

Safe Cleaning Alternatives

Instead of toxic chemical products, you can choose safer earth-friendly options at your health food store. Natural cleaning products can also be made easily with ingredients from the kitchen.

Dirty work	Natural cleaning solutions
All-purpose cleaner	Equal parts of white vinegar and water.
Kitchen and bath cleaner	Baking soda, washing soda. Freshen with a few drops of antiseptic lemon, lavender or pine essential oil.
Laundry detergent	Use 1/3 cup (80 ml) washing soda plus 1 1/2 cups (375 ml) natural soap flakes. Add 1/2 cup (125 ml) borax for whitening and water softening. You can reduce the amount of cleaner needed by magnetizing your water using magnetic laundry disks or balls; these rip apart water molecule bonds to create "activated" or "structured" water and make it easier to remove dirt.
Fabric softener	Add 1/4 cup (60 ml) of baking soda to the wash cycle or 1/4 cup (60 ml) of vinegar to the rinse cycle.
Dryer sheets	To eliminate static cling, toss a small wet towel into the dryer a few minutes before the end of the cycle.
Pot scrubber	Scour with horsetail cleaner or baking soda.
Oven cleaner	Sprinkle oven with water, then cover with baking soda. Leave overnight and wipe clean in the morning.
Carpet cleaner	Sprinkle cornstarch on dry carpet. Leave on for five minutes, then vacuum.