



International Institute for Bau-Biologie™ & Ecology
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Healthy Cleaning Products for the Home

The cleaner your home is, the unhealthier it may be, because of toxic cleaning products made from petroleum based chemicals. Many of these commercial cleaning products contain dangerous chemicals that are not listed on the label. A manufacturer can omit any ingredient that is considered a secret formula from its label, and many of these secret ingredients are toxic and carcinogenic. Beware that many cleaning products are now saying they are “Green” or “Eco Friendly” and are now on the Green bandwagon, this is called Green Wash, read label and research all product claims. You can reduce your chemical exposure by eliminating chemicals in the home and using only natural cleaning products that are plant based. There are many safe cleaning products like Ecover, Mrs. Meyers, Seventh Generation, Sun & Earth, and Orange Plus. Even though they are more expensive, they are more concentrated and worth it because they are safe. Another alternative is to make your own natural cleaning products. Using homemade natural cleaning products makes “cents” because it is cheaper, healthier and non toxic, and it is fun.

To clean with natural products all you need is:

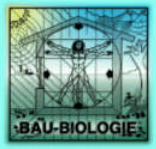
- Baking soda
- Vinegar
- Borax
- Hydrogen peroxide
- Liquid castile soap
- Organic essential oils (optional)
- Mixing bowls
- Spray bottles
- Micro fiber cloths
- Vodka (optional)

Baking Soda is great to scrub the bath and kitchen, put it in a glass grated cheese container with a stainless steel top that has holes in it and just sprinkle the baking soda on the surfaces and scrub. You may add a few drops of your favorite essential oil to this, lavender and tea tree oil have anti bacterial qualities. Baking soda and apple cider vinegar is a bubbly combination that has many uses. As a drain cleaner, sprinkle baking soda down the drain then add apple cider vinegar and let it bubble for 15 minutes then rinse with hot water, this is a safer alternative than dangerous drain cleaners. Baking soda and apple cider make a wonderful spa like bath for soaking away aches and pains and detoxifying, it also cleans the tub and the drain. Baking soda can also be used as a fabric softener in the laundry. To polish silver, instead of using toxic silver polish, fill the kitchen sink with hot water, add a sheet of aluminum foil and baking soda and let the silver pieces soak until clean. It is an easy and fun way to clean silver.

Vinegar can clean almost anything in the house; you can add liquid castile soap, essential oil (optional), and filtered water, then clean floors, windows, bath, kitchen, etc. Vinegar can also be used as a fabric softener, never use dryer sheets because they are toxic. In the laundry, use vinegar in the wash cycle to prevent fabrics from fading.

Commercial window cleaners contain butyl cellosolve a toxic ingredient that is not listed on the labels, so vinegar and water is much safer, use a micro fabric cloths not newspaper.

Borax is a good laundry booster and cleaner to remove mold and is safe and non toxic.



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Hydrogen peroxide is a disinfectant and is safer to use than chlorine bleach for disinfecting and whitening, also lemon juice is a whitener.

Liquid Castile Soaps can be found in health food stores and is safer than liquid cleaning products.

Organic essential oils may be used in homemade cleaning products depending on your personal preference and tolerance to these scents, never use synthetic fragrances or air cleaners.

Commercial fabric refreshers are toxic; therefore, use Vodka in a spray bottle to freshen up chairs and upholstery. The Vodka is cheaper, non-toxic and the alcohol evaporates, and is not harmful. Although, the alcohol in hand sanitizers is harmful and should not be used on children because the alcohol is absorbed into the body via the skin, therefore use only hand sanitizer that are plant based from the health food store or just good old soap and water.

Making your own natural cleaning products is rewarding and fun and you can use the natural scents that you prefer while ensuring that your home is safe from toxic and dangerous chemicals that are harmful to you and your family's health.

Presented by Jeanne McLaughlin

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