

Cancer Answers

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Making the Switch to Natural and Organic Cleaning Products

Instead of writing about the toxicity of non-natural cleaning products, this month I want to focus on how to begin incorporating natural and organic cleaning products into your life. Many of you already know how harmful non-natural products can be and just need a little push to make the switch. Perhaps you, like me, find it hard to change your cleaning habits. My cleaning habits were already decades old before I found out how harmful the products I was using might be to my family's health. Even when I knew I needed to change I kept automatically reaching for these products because that is the way I had "always done it". Yet another deterrent to making these changes is that natural and organic cleaning products simply do not have the same cleaning properties as what we are used to. There aren't any "scrubbing bubbles" or "floral scents"...but, trust me - trying these products is worth it. Let's start with good old-fashioned natural products and then move on to some great organically manufactured products.

Peroxide, white vinegar, baking soda, lemon juice and club soda are natural products that all pack powerful cleaning punches.

Use 3% peroxide - the kind you buy over the counter in a quart bottle, for your counter and tabletops. It kills germs while it cleans. Dip your cleaning rag in it and wipe away - or put it in a spray bottle. Peroxide is also great for cleaning cutting boards because it bleaches stains as it cleans and sanitizes. If you have a septic tank, using a 50/50 mixture of peroxide and water in your bathrooms won't harm it like bleach and many disinfectants will. Try adding a cup of peroxide instead of bleach to your whites when you launder. It also takes out wine and blood stains when poured directly on the stain and left for a minute prior to rubbing it and rinsing it with cold water. Repeat this process as needed. Streak-free mirrors are easy with a spray bottle of peroxide.

White vinegar can hold its own against almost all non-natural cleaning products. This cleaning whiz in a bottle is a great bath and kitchen cleaner. Use it full-strength in a spray bottle to clean soap scum and mineral deposits from bathtubs, showers and sinks. Just spray it on and leave it for about five minutes; then scrub or wipe with a Teflon pad or nylon scrubber. Vinegar does a number on greasy dishes when you add just 1-2 tablespoons to your dish water. If you have vinyl or hardwood floors a 1/2 cup of vinegar in a gallon of water will make them spotless and streak-free.

Baking soda combines cleaning and deodorizing properties with mild abrasiveness to make many cleaning job a snap. Use some sprinkled on your sponge wherever you would use "soft scrubbing" products. A bit of baking soda on a damp cloth cleans silver very nicely, too. Those unsightly coffee and tea stains in your cups will come clean with a bit of baking soda on a damp sponge. We all know how well an open box of baking soda deodorizes a refrigerator. Try doing the same with a decorative jar or bowl of baking soda in any room to absorb odors. Do you have bothersome grease stains in your

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carpet? Remove them easily by lightly rubbing some baking soda on the stain and then vacuuming it out.

Lemon juice is a natural bleach and disinfectant. Both real lemons and bottled lemon juice have these properties. Remove those pesky rust spots off of clothes by: 1. pouring a bit of lemon juice on the spot; 2. sprinkling table salt over the lemon juice and; 3. set the article of clothing in the sun. Once the rust is gone simply launder the garment according to the label. Follow steps one and two above to clean brass, copper and chrome. Finish up by buffing the surface with a soft, clean cloth.

Club Soda may not be technically "natural" - but its combination of carbonated water and several salts make it a powerful stain remover for clothes and carpet. Just pour club soda directly on a stain and blot it with a clean cloth. Repeat this until the spot is removed. If the stain you are removing is urine, the club soda will also eliminate any odor. Try keeping a spray bottle of club soda in the trunk of your car to clean the windshield. The carbonation speeds the process of cleaning bugs, bird droppings and daily grime from your windshield. It works great on any window - anywhere!

I have covered the majority of household cleaning chores using natural cleaning products...so start trying some of these products TODAY and email me about your experiences. I would love that!

Let me end by listing a few manufactured organic products that are worth trying. Due to lack of space, please contact me if you need information on how to purchase these.

Thieves Household Cleaner by Young Living, is antibacterial, anti-viral and a whole lot more.

Mrs. Meyer's entire line is very good.

Dr. Bronner's Sal Suds will almost do it ALL. Until next month - be adventuresome!