

NATUREMOMS.COM PRESENTS

## A Green Cleaning Guide



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## WHAT ARE YOUR OPTIONS?

### Helping you clean without Toxic Chemicals



*Green cleaning is using cleaning products that don't endanger you, children, or the environment. It also involves choosing alternative products and taking steps to reduce risk while maintaining a satisfactory level of cleanliness.*

#### GREEN CLEANING ITEMS INCLUDE:

- Baking Soda
- White Vinegar
- Pure Castile Soap
- Recycled Cotton Rags
- Lemons
- Vegetable Oil
- Essential Oils



#### CHEMICALS IN YOUR HOME

Many people use cleaning products throughout their homes without a thought or concern. They figure that if the product is widely available that it **MUST** be relatively safe for use. But these products contain all kinds of chemicals that can potentially be toxic, corrosive, flammable, or reactive. They can also cause serious health issues and environmental damage. Here are some examples of common chemicals found in conventional cleaning supplies:

- Formaldehyde
- Sodium Hypochlorite
- Hydrochloric Acid
- Petroleum Solvents
- Sodium Acid Sulfate

Some of the problems associated with these chemicals are skin irritations, nausea, headaches, nose bleeds, shortness of breath, burns, vomiting, kidney and liver damage, and exposure to carcinogens.

Do you want to clean your home with chemicals that have the potential for that kind of damage? Certainly not... do not take that chance.

## TUBS AND SINKS

Rub baking soda on a sponge or rag and rinse with water. For tougher jobs spray with vinegar first and then use baking soda to scour afterwards.

Tip: Mix several cups of baking soda with pure peppermint essential oil to create scented soda cleanser. It smells heavenly and can also be used to deodorize as well.

## FURNITURE POLISH

Mix together:

- 1 cup olive oil
- ½ cup lemon juice

Mix together in a spray bottle and shake before each application. Apply a small portion to a cloth rag and spread evenly over furniture. Use a clean rag to polish the surface dry.

Tip: Ground lemon rinds in the garbage disposal to eliminate odors.

## WINDOWS AND MIRRORS

Put ¼ cup of white vinegar in a spray bottle and fill to the top with water. Spray surfaces and rub with a lint free rag.

For outdoor windows use a sponge to wash with warm water and a few drops of liquid castile soap. We recommend Dr. Bronner's castile soap peppermint. Rinse well with water and use a squeegee to dry.

## ALTERNATIVE CLEANERS WE LOVE!

- [Dr. Bronner's castile soap in peppermint](#) or [lavender scent](#).
- [Dr. Bronner's Sal Suds Liquid Cleanser](#)
- [Earth Friendly Cream Cleanser](#)
- [Seventh Generation Natural Dishwasher Gel](#)
- Charlie's Laundry Soap
- Mrs. Meyer's All Purpose Cleaner

The cleaners mentioned above are viable options if you are not interested in making your own cleaning products. But as always... don't take anything at face value... do your research and make sure everything you buy is safe!



For more Information:

[www.naturemoms.com](http://www.naturemoms.com)

### USES FOR NATURAL CLEANERS

**Baking Soda** can be used to scrub surfaces in a way similar to commercial abrasive cleansers like Comet or Ajax. Baking soda is also a great deodorizer.

**Vinegar** naturally cleans like an all purpose cleaner. Add one part water to one part vinegar and you have a solution that can clean most areas of your home. Vinegar disinfects and deodorizes. It is safe to use on most surfaces but in some cases (like with tile grout) it needs to be highly diluted. The strong smell of vinegar goes awhile after it dries. Both vinegar and baking soda have the added bonus of being incredibly cheap.

**Lemon juice** is another all natural cleaner. It dissolves soap scum and hard water deposits. It also cleans and shines brass and copper. If mixed with vinegar and baking soda it can be made into cleaning pastes. If mixed with vegetable oil it makes furniture polish. Lemon juice is also a natural bleaching agent. If you have stained white you can out lemon juice on them and allow them to dry in the sun.



### † NATURAL DISHWASHER RECIPE

½ cup liquid castile soap (ONLY castile soap!)

½ cup water

1 teaspoon lemon juice

3 drops of tea tree essential oil

½ cup white vinegar

Combine water and castile soap, stir together. Add lemon juice, tea tree oil, and vinegar. Stir together and pour in a squirt bottle. Use 2 tablespoons per dishwasher load.

### MORE RESOURCES:

[The Green Guide](#) - Informing today's shopping choices and shaping tomorrow's world.

[Debra Lynn Dadd](#) - The Queen of Green cleaning.

[Naturemoms](#) - A natural family living resource.

### † NATURAL CARPET CLEANER

6 quarts hot water

4 teaspoons castile soap

2 cups vinegar

25 drops tea tree essential oil

30 drops Grapeseed Extract (GSE)

Mix and add to your carpet cleaner. Viola!

Thank for Reading our  
Green Cleaning Guide.

Happy Cleaning!