





## DIY Recipes For a Healthier Home

All Purpose Cleaner	Furniture Polish	Laundry Detergent	Drain Opener
<p>Use on hard surfaces like countertops, kitchen floors, windows, and mirrors.</p> <ul style="list-style-type: none"><li>• 2 cups white vinegar</li><li>• 2 cups water</li><li>• 20-30 drops of essential oil (optional)</li></ul> <p>Tip: Warm in the microwave using a glass container until barely hot to boost cleaning power for tougher jobs.</p>	<ul style="list-style-type: none"><li>• 1/4 cup olive oil</li><li>• 1/4 cup white vinegar</li><li>• 20-30 drops essential oil or lemon juice (optional)</li></ul> <p>Shake well before using. Dip a clean, dry cloth into the polish and rub wood in the direction of the grain. Use soft brush to work the polish into corners or tight spaces.</p> <p>Tip: To remove scratches, rub with one part olive oil and one part lemon juice and wipe with a soft cloth.</p>	<ul style="list-style-type: none"><li>• 3 cups washing soda</li><li>• 2.5 ounces of soap flakes</li></ul> <p>Soap flakes can be created by grating favorite soap against cheese grater. Blend ingredients together in a food processor and store in a glass container.</p> <p>For every load, use 2 tablespoons (3 tbsp. for heavily soiled loads). Suitable for HE and non-HE machines.</p>	<ul style="list-style-type: none"><li>• 1/2 cup baking soda</li><li>• 1/2 cup vinegar</li></ul> <p>Pour baking soda down the drain then follow with the vinegar. Cover and let sit for at least 30 minutes. Flush with boiling water</p> 
Creamy Soft Scrub	Disinfectant	Window Cleaner	Oven Cleaner
<p>Use on hard surfaces like countertops, kitchen floors, windows, and mirrors.</p> <ul style="list-style-type: none"><li>• 2 cups baking soda</li><li>• 1/2 cup liquid castile soap, 4 tsp. vegetable glycerin (acts as a preservative)</li><li>• 5 drops of essential oil (lavender, tea tree, or rosemary; acts as an anti-bacterial agent) (optional)</li></ul>	<ul style="list-style-type: none"><li>• bottle of hydrogen peroxide</li></ul> <p>Spray solution onto desired surface. Wipe clean.</p> <p>Hydrogen peroxide must remain in dark area. Only use on non-porous surfaces. Keep away from clothes as it can lighten them.</p>	<ul style="list-style-type: none"><li>• 1/4 cup rubbing alcohol</li><li>• 1/4 cup white vinegar</li><li>• 2 cups warm water</li></ul> <p>Put in spray bottle and use.</p> 	<ul style="list-style-type: none"><li>• 3/4 cup baking soda</li><li>• 1/4 cup warm water</li></ul> <p>Adjust the ratio as needed until you have a spreadable paste. Spread over interior surfaces of oven. Let it sit overnight. Take a damp dishcloth and wipe after 12 hours.</p> <p>Avoid getting paste on light and heating elements, wiring, and any openings in the oven.</p>

### Shopping List

Baking soda	Lemon juice or essential oils
Hydrogen peroxide	Bar soap or liquid castille soap
White vinegar	Spray bottles
Rubbing alcohol	Glass containers



## Safer Solutions for Removing Stains

### What you need to know about household cleaners

Fumes from some cleaning products may induce asthma in otherwise healthy individuals. **NEVER mix ANY cleaning products together!**

Seek products that are fragrance-free. The ingredient "Fragrance" can contain any combination of over 3,000 different chemicals.

Look for disinfectants that contain hydrogen peroxide, rather than bleach. If you use bleach, make certain that you use a diluted portion and never mix with other chemicals. The diluted mixture is one tbsp. of chlorine bleach to one gallon of water. In order to disinfect, the mixture must remain on the surface for at least two minutes before wiping.

**Never mix bleach & vinegar together!**  
**Never mix bleach & ammonia together!**



### Purpose

### Safer Solution

Grease remover	Mix equal parts of castile soap, baking soda, and hydrogen peroxide together. Scrub stain with toothbrush then wash.
Mildew remover	Scrub with equal parts vinegar and salt then rinse with water.
Wine stain remover	Blot stain then apply salt generously and let sit for 5 minutes before rinsing clothing or vacuuming carpet.
Stain remover	Dab stain with club soda, lemon juice, or salt.
Perspiration spot remover	Make paste of baking soda and water. Scrub into stain and let sit for 30 minutes before washing in cold water.
Pet odor remover	Cider vinegar

### Top 12 Cleaning Ingredients to Avoid

Ammonia

Ammonium Quaternary Compound (Quats)-Benzyl Chloride

Bleach

Chlorine

Ethanolamines (Mono, DEA, TEA)

Formaldehyde (also look for quaternary-15 or quaternium-15)

Fragrance

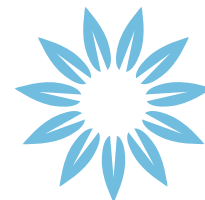
Glycol Ethers (including 2-butoxyethanol, butyl cellosolve)

Nonylphenol (NPEs) and Alkylphenol ethoxylates (APEs)

Phthalates (often hidden in fragrance)

Sodium Hydroxide

Triclosan and Triclocarban



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