of the carbon-intensity of airline travel. The TDF Co-op votes to decide where to send our 1% Earth Tax.