



Holistic Health Greenhouse Gas reporting 2019

Headline figures

Total CO₂e produced in 2019
447kgCO₂e

Total CO₂e off-set in 2019
1000kgCO₂e

Accounting period 1st January 2019 - 31st December 2019

At Holistic Health we take our carbon impact very seriously. Chinese medicine came from an earth-based philosophy and we believe it is our moral imperative to make sure the world we pass on to our children is better than the one we received from our parents. That is why we choose to be carbon positive.

Our Process

2019 was the first year we undertook a greenhouse gas review. It was an illuminating process. We used the DEFRA 2013 guidance to measure our emissions. Reporting on our scope 1, 2 and 3 emissions. We used BEIS's conversion factors to discover how much carbon equivalents we are responsible for, these are considered estimates as averages are used.

Organisational boundary

We decided to measure all of the emissions possible related to the business operations, including all of the products and as much of their full lifecycle as we were able to this year, even if we did not have financial or operational control of these. We felt this was important as we are a service company, and a lot of our emissions will be in the products we use. We also felt it our duty to fully account for what went through our business.

Omissions

We did not account for energy where it was already delivered by a 'green' provider, nor deliveries from DPD as they are carbon neutral. We did not account for the cardboard used in deliveries. We have not accounted for energy used by people using my products, for instance boiling the kettle to make herbal decoctions.

Data assurance

For now, as a tiny operation, we are self-reporting. We hope one day to be able to have this reviewed externally.

Some of the measurements are estimates, though every attempt was made to make them as accurate as possible, where it was not possible to be 100% accurate, we overestimated our figures. For instance, there is not currently a conversion factor for the production of acupuncture needles, the nearest was for steel cans.

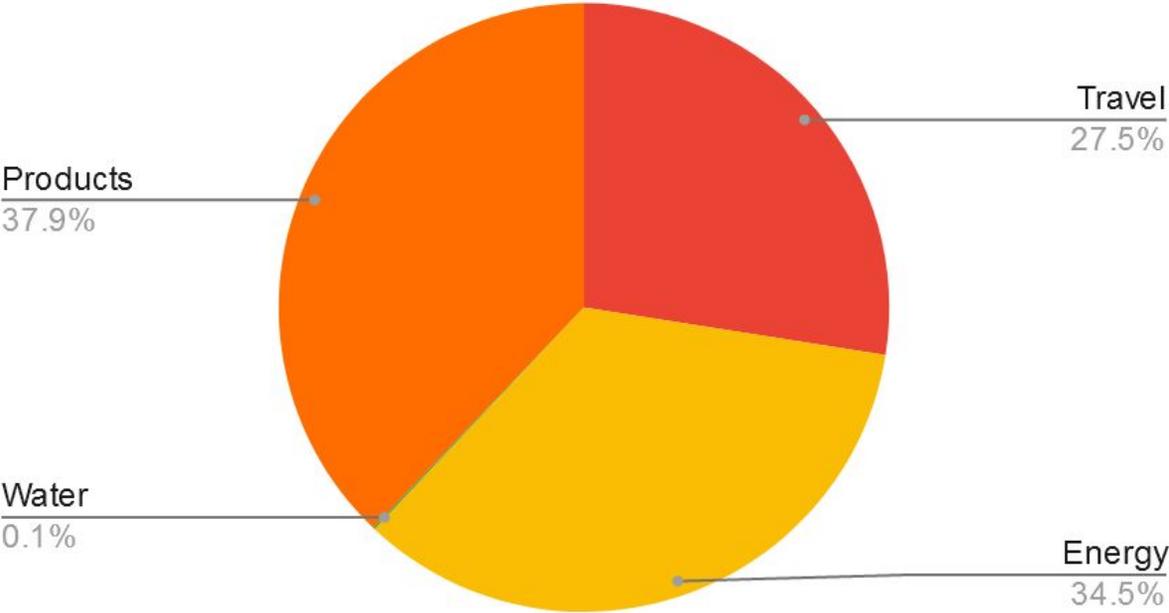
Intensity measurements

This year we have not used a normative factor. For such a small report and we have kept kilograms, kilometres, kilowatt hours and litres.

Figures

Scope 1		kgCO2e
Travel (km)		104.81
Scope 2		
Energy (kWh)		154.29
Scope 3		
Needles (kg)		23.22
Herbal products (kg)		76.33
Clinical tools (kg)		65.89
Business travel (km)		18.11
Water (L)		0.46
Stationary (kg)		3.86

kgCO2e



Base Year

This being our first report, it will be considered our base year to compare our improvements against.

Off-sets

This year we off-set a tonne of carbon through GoldStandard.org. Our contribution went to planting a [biodiverse forest in Panama](#).

Targets

Medical practice can be a tricky industry to decarbonise. Hygiene standards must be followed, needles are single use and must be incinerated, it will therefore be impossible to decarbonise these aspects of the business. We will reduce where we can, but they may go up as operations expand. Thus, they will always have to be off-set.

Therefore, the targets will be energy and travel (62% of emissions)

- I am pushing all of the centres I work at to transition to a green energy supplier. Three do, two don't.
- Where possible, I will use electric cars when I go to the more distant clinics.

Additional aspirations

- I will use what power I have to encourage my suppliers to decarbonise
- I will use what voice I have to encourage my peers to decarbonise

We will proudly remain carbon positive whilst serving more of our community.

Holistic Health

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