

# The consequences of fast fashion to our health

Nowadays it is a reality that many people prefer to buy cheap, fast fashion clothes because it is less expensive than high quality clothes. Nevertheless, there are harmful results coming from the use of fast fashion clothing that creates health problems to the marine life as well as people.



- Fast fashion is usually of low quality and the material used for their creation is detrimental to all the sea creatures. For instance, the fabric is polyester instead of cotton or silk, therefore when the clothes are washed all the sentiments end up in the sea and all the chemicals threaten the sea life. All creatures and green life are poisoned, that is the reason why they harm people's health when they are consumed. All chemicals destroy people's health resulting in cancer, neurological and endocrine conditions, rashes and skin illnesses.
- The use of organic fabrics is good both for the environment and also for our health. So, for your next round of shopping, ask yourself: is that low price tag worth it?



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