



Across

- 1 Way to avoid the costs of excess consumerism
- 4 Shocked breaths
- 7 Restrain
- 8 Bladderwrack, for example
- 9 Salon concern
- 10 Signal in the body to prepare for food and water scarcity, 2 words
- 13 Tint of color
- 14 Possessive pronoun
- 16 Sea plant
- 17 Temperature controls, briefly
- 19 Snack
- 21 That's it!
- 22 Depart
- 25 Method of sharing equipment needed for occasional repairs and odd jobs, 2 words
- 29 Satisfied
- 30 Extremely small
- 31 Equipment used to dry foods as a preserving technique with low risk of bacteria and spoilage

Down

- 1 Like goods in thrift stores
- 2 The A in NAD (coenzyme involved in many metabolic processes essential to life)
- 3 Pen's fluid
- 4 Take a quick look
- 5 Treatment that replaces damaged and dying cells, 2 words
- 6 Depressed
- 8 "The gasoline on the fire of aging" per the naturopathic doctor Kara Fitzgerald
- 11 Snap-_____ flower
- 12 Indian dish made with stewed legumes
- 15 It's used to reduce swellings
- 18 Heat related prefix
- 20 Stock
- 23 Type of bread
- 24 Rainbow shapes
- 25 Golf equipment
- 26 Was in front
- 27 Breathable gas mixture
- 28 Time period, for short
- 29 Doctor's title letters

