

# Non-toxic Cleaning

RECIPES BY  MaximizedLiving

## LIVE HEALTHY AND SAVE MONEY

There are several reasons why a clean home is beneficial to your health. Often the air quality outside is less polluted than inside your own home no matter how clean it may seem. The poor air quality is attributed to many of the common household cleaners and air fresheners that we use that contain harsh chemicals that are toxic to healthy air quality and our bodies.

Using homemade non-toxic cleaners not only keep the air cleaner but are safer for pets and children. Just think of how many warning labels are on the products you use! It's nearly impossible to not breathe the fumes. The benefit of making your own cleaners is that you know what is actually in the product you are using and it is much cheaper than the commercial non-toxic green cleaners available today.

Many traditional household cleaners also play a vital role in our environment by their effect on both the air and water quality of our outdoor environment. These popular non-toxic spring cleaning recipes are not only easy to make and smell great but they will save you money too!

## *Air it out!*

Opening up the windows can help get toxic air out and let fresh air in. Adding indoor plants can also increase air quality. Plants help detoxify the air by converting carbon dioxide into oxygen as well as eliminate many other harmful elements such as benzene and even formaldehyde from the air.

For example NASA and ALCA did a study and found that English Ivy is great for removing Benzene and Peace Lilies are great for removing Formaldehyde. By using safe non-toxic cleaners and adding a few indoor plants you will be maintaining a much healthier household.

## *What you should always have handy*

These simple ingredients will help you keep your home clean and healthy to boot. You can find most of them at your local grocery store or health food market.

- **White Vinegar or Apple Cider Vinegar**
- **Fresh Lemons**
- **Baking Soda**
- **Olive Oil**
- **Coarse Kosher Salt**
- **Club Soda**
- **Mixture of Cleaning & Fragrance Essential Oils**
- **Newspapers**
- **Cheesecloth**
- **Spray Bottles (Preferably BPA Free)**



- **Herbs:** French Lavender, Geranium, Rosemary. There is no better reason to start an herb garden. Herbs are hardy and easy to care for. They are great for around the house, as well as in the kitchen. You can also freeze clippings for the future.

Essential Oils are known for being very effective for their cleaning and fragrance properties. The majority of "green and organic" cleaning products use a combination of these essential oils. These oils when purchased last a very long time because they are highly concentrated. While high quality essential oils have many uses and are non-toxic never put them directly on your skin without diluting in carrier oil like olive oil first. The concentration of oils can cause irritation if not diluted. Only purchase 100% Essential Oil, never buy oils labeled "Fragrance Oil" or "Perfume Oil".

- **Essential Oils for Cleaning:** Only purchase 100% Essential Oil. Lesser quality varieties contain additives. Tea Tree Oil, Rosemary Essential Oil, Oregano Essential Oil, Thyme Essential Oil, Clove Oil, Cinnamon Oil– These oils are very strong and are known for their antiseptic and medicinal properties. If testing for allergies dilute a drop in olive oil and test on wrist.
- **Essential Oils for Fragrance:** Only purchase 100% Essential Oil. Lesser quality varieties contain additives. Lemon Oil, Lavender Oil, Orange Oil, Bergamot Oil, Rose Oil, Geranium Oil - These are some of the most popular mood mending and house cleaning fragrances. You can mix and match and pick to your liking. Make sure that you purchase 100% Essential Oil. Always test a drop on your wrist to ensure you do not have allergies! These Oils are very strong and you only need a few drops to achieve their full effect.

# Healthy Cleaning Recipes

## Floor Cleaner

- ¼ Cup Vinegar
- 2 Cups Hot Water
- 10 Drops Lemon Oil
- 5 Drops Oregano Oil

## Window Cleaner

- 1 Lemon
- 2 Cups of Club Soda or Water
- Optional 5 drops of your favorite oil

Juice the lemon and mix with club soda or water.

**Tip:** Use a newspaper instead of a cloth to cut grime and prevent streaks.

## Air Freshener Spray

You can experiment with your favorite oils to get the desired scent.

- 1 Spray Bottle
- 2 ½ Cups Water
- 10 Drops of Lavender Oil
- 5 Drops of Bergamot Oil
- 10 Drops of Lemon Oil
- 5 Drops of Cinnamon Oil

Store in Spray Bottle and Shake Well – Test Before Spraying on Fabrics

## All Purpose Cleaner

- ¼ Cup Vinegar
- 2 Cups Hot Water
- 5 Drops of Lavender
- 5 Drops of Lemon Oil
- 10 Drops Tea Tree Oil

## Bathroom Cleaner

- ¼ Cup of Vinegar
- 2 1/2 Cups Water
- 10 Drops of Tea Tree Oil
- 10 Drops of Oregano Oil
- 10 Drops of Orange Oil

## Sink Scrub

- ½ Cup of Coarse Kosher Salt

Use on surfaces that can tolerate abrasive scrubbing. Sprinkle on Coarse Kosher Salt and use cloth to remove grime and build up. Great for stainless steel sinks, make sure the surface can take abrasive scrubbing before using.

## Wood Polish

- ¼ Olive Oil
- 5-10 Drops of Lemon Oil

Use a soft cloth with a small amount of mixture and gently polish.

## Dresser/Closet Scented Satchet

- Cheese Cloth
- String or Ribbon
- Dried Herbs (Lavender, Geranium, Rosemary)
- 5 Drops of your Favorite Oil

Cut herbs into 2.5 in pieces and add drops to the herbs. Place mixture in the middle of 12 in double lined cheese cloth. Gather ends of cloth and tie with string or ribbon. Place in drawers or closet space.