

# Green Cleaning 🌿 Non-Toxic Home

## It shouldn't hurt to be clean!

🌿 Do this for children and better water quality and improved indoor air quality

🌿 We need to reduce, really reduce, our use of fossil-fuels. Mostly it's about burning and oil/gas production, but it's also the by-products of gasoline production used to create the 80,000+ synthetic chemicals that inundate our entire economy and products.

🌿 Water quality - make sure the water you pass on is not poisoned by what you do with it as it moves through your home, on to a waste-water facility that sends it back to the earth, and into our groundwater.

🌿 There is mounting evidence that the explosion of developmental disabilities, autism, allergies, hormonal disruption, cerebral palsy, asthma, ADD/ADHD, cancer, etc...is related to the changes man has made to the environment in the last 100 years.

🌿 We face a climate crisis after being warned for a very long time. Our industrial revolution has wreaked serious harm to the environment. When we stop buying harmful products the market will change.

🌿 Children are 10 times more susceptible to chemicals than adults. Indoor air pollution is often 2 times, 10 times, even 200 times worse than outdoor air pollution.

## It's easy to be overwhelmed by it all, but

- ❖ YOU are important
- ❖ What you DO is important
- ❖ A single person DOES make a difference
- ❖ The most important place to start is your home, and your backyard!

## Having a healthy home involves really thinking about things like:

- ❖ What are we breathing in?
- ❖ What is soaking into our skin?
- ❖ What is going down our drains?

**Alternatives to using the chemical cleaning products found in regular stores.**

**We have been so sold on the idea that getting our house clean means using products that are harsh or even downright dangerous, but it's just not true.**

Alternative cleaning products that are plant-based (as opposed to synthetic petroleum chemicals) and non-chlorine bleached paper goods from companies such as Seventh Generation, Ecover, Bio-Kleen, Planet, Natural Value, etc., are difficult to find in some places, but have become more and more common.

Additionally many main-stream manufacturers are using more plant-based ingredients.

Water is actually the best solvent on the planet and really just needs some boosting, so use things like vinegar, dish soap, baking soda, and olive oil with water to replace chemicals.

Hydrogen peroxide (which is actually oxygenated water) can replace almost all uses of chlorine bleach.

Commercial products free of synthetic fragrances and dyes are the best choice when plant-based products are not available.

Remember always what the labels on commercial household products are telling you (there are no warning labels for personal care products).

“Danger” - swallow a mouthful, you (or your child) will probably die.

“Warning” - swallow a tablespoon to 1/4 of a cup, you will probably die.

“Caution” - swallow 1/4 cup to 2 cups, you will probably die.

**For every product or ingredient of questionable manufacture or with safety concerns, there is a non-toxic alternative, somewhere...**

## Housecleaning Tips:

For a great all-purpose house cleaner (floors, walls, bathrooms, etc), fill a clean quart spray bottle half full with plain white vinegar, add an equal amount of water. Add a squirt or spoonful of dish soap. Can add 10 drops or so of essential oils like orange, lemon, or peppermint to provide a great fragrance. Very inexpensive to use.

To make “soft scrub” put a spoonful or two of baking soda in a cup and add dish soap and a little water until you get a good paste. Great for bathtubs and showers.

Make a “volcano” in your drains and toilets by putting in about one-quarter cup of baking soda followed by a good amount of vinegar (one-half to 1 cup) - and watch it fizzle!

Fill a clean spray bottle with peroxide to use alone or with the vinegar cleaner for sinks, toilets, & bathtubs. (Remember that peroxide bubbles when it finds germs.)

Fill one spray bottle with hydrogen peroxide and another one with plain white vinegar. Spray kitchen counters, sinks, cutting boards

Put baking soda in a herb/spice shaker container and use on stoves, sinks, bath tubs, tires, etc. just like you use Comet or Ajax.

It’s amazing how well it cleans greasy, messy pans and casserole dishes! Wet the surface first, shake baking soda on generously, and let sit for a while before scrubbing.

## Hand Washing:

As we’ve all learned in these times, hand washing continues to be incredibly important. It has always been the best way to keep anyone from getting sick. Beware, though, of antibacterial hand soaps with Triclosan (a registered pesticide). Use plain bar soap, or if you like liquid soap dispensers, put diluted dish soap or castile soap (like Dr. Bronner) in them – 1 part soap to 3 parts water. For added germ-killing add 20 drops or so of Tea Tree or Lavender essential oils.

## Laundry Tips:

One of the best ways to get your clothes cleaner is to use less laundry detergent. Sounds crazy, but here's why. Detergent attracts dirt away from clothes, like a magnet. If detergent doesn't get rinsed out (ever washed a load with no soap and it still had suds?) then you not only have leftover detergent, but also the dirt that went with it.

Add ½ to 1 cup of baking soda to the wash to soften and remove grease.

Put one-half cup or so of vinegar in the softener chute for the laundry rinse to remove any leftover detergent.

For bleaching, use 1 cup or less of hydrogen peroxide for whites and colors.

For heavy cleaning, try Arm & Hammer's Washing soda and peroxide in hot water. This is an old product modernized in a brand called Oxy-Clean. Originally marketed as a non-chlorine bleach for whites, it is sodium carbonate mixed with peroxide...and a cousin of baking soda (sodium bicarbonate).

The "whiter than white" of laundry doesn't come only from bleaching, it comes from synthetic florescent blue dyes called "optical brighteners." Hanging clothes in the sun is a great way to sterilize and make whites whiter.

**Fabric Softeners.** The ingredients of commercial fabric softeners are not disclosed and many people have trouble with fragrance and allergic reactions. If static is a problem, please try a plant-based fabric softener (like Seventh Generation or Ecover) or even try vinegar in the rinse. Look for softeners that are "free" and "clear" of dyes and fragrance.

Try a heavy duty laundry bar, like Fels Naptha, for stain removal. Wet the stain and rub with the bar. Then wash as usual. Costs \$1.

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