**The Negative Effects of Recycling Paper**

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Recycling paper [saves](http://www.livestrong.com/article/159591-the-negative-effects-of-recycling-paper/) energy, reduces pollution, preserves trees and conserves landfill space, but it is a messy process that uses caustic chemicals and produces harmful byproducts and emissions. The industry is making strides in the development of more earth-friendly techniques, but the best way to reduce paper-related pollution and energy use is to cut back on paper consumption, which will decrease the demand for new or recycled paper.

**Energy Use**

Although recycling paper saves 28 to 70 percent--depending on the facility--of the energy used for making virgin paper, this savings is controversial because of the type of energy used in these two processes. Paper recycling uses fossil fuels while the production process for virgin paper fiber employs waste products from timber to supply a high percentage of its energy requirements. Moreover, recycled paper is less energy-friendly than plastic. The paper bag recycling process uses 98 percent more energy than that for recycled plastic bags.