Part 4 Naturally

Cleaning Products

It was in the early 1900's that our government began the "Cleanliness is close to Godliness" campaign and today we haven't forgotten it. It shows in all aspects of our lives and particularly in our homes. There are numerous kinds of cleaning products sporting different smells and promising the best results. But have you ever thought about what is actually in these products and how they may affect your health or that of your child?

It may surprise you to know that many of the main ingredients of household cleaners are deadly. Chlorine which is found in many cleaning products, swimming pools and our water is actually a carcinogen. Sodium laurel sulfate, a cleaning agent and is also used in many personal hygiene products, lowers brain acuity and is linked to blindness. Very commonly used in household cleaning items are diethanolsamine a liver poison and naphthalene a central nervous system depressant. Among the never ending list are formaldehyde and ammonia whose fumes kill brain cells.

The worst thing is that it isn't just while we use these things that they harm us, it is their build up that continues the negative process. In fact chemical levels of the air inside your house are 70 times higher than the air outside. And because of this housewives have a 55% higher chance of having breast cancer than women who work outside the home. Can you imagine what these chemicals do to children when their respiration rate is 3 times that of an adult?

Look at the bigger picture. Whatever you put into the water today, you may be drinking tomorrow. Unfortunately many of the chemicals that we put down our drains, the sanitation companies are not yet equipped to deal with. And if we as humans are 60 to 70% water, think about what else you are getting as you drink away. Be good to your earth and be good to you!

For the Future!

Furniture Polish

3 cups Olive oil
or Linseed oil
1 cup Vinegar
Mix together. Use a clean, soft cloth to apply. For a fresh smell try adding a citrus essential oil!

Eucalyptus oil can help to remove and sticky substances, for spot cleaning.

Toilet Bowl Cleaner

Baking soda
Vinegar
Sprinkle baking soda into the toilet bowl, then add vinegar and scrub with you toilet brush.

Add Lavender essential oil for a

freshening smell!

All Purpose Cleaner

(makes 32 ounces)
1 cup clear apple cider vinegar (Or other vinegar)
1 tablespoon of Castile soap
10-20 drops of your favorite essential oil (scent)
Fill with water
Spray and wipe clean!
For essential oils, try Lavender a natural

antibacterial, Lemon, Eucalyptus or Grapefruit!

Tea Tree oil is another antibacterial that can be used for cleaning as well as personal care!
Look for other natural cleaners in your local health food store or even at Target!