



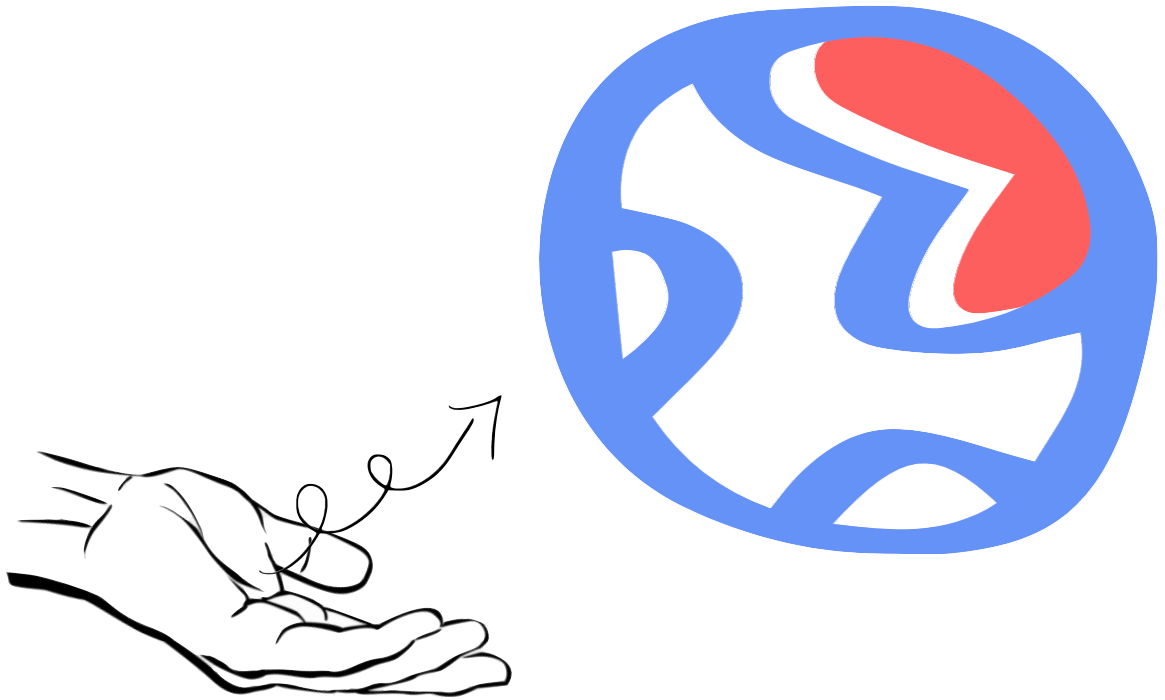
Annual Earth Commitment Report



Calendar Year 2023
January 1, 2023 - December 31, 2023

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 help 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 2023 calendar year to implement those specific commitments and compares progress from 2022, ending with a running tally from all years in business.



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.

Years we have been donating: 2021, 2022, 2023

1% Earth Tax

We have committed to an Earth Tax and choose to follow the example set by the organization 1% for the Planet®, founded by Yvon Chouinard (Patagonia) and Craig Matthews (Blue Ribbon Flies). We tabulate this “tax” from from all sales made at Turtle Tree and contribute 1% regardless of whether profit is made or not.

\$1543

Total dollars given to environmental organizations in 2023 both international and local. Increased from a donation of \$1261 in 2022.

\$1356

Dollars given exclusively to local Louisville environmental organizations Louisville Grows and the Kentucky Resources Council.

359

The number of trees planted by One Tree Planted as of Dec. 31, 2023. We send one dollar to this organization for every new patient who comes in to see us.

109+

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

11

Pages added to our Planet Protector’s Guide, Version 2, in 2023.



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.

3552

Gallons of water conserved through our toilet paper sourcing. Conventional toilet paper production wastes water and involves cutting down trees. At a time when clean 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!

250

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

20

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.

3.95

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. Improved from the 3.42L in 2022.

48

Tons of carbon dioxide produced in 2023. Even though it is an increase from 2022 mostly due to hiring employees and their added commute, this is **88.1% better than other health businesses our size whose average output is 405 tons**. The largest contributor to our carbon footprint was facilities - the energy used to power our clinic (electricity and natural gas). However, this is still 85% better than other health clinics our size. The second largest contributor was transportation (15%).

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.
- 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.

4000+

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. The latest version was published in the autumn of 2023.

\$1543

Total dollars given to environmental organizations in 2023. An increase from \$1261 in 2022. This year, 88% went to local organizations doing vital work in our communities and state.

16

Non-profit organizations now 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, public health, justice, and resilience.

6

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

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 support [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.

Since We Opened:

\$2804

Dollars donated since we opened to local and international environmental organizations that fight climate change, improve environmental activism and donation, improve climate resilience, and advocate for better policy.

6532

Gallons of water saved by sourcing recycled toilet paper from Who Gives A Crap.

470

Gallons of compostable material saved from landfills by us composting all applicable materials with Louisville Compost Co-op.

359

Trees planted from donations we made to One Tree Planted.

213

Hours contributed to environmental activism projects.

33

Plastic bottles saved from circulation because we by plastic-free detergents for both our laundering and dish-washing needs.

7.37

Liters of acu-trash (trash from acupuncture needles packaging) saved from circulation because we source better needles from Acufast, a company working to reduce trash in our field.