

The Green Clean Book

*Simple Recipes, Tips, And Ideas For Green
Cleaning That Benefit You, Your Family, And
The World We Live In*



Table Of Contents

Advantages Of Making Your Own Cleaning Products	4
Making Natural Cleaners Rules	12
Cleaning The Kitchen	13
Cleaning The Bathroom	22
The Laundry	27
Ironing	32
General Household Cleaning	33
Furniture/Floors Wood, Vinyl and Leather	43
Glass Cleaner	48
Plants	50
Shoe Care/Leather Care	52
Car Care	54
Outdoors	55
Pet Care	58
Health And Beauty	60



**Disclaimer**

The tips, ideas, and uses contained within this book are provided in good faith but the writer/creator/publisher cannot be held responsible in any way for any adverse results.

This book is copyrighted 2009 - 2012.

All Rights Reserved.

No part or parts of this publication may be stored, reproduced, or transmitted (photocopy, electronic, mechanical or otherwise) without the prior consent and permission from the writer/creator/publisher.

Advantages Of Making Your Own Cleaning Products



There are many harmful chemicals in the everyday cleaning products that you use. They are more harmful to you and your children, since indoor air has a high risk to personal exposure to toxin chemicals than the air outside your home. The chemicals of household cleaners and pesticides receive not adequate testing, nor are they regulated or controlled. Every year, there is an estimate of two to five million exposures to household poisons. A significant number of these involve overexposure to household cleaners.

Some of the classifiable hazardous wastes are included in various household cleaning products such as air fresheners, oven cleaners, furniture polish and drain cleaners to name just a few. There are neurotoxin petroleum-based solvents included in nearly all commercial furniture and floor waxes. It is best to avoid the use of products that include neurotoxin chemicals since they can trigger irritability, headaches, lack of concentration, sinus problems as well as others. When you want to establish a healthy home, you should consider replacing commercial furniture polish, cleaners and pesticides with a homemade formula.

The majority of homes have unnecessary cleaning products by the dozens. Many are investments for individual purposes of cleaning, such as kitchen floor cleaner, kitchen fixtures cleaners, oven cleaner, bathroom floor cleaner, bathroom fixture cleaner, furniture polish, 2 or 3 laundry detergents for stain removal and dark colored laundry, bleach for white clothes, window cleaner and various other products. These products are expensive and pose a danger in your home as well as to you, your family and our environment. You only need about two or three organic products to keep your whole house spic and span.

Why use natural organic products?

When you use natural organic products, you save a lot of money. You also give your home the best cleaning, while not exposing your family, pets and ecosystem to chemical toxins. Green cleaning products are the best!

You can inexpensively create your own homemade, easy-to-use, natural cleaning alternatives. Unlike, while using commercial household cleaning products, you can feel safer using your own homemade

cleaners. The most useful simple and relatively safe ingredients you use to perform most of your home cleaning duties, you will be able to fit onto one shelf. In order to get the cleaning power you need for a particular cleaning job, you need to learn about various ingredients. You need to know how they work and how to combine or formulate them.

The list below is of safe, ordinary ingredients that are environmentally safe. You can use each alone or in combination to create your own homemade household cleaners.

Baking Soda

Baking soda is sodium bicarbonate. It is an all-purpose, non-toxic cleaner. It is a common ingredient useful in baking recipes. While using it, you can effectively remove stains; mildly scour pots, pans, sinks, tubs, counters and so on. Baking soda is useful for neutralizing acid, softening hard water for bathing and washing fabrics, and extinguishing grease fires. It is an effective deodorizer, use it on smelly carpets and upholstery, you can use it on vinyl, down drains and in the refrigerator. You can use it to clean and polish jewelry, stainless steel, silver, aluminum, tin, chrome, plastic and porcelain.

Beeswax

Beeswax comes from the secretions of worker bees as they build their honeycomb. It is natural and pleasantly scented. It is included in traditional wood polishes. It offers a beautiful shine, a protective coating, while allowing the wood to develop a lovely patina. It is an excellent lubricant for windows, drawers and zippers. Beeswax is highly flammable. It is always essential to follow proper procedures and precautions anytime you are melting it down for use in a homemade polishing recipe. Do not overheat beeswax as this will cause it damage and is very hazardous. You can avoid overheating it by placing the wax in a small saucepan and then placing the small saucepan inside a larger pan of water. Do not ever try to heat beeswax by placing it over a direct flame, on a gas ring or a hot plate. Beeswax melts at 63 C to 65 C. It does not boil. Overheating it can ignite and burn ragingly. Do not use water to extinguish the flames, in the event of a fire. Rather you will use a fire extinguisher, a large damp cloth or sand. Remember, to use only stainless steel or tin-plated containers, since other types of metals can blemish the beautiful natural color of beeswax.

Borax

Borax is a naturally occurring in water-soluble mineral. It is a good alternative for bleach, it is a deodorizer, and it can prevent the growth of mold and mildew and remove stains. You can use it to boost the cleaning power of detergents and soaps as well as using it with an attractant such as sugar to rid your home of roaches. It is an excellent laundry aid, since it adds freshness to clothing, while disinfecting, cleaning and softening your water.

Castile and Vegetable Oil Based Soaps

You want biodegradable non-petroleum based dye-free soap that is in liquid, solid or power form. Plant based soaps are the best choice, such as castile because you can use them to clean everything. The gentlest for skin is olive oil based.

You can make your own all-purpose liquid soap by dissolving either grated slivers of bar soap or the old ends of bar soap in warm water. Avoid using soaps that include petroleum distillates while doing this.

Citrus Solvent

Using citrus solvent, you can clean up oil, grease, paintbrushes, oil and various stains.

Cornstarch

Cornstarch is a corn byproduct; it is useful for cleaning windows, polishing furniture, shampooing carpets and rugs as well as absorbing oil and grease and starching your clothing and linens.

Cream Of Tartar

Cream of tartar is a mild acid useful in some baking projects. You can use it for removing tough stains in your kitchen and bathroom.

Hydrogen Peroxide

Hydrogen peroxide is useful for disinfecting and sterilizing, while being gentler than chlorine bleach. You can safely use it both in your home and on your body.

Lemon Juice

Lemon juice contains citric acid. It is a deodorizer and is useful for removing stains from porcelain and aluminum as well as cleaning glass windows. It can remove stains from clothing such as perspiration and grease. It is also useful as a mild lightener or bleaching agent while in sunlight.

You can use lemon juice to dissolve hard water deposits and soap scum. It is useful for cleaning and polishing copper and brass. You can mix lemon juice with vinegar and or baking soda to make cleaning pastes.

Cut a lemon in half and then sprinkle baking soda on the cut section. Then you use the lemon to scrub dishes and surfaces clean or scour stains away.

Lime Juice

Lime juice also contains citric acid; it is a naturally powerful cleaner that can remove grease and mineral deposits. You can use lime similar to using lemons as a non-toxic cleaner.

Mineral Oil

Mineral oil is a derivative of seeds, it is an ingredient included in some furniture polishes and floor wax

recipes.

Olive Oil

You can use olive oil to moisturize and condition leather furniture and polish furniture.

Orange Oil

Orange oil is a useful solvent consisting of approximately 90% d-Limonene. It is included in various household chemicals. It is useful for conditioning wooden furniture and makes a good hand-cleansing agent. As with other citrus oils, you can use it as a grease remover. It smells great, is less toxic than petroleum distillates. Orange oil is an efficient cleaning agent.

Salt

Salt is sodium chloride. When it comes to green cleaning, salt is the most versatile of ingredients because of its bleaching and abrasive properties. Salt is a natural deodorizer. You can mix it with flour and vinegar to create an excellent cleaning paste.

Steel Wool

Steel wool is a metal abrasive with the strength to remove stubborn food particles and rust as well as scour barbecue grills.

Tea Tree Oil

The melaleuca alternifolia tree produces tea tree oil, an essential oil. A small shrub tree grows in Australia. You can use tea tree to eliminate mold and mildew. Tea tree oil has natural germicide, fungicide, antiseptic and antibacterial properties. It is useful for personal care as well as home care. Tea tree oil is useful for treating acne, yeast infections and fungus disorders such as toenail infections and athletes foot.

Toothpaste

Toothpaste is a mild abrasive. You can use it to clean ornaments and silverware; however, you should not use it on your fine jewelry.

TSP

TSP is trisodium phosphate, which is a combination of phosphoric acid and soda ash. If swallowed TSP is toxic. However, you can use it for various chores, such as removing old paint and cleaning drains rather than using poisonous and caustic chemicals. TSP does not create fumes.

Sodium Carbonate Washing Soda

Washing soda or SAL soda is a mineral, sodium carbonate decahedra. You can use it with soda rather than using laundry detergent, it is a hard water softener. It cuts stubborn grease from pots, pans, grills and the oven. It is useful for cleaning tile, walls, tubs and sinks. Washing soda can irritate mucous membranes and irritate the skin; therefore, you should use rubber gloves when using a washing soda solution. Do not use washing soda on aluminum.

Vinegar

Vinegar is made of fermented wine, grain or fruit juice. It contains roughly 5 % acetic acid it is a mild acid. Numerous studies verify the disinfectant properties of vinegar. Although it is a great disinfectant, vinegar has various uses in the household. You can use vinegar to cut grease, remove stains and soften water. It is useful for dissolving deposits of grease or minerals and soap scum. It is a deodorizer that can remove wax buildup and mildew as well as polish some metals. You can even clean stone and brick with vinegar. It is a common ingredient in various natural carpet cleaning recipes. You can use vinegar straight or in a solution of water.

White Vinegar

White vinegar offers great disinfecting properties. It is useful for deodorizing, removing mildew, cutting through wax buildup and grease. You can use it to remove carpet stains and stains on pots, pans, countertops and coffee carafes.

Herbs

Various herbs offer beneficial cleaning properties that can clean your home as well as leaving it fragrantly fresh. While using herbs to clean your home you also get the extra benefit of herbal aromatherapy. To make an herbal infusion is similar to making a strong tea. You simply boil some water and then add 1 tablespoon to one cup of water for approximately 10 minutes. Allow the infusion to stand for an hour and then pour it into a glass jar. You can use your herbal infusions in your cleaning products. Remember to keep it refrigerated and to throw it out after 2 weeks.

You can choose the herb that displays the characteristics you need to complete a task for the list below. You can then use the herbs in the recipes to follow.

Antiseptic

All bactericide herbs as well as clary sage, clove, basil, peppermint, lemon balm, sage, spearmint and rose geranium

Bactericide

Tea tree, thyme, bay, eucalyptus, cinnamon, savory, lavender, rosemary, patchouli and oregano

Disinfectant Herbs

Thyme, rose, peppermint, eucalyptus, clary sage, chamomile, basil, lavender and geranium

Fungicide

Tea tree, thyme, lemon, savory, chamomile, peppermint and rosemary

Insect Repellents

Coriander, lavender, peppermint, basil, rosemary, bay, tansy, thyme and chamomile

Recycle

Using only green ingredients in your home as cleaners is great; however, you want to help the ecosystem remain toxin free. Here are a few simple things you can do to make a big difference.

Cloth

Use cloth rags rather than disposable wipes or paper towels since they are bleached and are toxic. You can recycle old sheets, towels and clothing into rags. Simply wash them once weekly and you will never waste money on paper products.

Plastic

You can minimize your use of plastic by recycling paper and plastic bags and never have to buy another plastic bin bag. You can use your supermarket bags to dispose of household waste and cat litter. You use cloth bags for groceries, and then only take a few paper or plastic bags from the supermarket to use as bin bags. Paper is more economical, however many areas do not allow for picking up rubbish in paper bags.

You can use your time better when you clean from top to bottom, for instance starting at the ceiling and work down to the furniture and flooring, with the exception of sweeping the floors first while cleaning the kitchen and bathrooms. It is harder to clean a dirty floor once water gets on it. Begin cleaning at one side of the room while moving around in a circle. Remember to clean all those too often forgotten areas such as high surfaces, ceiling fans, blinds, lamps and light fixtures, windowsills, inside the microwave, the salt and pepper shakers, inside the bins and the laundry room.

Essential Oils

Caution: Any one with medical conditions such as diabetes as well as expecting mothers should consult with a physician before using any essential oil.

Essential oils are useful for disinfecting and adding fragrance. Since the time of the ancient Egyptians and Greeks, lavender, tansy, rosemary and other herbs have been useful for cleaning purposes. Often they would freshen their linens by placing fragrant sachets of flowers and herbs in the areas they kept their clothing.

You can sweeten your home with garlands of mint and lavender. You can add disinfecting properties and fragrance to your homemade cleaning sprays by adding essential oils. For instance, orange, rosemary or lavender are wonderful for adding fragrance to your home. You can combine various oils to create fragrances that are flora, spicy or citrus in nature.

You must handle essential oils with care. They can be hazardous to you, your family and your pets because they are very strong volatile oils. Always store them out of the reach of children or pets. Diabetics, expectant mothers and other individuals who experience medical conditions must always check with their physician before using essential oils.

Eucalyptus Essential Oil

Eucalyptus oil is wonderful for cutting grease. For instance, you can use it to remove bath rings, soap scum and smears on glass and mirrors, it can cut counter grease and so on. It has antiviral, antifungal, and antibacterial properties which are beneficial for the immune system. You can also use lavender, orange, lemon or tea tree oil to remove grease.

Lavender Essential Oil

Lavender oil offers a sweet woody fragrance that is popular with many individuals. Its various properties and uses are ages old, since it provides wonderful antiviral, antibacterial, antifungal and cleaning properties. It boosts the immune system and generally does not cause allergic reactions. If you are sensitive to just about everything and wish to add some fragrance, you should consider trying some pure organic lavender essential oil in your cleaning products.

Lemon Essential Oil

Lemon oil has antibacterial, antifungal, antiviral and cleansing properties. It is a deodorizer with whitening properties, although in this respect, using lemon juice is the best choice. The majority of commercial lemon oil is not all natural rather it may contain petroleum distillates. For pure sources of lemon oil, you must contact an herbalist. Because lemon oil is an antiseptic and a lubricant, it is often useful for furniture.

Jasmine Essential Oil

Jasmine is useful as a whitener and a cleaner. You can use it to kill mold and mildew.

Thyme Essential Oil

Thyme oil has antibacterial, antifungal and antiviral properties. It boosts the immune system and is becoming popular as the new disinfectant.

Caution: Pregnant women, diabetics, and others with other medical conditions must consult with a physician before using essential oils.

Yes, homemade cleaners do work! You may not be able to spray them on and then simply watch as powerful toxic chemicals dissolve away dirt. However, non-toxic cleaners are naturally mild and these recipes do work just as well if not better than those other chemical alternatives.

You save time and money while making our own cleaners in advance. Buy the ingredients in bulk to save more money while avoiding excess packaging. You can make large batches of the recipes and then store them in spray bottles or in reusable airtight plastic containers.

In many of the formulas, you can add the fragrance of your favorite herbs and essential oils.

Keep in mind that the ingredients that you will use while making your own cleaning products are organic, however you must not ingest them. Remember, you should exercise just as much caution using your homemade cleaning products as you would with any commercial cleaner. Label your products clearly and then keep them away from children and pets.

It is recommendable that you do wear gloves while working with these green products to reduce the possibility of skin irritations. You should also open any windows available to reduce the buildup of any fumes.

Keep the following on hand:

Cellulose sponge cloths

Various sizes of plastic squirt bottles and plastic spray bottles

Misters for plastic pump spray bottles

Glass jars with screw-top lids

Coffee cans with lids

Cotton cloths to use rather than using paper towels

Rags

Making Natural Cleaners Rules



1. Properly label your cleaners while including all the ingredients.
2. Do not reuse commercial cleaning product containers, since there may be residues of the chemicals inside.
3. Do not mix your homemade products with commercial products, since you cannot know what you are creating.
4. Do not use ammonia.
5. Store your cleaners away from children and pets.
6. Do not ingest any of your cleaners.

Cleaning the Kitchen



Baking Dishes - glass, ceramic or enamel

Soak your item in hot soapy water, then scour with baking soda or salt, and then rinse thoroughly.

Casserole Dishes

You can remove stubborn baked on foods by putting 3 - tablespoons of salt into a dish and then filling it with boiling water. Allow to stand and cool. Wash the dish as you normally do.

Cleaning Fruit and Vegetables

You can remove all that dirty grit you find on fruits and vegetables using salt. Trim them before placing them in a bowl of lukewarm water. Add 1-tablespoon salt, swish and let the vegetables soak.

Coffee Maker

You can clean the sludge in an automatic drip coffee maker by running full-strength vinegar through the normal brew cycle. Rinse by running fresh clean water through the cycle two or 3 times.

Coffee Pot

Hard water causes buildup, while clogging the workings of a coffeepot. You can clean it by pouring 1-cup vinegar in the coffeepot and filling it up with water. Run this through the cycle, minus the coffee grounds of course. Rinse and refill, run this water through the cycle to rinse again.

Coffee Stains

You can rub baking soda paste onto cups and counters to remove coffee stains.

Removing Cooking Odors

When you want to stop disagreeable cooking odors from filtering throughout your home, simply boil a 1 or 2-cups of vinegar on the stove, since the vinegar will absorb scents.

You can also place allspice, cinnamon sticks, cloves or another favorite spice in a pot of simmering water when you want to freshen up the air inside your home. Perhaps, you might even want to place a few slices of lemon or orange rinds in a pot of simmering water for one to two hours. Alternately, you can also place lemon slices in an open bowl on a countertop.

Preventing Cooking Odors

Remember to add a few drops of vinegar while cooking cabbage to eliminate the possibility of any disagreeable odors. If you need to remove the scent of burnt food, simply soak a towel in vinegar, wring the towel out and then wave it around the room. Rubbing your hands before and after slicing onions, with vinegar will reduce the scent of onions.

Copper Pans

You can sprinkle coarse salt on the surface of copper pans to clean them, simply rub salt into the stains using a fresh cut lemon half. You can clean the bottom of copper pans by sprinkling salt on the bottom and then using vinegar to dampen a cloth, scour the stains away.

Countertop Grease Removal

You can clean grease from countertops using oil. Simply pour a small amount of oil onto the grease and then wipe. Put some soap on it and then wipe away the remainder. Other ideas for cutting grease include using lemon juice, vinegar or sprinkle with borax. Using a scrub brush you will scrub the grease away.

Countertops and Kitchen Surfaces

You can clean countertops and kitchen surfaces by sprinkling baking soda onto a damp cloth and then wiping it away. Rinse with clean water.

You can get your countertops, sinks and tubs shiny by combining some liquid Castile soap and some baking soda together. Add a few drops of lavender, orange or rosemary essential oil to get a nice fresh scent.

To add fragrance to your kitchen rinse, you can add 4 drops of essential oil to one-pint water. Put in a spray bottle and store in a cool dark area. After cleaning your kitchen surfaces, use this as a final rinse. You can use any of these essential oils either alone or in a combination that you find pleasing. These include sage, rosemary, orange, lemon, lemongrass, lime, rosemary, pine, eucalyptus, lavender, cypress, thyme, grapefruit and wintergreen.

For greasy dirt and grime in the kitchen and on walls, clean the surfaces with some washing soda and water. Washing soda is strong, it will irritate skin; therefore, you should always use gloves while

working with it. You can make your own scouring power by mixing $\frac{1}{4}$ cup of washing soda with 1 cup of baking soda to cut stubborn grease. Sprinkle and use it like any commercial scouring powder.

Use straight vinegar on a regular dishcloth to wipe away grease from the oven and kitchen walls.

Dishes

Sprinkle dishes with salt to prevent food from sticking and makes them easier to wash later, when you do not have time to wash them right away.

You can wash dishes using powdered or liquid soap rather than petroleum-based detergents. Use liquid soap and baking soda or equal parts washing soda and borax.

Adding a few tablespoons of vinegar to the soapy dishwater will cut the grease from dishes, pots and pans.

Dishwashers

Add 1 cup of white vinegar to the rinse compartment of your automatic dishwasher, for a spot free rinse. Run dishwasher as usual. Since vinegar, helps stop soap deposits you can repeat this cycle monthly in an empty dishwasher.

Drains - to improve drainage speed and unblock

Once weekly, you can pour $\frac{1}{2}$ -cup baking soda down every drain and then pour approximately 1-cup vinegar a little at a time down after the backing soda to keep your drains running clear. There will be foaming and fizzing with this mixture. Repeat the process if the drain runs slowly. When you no longer hear the fizzing sound, stop adding vinegar. After this treatment, run your tap water hot and allow it to go down the drain for several minutes. With regular treatments, your drains and pipes will run freely.

Drains – unblocking

Use a plunger to unclog a drain and then open the clog by pouring 1-cup baking soda and then 1-cup vinegar down the drain. When baking soda and vinegar mix they expand with foaming action that can break down fatty acids, this combination can help to unclog a drain. Wait a few minutes and then flush the drain using hot water. Never use this method after using a commercial drain opener since the vinegar may react with the drain opener to create hazardous fumes.

Drains - to freshen

You can freshen up your drains by sprinkling some baking soda down them and then pouring some of your green all purpose cleaner afterwards. Turn on the water and allow it to flow down the drain. It deodorizes while eating away at anything stuck in the drain.

Drinking Glasses

To get your drinking glasses sparkling clean, you should soak them occasionally in a solution of water and vinegar. Prepare the mixture using baking soda and tepid water, approximately 1 teaspoon to 2 pints. Using a soft toothbrush, you can clean crystal glassware. You can also use this solution for thermos jugs and coffee makers.

Food Containers

You can remove stale scents for food containers by rinsing them with hot water and baking soda. Allow the container to soak overnight in the solution if they are stubborn scents.

Garbage Disposal

You can reduce garbage disposal odors, clean and sharpen the blades by grinding up ice and lemon or orange rinds inside it.

Kettle

Add ½-cup vinegar and fill kettle the rest of the way up with water to remove lime scale. Allow it to set all night, rinse and dry.

Kitchen Bin

Eliminate odors from rubbish by sprinkling baking soda at the bin bottom and then sprinkling it again after changing the bag.

Kitchen Floor

You can remove grease spills and scuffmarks from the floor by sprinkling baking soda and then wiping it clean using a warm damp cloth. You can even use this on no-wax floors.

Kitchen Sink

Use vinegar to dampen a cloth to clean and deodorize your sink.

Kitchen Taps

You can remove the mineral deposits for your kitchen taps by soaking a cloth in vinegar and then wrapping it around your taps, allow it to soak for about 30 minutes, rinse and dry.

Microwave

Loosen food particles and clean your microwave using vinegar. Place a microwave-safe bowl with 2 cups water, ½-cup vinegar inside the microwave, set microwave on full power for three to four minutes, bringing it to a boil. Leave the door closed, allowing a few minutes for the steam to loosen the

particles. Open the microwave and carefully remove the bowl. Wipe the microwave clean.

Non-stick Cookware

You can remove stains from non-stick surfaces by pouring a solution of 2 tablespoons baking soda and 1-cup water into a pan, simmer for 5 to 10 minutes. Do not boil or allow the mixture to boil over the side of the pan. Use hot water, wash, rinse and dry. Then you should apply a light coating of cooking oil.

Pots and Pans

After using pots or pans, before they cool you should put some soap inside them and run water into them. This helps loosen grime and grease, although you may have to scrub some to get it clean. You can also add water to a pan, bring it to a boil, and then clean it. Make cleanup easier while soaking a greasy pan, add 1 or 2-teaspoons baking soda and swish.

Burned, crusted on foods you should either boil or soak in a solution of 2 pints water and 2-tablespoons baking soda per pan. The particles will loosen while it stands, wash are usual. If necessary, use a mild or moderate abrasive.

Refrigerator

Using equal amounts of baking soda and salt, sprinkle onto a damp sponge and wipe the surfaces clean.

You can clean interior and exterior walls by dissolving 2-tablespoons baking powder in 2 pints warm water to wipe all your surfaces. Rub with a paste of baking soda when you have stubborn areas to clean. Rinse well using a clean wet cloth. You may use this mixture while cleaning appliances with enamel finishes as well.

You can clean your interior fixtures such as shelving and vegetable bins using hot water and a vegetable oil based soap. Rinse and dry.

Repel any unpleasant odor by placing a small bowl or box of baking soda inside your freezer, cupboards and refrigerator. You can also use activated charcoal or even two or three slices of white bread to absorb any odors in the refrigerator.

Safety - Emergency Fire Extinguishers

In case of a grease fire, turn off the heat and then cover the pan with a lid. You can extinguish a fire using baking soda; you may want to consider filling a large coffeepot with baking soda to keep near your stove. You can easily extinguish an oven fire by closing the door and turning off the heat, if you have an electric oven, unplug it, if necessary.

Stainless Steel Fixtures

You can remove rust stains for stainless steel by making a paste with a little lemon juice and some cream of tartar. Smear it onto the stain and then buff it away. Undiluted white vinegar can clean stainless steel.

Stainless Steel Pans

You can clean your stainless steel pots and pans by scrubbing with a dry mixture of equal amounts borax, washing soda and baking soda.

Wood Cutting - Chopping Board

Using vinegar to dampen a cloth, you can disinfect and clean wood cutting boards. You may also soak your chopping board in vinegar for five to ten minutes, if it has deep grooves.

Oven - general cleaning

Make a paste of 1 cup white distilled vinegar and $\frac{1}{4}$ cup of powdered laundry detergent, when you need to remove grime, grease and spills from cooking on the inside of the oven. Preheat oven at 350 for about 5 minutes and then turn it off. You will spread the paste around the inside of the oven, while applying it heavily in the greasiest areas. Allow to set for about an hour and then using a plastic spatula you will gently scrape away the grime.

Oven - neutralize chemical odors

If you use commercial cleaners to clean your oven, you can wipe it clean using a sponge and white distilled vinegar. This will help eliminate any disagreeable scent leftover from the commercial cleaner that can filter thorough your home when you turn the oven on, since it can neutralize the harsh alkali of oven cleaners.

Oven - removing other odors

To eliminate any other disagreeable cooking odors, you can boil 2-cups water with 1-cup white distilled vinegar inside the oven in a pan. Allow to boil until the liquid has evaporated.

Oven - overnight cleaning

You can do this by using water, baking soda and some vegetable oil-based liquid soap. Sprinkle water onto the bottom of the oven, cover that with baking soda and allow it to set overnight. The next day you can wipe that off, apply the liquid soap with a scouring pad, and then rinse clean.

Oven - preventing grease buildup

To prevent a greasy buildup, wipe all sides of the oven using straight white distilled vinegar to dampen the cloth or sponge.

All Purpose Grease Cutter

½ cups hot water
3 tablespoons vinegar
½-teaspoon washing soda
½-teaspoon vegetable oil-based liquid soap

Combine ingredients in spray bottle, spray, scrub and then wipe clean.

Appliance Cleaner 1

10 drops rosemary, lavender, or citrus essential oil
½ cups water
¼ cup oil-based soap

Mix ingredients in plastic spray bottle and shake well before each use. You can generously spray surfaces of appliances and then wipe them with a sponge or damp cloth. Wipe dry using a towel or cloth.

Appliance Cleaner 2

½ cups hot water
1-teaspoon borax
3 tablespoons vinegar

Combine ingredients in spray bottle and shake, while mixing and dissolving the borax. Use this to spray on your appliances and then wipe off using a sponge or soft cloth.

Microwave Cleaner 1

¼-cup water
¼-cup baking soda
2 pints quart warm water

Use this to loosen hard, dried on foods, by putting 1-cup water in a microwavable cup in the microwave until boiling. Turning off the microwave you will allow the water to sit for 1 minute. Dissolve the baking soda in 2 pints warm water. Use this solution to clean and deodorize the interior of your microwave using a cloth or sponge.

Oven Cleaner

2 tablespoons liquid soap
2 pints warm water
2 teaspoons borax

Spray this mixture on and allow it to sit 20 minutes. You will clean using a cloth and then rinse with clean water.

Scourers and Scrubbers

Dry salt and baking soda are some great green scoring powders. They are mild abrasives that are good alternatives for chlorine scouring powders. Shake some salt or baking soda onto the surface or a sponge, scour and then rinse. Combining 1-tablespoons each of baking soda and vinegar are another money saving combination of ingredients. This non-abrasive scrubber recipe will be useful to you.

Non-Abrasive Soft Scrubber

¼-cup borax
½-teaspoon lemon oil
Vegetable oil based liquid soap

In a bowl, you will mix the borax with just enough soap to form a creamy paste. Add the lemon oil and blend them well. Using a sponge, you will scoop up a small bit of the paste and clean the surface. Rinse well with water.

Dishwashing

Natural Dishwashing liquid 1

¼ glycerin
½ cups hot water
¼-cup soap flakes
½-teaspoon lemon essential oil

Combine soap flakes and water in a bowl and stir to dissolve soap. Allow cooling to lukewarm and then stirring in glycerin and essential oil and allow it to cool.

A loose gel will form as it cools. To break up the gel, stir with a fork and then pour into a narrow-necked bottle. To use, you will spray 3 teaspoonfuls into hot running water.

Natural Dishwashing Liquid 2

Liquid Castile soap

8 drops rosemary essential oil
4 drops eucalyptus essential oil
10 drops lavender essential oil

You will fill a clean 22oz plastic squirt bottle with Castile soap, making sure to dilute according to directions if using concentrate. Add the essential oils. To use, you will spray 3-teaspoonfuls into hot

running water.

All of these homemade cleaning products are inexpensive and economical to use. They help you clean your home while not razing destruction on the ecosystem. You can use them safely while feeling great about making your very own homemade all-purpose cleaning products.

Natural Automatic Dishwasher Detergent

½-cup water

¼ cup white vinegar

1 teaspoon from lemon juice

3 drops tea tree extract (or oil)

½ cup liquid Castile soap

Baking soda

Combine all ingredients except the baking soda. Store in squeeze bottle. You can add 1 tablespoon to the first cycle and 1 tablespoon to the automatic soap dispenser for standard size dishwashers. To boost cleaning power and absorb odors you can sprinkle a handful of baking soda over the dirty dishes and in the bottom of the dishwasher.

Cleaning The Bathroom



You can use the same cleaning products in the bathroom that you use in the kitchen for easy cleanups, such as lemon juice, baking soda and vinegar.

Bath

You can clean away most dirt with no scrubbing and leaving no residue using vinegar. In 1-gallon water mix $\frac{1}{4}$ cup or more, use straight vinegar and a sponge for wiping you can remove stronger film buildups. Using baking soda to scour, sprinkle and then rub using a damp sponge. Rinse with clean water.

Another tip for cleaning is that of using a lemon half dipped in salt, baking soda or borax to rub, rinse well, and then dry using a soft cloth.

Get and keep a good stiff broom handy to scrub the shower and tub, since it eliminates the need for continual bending while working.

Bathroom Deodorizer

By adding a few drops of your favorite essential oil onto the inside of the cardboard toilet tissue roll, each turn will release the pleasant fragrance into the bathroom. To eliminate the rank scent of gasses, light a match, allow burning a moment and blowing out or you can burn an unscented or scented candle.

Bathroom Floors

You can clean any washable surfaces such as tiles, linoleum and hardwood using 1-gallon hot water and $\frac{1}{2}$ -cup vinegar.

Bathroom Glass and Mirrors

Combine 1 to 2-tablespoons of white vinegar with 2 pints water in a spray bottle, for a bathroom glass

cleaner. Using a linen rag and a little rubbing alcohol, you can remove hairspray and fingerprints from mirrors.

Bath/Shower Glass Sliding Doors

Combining $\frac{3}{4}$ cup of hot water and $\frac{1}{4}$ -cup white vinegar, you can wipe away hard water stains. Keep your shower doors cleaner by wiping them with a combination of water and tea tree oil.

Drains

Pouring $\frac{1}{4}$ -cup baking soda down the drains and then rinsing with hot water weekly, helps to eliminate drain clogs. Scientific studies show that there is more bacteria growing in the bathroom sink drain than there are in the toilet. The most contaminated area is the sink drain and the least contaminated area of the bathroom is the toilet seat. You can keep your bathroom sink drains clean by pouring straight vinegar down them weekly.

Grout

To soften tile grout, using a toothbrush and straight vinegar, gently scrub to improve the appearance.

You can clean grout by using a medium size bowl and adding 3 cups baking soda and then adding 1-cup warm water. Mix well to create a smooth paste and then scrub into the grout using a toothbrush or sponge. Dispose of leftover paste after rinsing the grout.

Treat any moldy tile grout in the bathroom by filling a spray bottle with 1-cup water and $\frac{1}{2}$ -cup hydrogen peroxide. Spray areas and then allow to set for an hour and then rinse thoroughly.

You can also use the General Tea Tree Oil Spray described in the recipe chapter. For instance, in a spray bottle combine 2 teaspoons of tea tree oil in 2 cups of water and shake to blend. Spray grout to prevent mold and mildew. This formula will not take away the discoloration of mold it will kill the mold.

To protect yourself from the mold spores, while cleaning moldy grout, you should wear long gloves and a mask. You may also wish to use a dry vapor steam cleaner to remove mold from grout.

Hairbrushes and Combs

You can clean combs and hairbrushes using a baking soda solution.

Hard Water Spots

You can remove hard water spots for sinks, tubs, shower stalls by soaking a sponge in straight vinegar, and then wipe. Allow to set for 5 minutes and then rinse using clean water. You can also remove these spots by applying full strength lemon juice and allowing it to stand until the spot disappears. Rinse and repeat when necessary.

Lime scale Deposit

Heat a small container of white distilled vinegar to boiling. Pour this over any fixtures with lime scale deposits to release and remove the deposit.

Metal Shower Heads - Removable

You can clean a clogged, sputtering showerhead with hard water mineral deposits by placing the showerhead in a pot and then adding enough vinegar to cover it completely. Heat solution to just before boiling and remove from heat. Let sit for up to 6 hours as the acid in vinegar eat away the deposits. Rinse well and reinstall the showerhead.

Mold and Mildew

Make a mildew remover by dissolving ½-cup borax with 2-cups vinegar in warm water.

Mold and mildew thrive in wet areas, keep your tub, shower dry, by allowing natural light into the bathroom, and use a squeegee after showering to pull water down from the shower walls to keep it dry.

To prevent mold and mildew, you can wipe the tile or Formica shower walls using vinegar and water to dampen a cloth or sponge. Vinegar cleans the walls while inhibiting growth of mold and mildew.

Plumbing Fixtures

You can clean fiberglass, ceramic, stainless steel, porcelain, chrome or enamel fixtures by dissolving 2 tbsps baking soda in 2 pints of water. Wipe fixtures and then rinse.

You can soften hard lime scale deposits on taps for easy removal by soaking a towel with vinegar and then covering the deposits. Leave the towel to sit for approximately an hour before cleaning.

To clean a removable plastic showerhead, mix 1 pint white vinegar with 1-pint hot water and then submerge the showerhead to soak for an hour.

Porcelain

You can clean porcelain surfaces by rubbing with a damp cloth sprinkled with cream of tartar.

Rust Stains and Hard Water Deposits

You can remove these spots by applying straight vinegar or lemon juice and allowing it to stand until the spots disappear and then rinsing, if necessary you can repeat.

Soap Scum and Rust Stains

Salt is a natural bleacher and is good for using on rust stains and soap scum. Mix 1 teaspoon of salt to 2 cups of water. You can also wipe the area with straight vinegar on a sponge and allow standing for 5 minutes. Rinse with clean water.

You can also apply straight lemon juice to rust stains. Allow the juice to stand until the spot disappears. Rinse and repeat when necessary.

Stubborn Stains

Using a baking soda paste of three parts baking soda and one part water, you can remove stubborn stains for almost any surface. Apply and let stand, then wipe or scrub clean.

Tiles

Using a solution of 2-cup vinegar to 1-gallon warm water, you can clean ceramic tiles. They will stay cleaner if you wipe them with a mixture of water and tea tree oil.

Toilet

Using one part baking soda to four parts vinegar, you can clean and deodorize your toilet. Sprinkle the baking soda into the toilet bowl and then squirt in the vinegar. Allow to set for 15 to 30 minutes before scrubbing and flushing.

You can remove stubborn stains such a toilet bowl ring by combining lemon juice and borax into a paste and then cover the ring. Flush to wet the sides and then rub with paste. Allow to set for 2 hours and then scrub. Sprinkle baking soda around the rim and scrub with a toilet brush for those less stubborn toilet bowl rings.

You can also drop two denture tablets into the bowl to clean the toilet and then scrub.

You can clean and sanitize a toilet with a ring by spraying the area with your homemade natural disinfectant, remembering to wear gloves. Flush the toilet and scrub with a cheap pumice stone that easily falls apart. Clean the top of the bowl by using a scrubby/sponge. Flush and then spray underneath the rim and behind the seat and then wipe clean. Wipe the toilet pedestal clean, then the handle and finally the top and sides of the toilet.

Put a straight 5 percent solution of vinegar in a squirt bottle to use for cleaning and disinfecting the rim of the toilet.

Toothbrush Holder

You can clean away caked on toothpaste and grime by using white distilled vinegar on a cloth.

Towel Rack

You can use distilled white vinegar to dampen a cloth and then wipe to clean and disinfect.

Water Marks

You can remove hard water stains by pouring 3 cups of distilled white vinegar under a running hot tap and filling the tub to cover the stains. Allow 4 hours for soaking. You should be able to remove the stains easily after draining the water.

Bathroom Cleaning

Here are some specific recipes for cleaning the bathroom area.

Bathroom Soft Scrub

1 cup of Castile soap
1 cup of baking soda, borax, or washing soda

Combine these and then use as a soft scrub for sinks, tubs, toilets and tile. Rinse using clean water.

Toilet Bowl Cleaner 1

½ cup white vinegar
1-cup borax

Wet the sides of the bowl by flushing and then sprinkle borax around the bowl and then spray with vinegar. Let set several hours or even overnight and then use a toilet brush to scrub.

Toilet Bowl Cleaner 2

Baking soda or borax
Liquid Castile soap

Simply pour the solution into toilet bowl and then use a toilet brush to scrub it clean.

Bath, Sink, and Tile Cleaner 1

Mix ½-cup baking soda with just enough vegetable oil-based liquid soap to make a mixture that looks like frosting. Add 15 drops of tea tree oil. Use a sponge to scoop up the mixture, then scrub your sinks, tubs, shower stall or countertops, and then rinse with clean water.

The Laundry



One thing you need to keep in mind while working with pure essential oils is that you will have need of a few good small dropper bottles. Keep some handy!

Dryer Sheets 1

Small dropper bottle
 ½ part lavender essential oil
 ½ part benzoic essential oil (absolute resin)
 10 to 15 - 4 inches square scrap of cotton cloth

You will make your base essential oil by mixing two oils of equal amounts into the small dropper bottle and then shake well. Label it. Put 4 to 5 drops of your oil onto the cloth and place it in the dryer with your laundry.

Dryer Sheets 2

Put 4 to 5 drops of essential oil base onto each of the 10 to 15 - 4 inches square scrap of cotton cloths. Place them in an airtight container that you can reach into, so that you can pull them out one at a time when you need one in the dryer.

Use these cloths as you do commercial dryer sheets. Keeping them in an airtight container helps to preserve the scent in your homemade dryer sheet rather than allowing it to dissipate throughout the room and leave your dryer sheets nearly scentless.

Dryer Sheets 3

12 drops of lavender
 15 drops of spearmint

You will put these oils inside a clean cloth, then fold the cloth a few times, and then wrap another cloth around the first cloth and place in the dryer.

Fabric Softener 1

4 cups water
 2 cups baking soda
 2 cups white vinegar

Combine these ingredients and use $\frac{1}{4}$ cup per each load of laundry in the final rinse.

Fabric Softener 2

You will combine 20 drops lavender essential oil with 1-gallon vinegar. When you add the lavender essential oil straight into the vinegar container, you have created an instant fabric softener. Remember to shake well before using it. For large loads of laundry, you can add 1 cup of this mixture during the rinse cycle. For smaller loads, use just $\frac{1}{2}$ cup during its rinse cycle.

Laundry Detergent

1oz. Liquid Castile soap
 1-cup washing soda
 1-cup baking soda
 1-cup white vinegar

Add each ingredient in its given order as you fill your washer and then launder as usual.

Lavender Water for Linens

3 cups of distilled water
 15-30 drops essential oil of lavender
 3 oz of either ethyl alcohol, isopropyl alcohol or 100% proof vodka

Into the container, you will pour the alcohol and water and then you will add the lavender oil and mix well. Eventually this water will ferment and is good for approximately a year. You can use this lavender linen water while pressing your linens. Especially your pillowcases as this will infuse the sweet soothing, restful scent of lavender on to them. Add this scented water to your iron, just as you add water for the steam function.

Never use vinegar in the laundry with bleach as it does produce harmful gases.

You will use a third less electricity while using the washing machine with a full load with a maximum of 40 degrees Celsius of water. Hanging clothes outside also helps reduce the usage of electricity.

Detergent is useful for cleaning synthetic fabrics, while not leaving soil residues even in hard water.

However, some individuals may be sensitive to these compounds of petrochemicals detergents. They may not be able to tolerate them or the fragrances they include.

Most phosphate detergents will cause buildups in lakes and streams, upsetting the natural balance of waterways. This causes algae to thrive and then deplete the dissolve oxygen that fish require. Some detergents include harmful substances such as phenol and naphthalene.

Rather than using detergents, we can return to the use of soap as an alternative. It is an effective cleaner for natural fabrics, which leaves fabrics much softer.

Use soap to soften water when washing linen and cotton, by adding 1-cup vinegar to the wash to keep colors looking bright. For a soft fresh scent, use $\frac{1}{2}$ to $\frac{3}{4}$ cup of baking soda. Wash feather or down using baking soda and mild soap, you can hand wash wools and silks using a mild soap or a protein shampoo.

There are biodegradable detergents on the market that do not contain phosphates, fragrances or harsh chemicals that you can use on synthetic fabrics or blends as well as most no-iron fabrics.

Rather than using bleach for white, use $\frac{1}{4}$ -cup washing soda or sodium carbonate. Bleach is one of the most toxic substances to our environment. Washing soda is less expensive and works just as well. You can add $\frac{1}{4}$ cup of white vinegar to the washing soda for the laundry.

Use $\frac{1}{4}$ cup of salt and $\frac{1}{4}$ cup of white vinegar for dark clothing. Salt can help restore faded colors, while removing grime and dirt.

Rather than using expensive fabric softeners with fragrances, add $\frac{1}{2}$ to 1 cup of white vinegar to the rinse cycle of the machine. This will rinse out the detergent and leave you laundry soft. This is very helpful when laundering cloth nappies because it removes soap residues that can cause a rash and it reduces any lingering nappy odors.

Vinegar helps balance the pH factor that can extend the life of fabrics. The scent of vinegar disbursts after drying, leaving your laundry smelling fresh and clean.

You can fragrance your laundry by adding 2 or 3 drops of essential oil to a damp cloth and tossing it in the dryer with your wet laundry to dry.

Lavender is always a great choice for both its fresh scent and disinfecting properties. You can replace half of each measure of laundry detergent with baking soda to keep your laundry smelling fresh and clean.

Lint Remover

Add $\frac{1}{2}$ -cup vinegar to the rinse cycle to eliminate lint from clinging to your dark color laundry.

Mildew

You can kill mildew by dabbing vinegar on the area and then allow the item to sit in direct sunlight for several hours. Wash separately.

Moth Repellant

You can freshen up your wash and repel moths by adding 2 teaspoons tea tree oil to the wash.

You can also clean and freshen your wash and repel moths by adding lavender, clove, rosemary or thyme essential oil to the wash and in areas where you store you clean laundry.

Mold

Adding ½-teaspoon tea tree oil to the laundry can help you get rid of mold.

Cloth Diapers - removing stains

Dissolve a teaspoon full of bicarbonate of soda, you can soak and rinse cloth diapers and then hang them in full sunlight to help fade any stains after washing.

Cloth Diapers – sanitizing

Some individuals store dirty cloth diapers in a diaper pail to soak and sanitize between washes. Commercial cloth diaper powders are available. However, you can use as gentle green approach by using either lavender oil or tea tree oil to sanitize the diapers.

Tea tree oil is a powerful, natural antiseptic with fungicidal properties. Soak cloth diapers in a bucket after adding 5 drops of tea tree oil. Lavender oil has antiseptic properties as well. Use 5 drops in 2/3 bucket of water. For the best results, replace the solution on a daily basis. Tea tree oil or lavender oil will deodorize the bucket and provide a fresh clean scent. When soaking diaper in a sanitizing solution, you will not need to wash the diaper in hot water. You can wash them using water of 40 degrees Celsius, since the solution will kill any germs.

Keep in mind that since lavender and tea tree oils are essential oils, some babies may be sensitive to them. Practice caution while using and never apply the oils directly to the skin. Remember to keep children away from diaper pails, since they can pose a drowning hazard.

Odor Removal

You can reduce laundry hamper odors by adding some baking soda daily to keep the hamper from smelling between loads.

Add fresh scent to your closets by mixing equal parts of thyme, rosemary and dried cloves in a small cloth pouch or even tea bags and then hang in your closet or place them in out of season clothing for storage. You can also use dried lemon peels.

You can eliminate the scent of smoke and other tough odors on clothing by running the tub full of hot water and pouring in 1 to 2 cups vinegar. Hang clothes on hangers along the shower rod.

Stain Removal

Antiperspirant

Using a solution of baking soda and vinegar, you will blot the area using a damp cloth. Wash in the hottest water that is safe for the fabric.

Glue

Using vinegar soaked cloth you can saturate and loosen dried glue until it disappears.

Grass

Apply a solution of 3-cup vinegar and 2/3 cup water to the stain and blot. Repeat as needed, and then wash as usual.

Grease

Pre-treat the stain with a baking soda paste or add baking soda to the wash to remove grease stains.

Fruit, Jelly, Mustard, or Coffee Stains

You can remove stains from jam, fruit, jelly, coffee or mustard by rubbing a little vinegar gently into the stain and then washing as usual.

Tar

Remove tar using a food grade linseed oil damp cloth and rubbing hard.

Ironing



Cleaning Your Iron - inside

Eliminate mineral deposits and prevent corrosion on a steam iron by occasionally cleaning it by filling the reservoir with undiluted white distilled vinegar.

With the iron in its upright position, switch the steam setting on and then push the vinegar steam through for about five to ten minutes. Refill the chamber with clear water and repeat. Finally rinse water chamber using cold water.

Cleaning Your Iron - cleaning the soleplate

You can remove scratches from the iron soleplate by scrubbing it with a paste you can make by heating equal parts white distilled vinegar and salt in a small pan and then dip a clean cloth in water to wipe off any residue.

Scorch Marks

Using white distilled vinegar to dampen a cloth, rub to remove any slight scorch marks and then blot with a clean towel.

Shiny Seat Marks

Using a soft recycled toothbrush dipped in equal parts white distilled vinegar and water, gently scrub the area and then pat dry with a soft towel.

Wrinkle Removal

Remove wrinkles from clothing after drying by misting them with a solution of 3- parts water to 1 part white distilled vinegar. Spray the whole surface and then hang to air dry. This approach will work better for some clothing than does ironing.

General Household Cleaning



Bins

To inhibit mold and bacteria growth that can cause odors, sprinkle ½-cup borax in the bottom of bins and diaper pails.

Carpets

Salt can help restore color to dark laundry, it can also help to revive the color of carpeting and remove dirt. Depending on the size of your rug or carpet, you will sprinkle ½-cup salt and allow it to sit for fifteen to thirty minutes, and then vacuum it up. Using these same directions, you can also use cornstarch.

Carpets - deodorizing

You can deodorize your carpet by sprinkling baking soda onto the carpet, allowing it to sit for 15 minutes before vacuuming it up to remove pet and other odors.

This recipe is great for adding fragrance to your carpets. Combine 20 drops of your favorite essential oils with a ½-cup baking soda or a ½-cup cornstarch. Place dry ingredient in bowl and mix in the oil one at a time while stirring. Use the back of a spoon to divide any clumps and then pour the powder into a funnel shape piece of paper to use as a sprinkling container or you may use recycled jars with holes in the lids to do this.

You can use ½-cup borax and ½-cup baking soda, or use 1-cup diatomaceous earth, however do not use the kind made for pool filters--check the organic gardening resources in your area, and 1-cup baking soda, during flea and bug season. Diatomaceous earth or D.E. is a superb natural product with many household and garden uses.

The fragrances you choose as oils for your carpeting are personal choices. Make yourself happy.

Some suggestions are:

During the spring and summer months you might like 2 or 3 drops musk oil, 5 drops rose oil and 15 drops lavender oil. Lavender provides a sweet clean scent that also works to repel bugs. Other promising bug repellents include using the essential oils of rosemary, thyme, lemon, sweet marjoram and basil.

When you are overrun with bugs inside the home, you can combine equal parts of citronella oil and lavender either oil or you can try 5 drops of citronella oil with 15 drops of lavender with 5 drops of citronella oil. Either way, it is recommendable to add 2 or 3 drops of a floral musk fragrance oil to provide a lingering sweet floral scent.

You can invoke the feelings of warm holiday cheer during the winter by adding fragrant essential oil scents such as cloves, cinnamon, cedar or pine.

Carpet - stain removal

You must understand several issues before you begin to remove stain from carpet. First, do not ever apply heat to the stain since this will actually lock the stain in place making it nearly impossible to remove.

Secondly, wicking is a problem that involves the staining agent to penetrate the base of the carpet deep down. Meaning, that while cleaning a carpet you may only be removing the stain for its top fibers. Eventually, any liquid left at the carpet base is absorbed and then works its way back to the top of the carpet causing the stain to reappear.

Avoid wicking by using your choice of stain fighting solution to clean the carpet and then cover it with a thick towel. To help absorb the liquid, place something heavy on top of the towel such as books for a few hours or even overnight. The next day, lift the towel and clean as necessary.

Finally, while cleaning stains you will blot rather than rub to remove them. While rubbing you may set the stain deeper and make the fibers of the carpet to become weak, which can cause the carpet to wear more quickly than the rest?

Carpet Stains and Baking Soda

You can remove some stains with baking soda, using 4 cups water to dissolve 1-cup baking soda. Place this mix in a spray bottle and then spray onto the stains.

Carpet Stains and Club Soda

Club soda or soda water is a great non-toxic carpet stain remover. Soak the area immediately with club soda and then blot until you remove the stain. You can also use other clear sodas such as Ginger ale and Sprite.

Carpet - Coffee Stains

Wet a cloth and immediately begin blotting a coffee stain to keep it from setting into the carpet. Continue blotting to get out all the coffee. Try using plain water, however if that does not work there are several other things you can do to remove the stain.

Pour salt, kosher salt or baking soda onto the stain, covering the entire area. Allow to set for about 30 minutes and then vacuum or remove with a cloth. The salt or soda should absorb all the liquid.

You can also use vinegar if you do not have these other ingredients handy for use. For a medium to mild stain, dilute 2 parts water to 1 part vinegar, pour this solution onto the stain and then blot until the stain disappears.

If it is a large deep stain, you can pour straight vinegar onto the spot to saturating it. Blot until the stain is gone. After removing the stain, blot with a clean damp cloth to rinse and remove the scent of vinegar from the area.

Carpet - Grease Spots

You can remove grease from carpets by first sopping up the liquid with a dry sponge and then generously working some baking soda into the spot. Allow it to set overnight. The next day you can remove the excess and then vacuum.

You can also remove grease from carpets by first absorbing the excess with your sponge and then rubbing a generous amount of cornstarch into the area. Allow it to set overnight and then vacuum it up.

Carpet - Pet Urine

You can remove pet urine from carpets by dabbing the area with absorbent towels and then wash the area using a liquid dish detergent. Rinse with ½-cup vinegar diluted in 2 pints warm water.

Lay the towels over the spot and weight it down to absorb the excess moisture. Allow to set for four to six hours and then remove the towels. Brush the nap up and allow to dry, you can use an electric fan to speed up drying time. Spray vinegar on the spot to reduce the chance of the pet soiling the area again.

Carpet - Red Wine Stains

Blot up the liquid and then sprinkle with salt. Allow to set for fifteen minutes as the salt will absorb the moisture and turn pink. Clean away the salt and then clean the area using a mixture of two parts water and 1 part vinegar.

You can also remove red wine stains by working baking soda into the carpeting and then vacuuming it up.

Carpet - White Glue Spills

Remove white glue spills from the furniture or carpet using white vinegar.

You can make a good general paste to remove carpet stains by mixing 2 pints warm water, 3 tablespoons vinegar and 2 tablespoons of detergent. Work paste into stain, but do not allow soaking and then blotting with a clean cloth.

Children's Toys

As long as they are not battery operated or electrical items, you can clean toy using 2 pints warm water and ¼-cup baking soda. Submerge the toy in this solution and then wipe using a cloth you dampen with this mixture, rinse with clean water.

China

To clean heirloom or fine china, dissolve borax in a sink full of hot water and then wash, rinse and dry the items.

Dusting

Use a simple damp cloth for dusting.

Fireplaces

To help loosen the soot inside your chimney, pitch a handful of salt into the fire occasionally.

Moisture Problems

Since mold and mildew grow in warm moist areas, you can keep these areas under control by placing bowls of kitty litter to absorb any moisture, while replacing them weekly. You can use the General Tea Tree Oil Spray to treat the areas influenced by mold and mildew.

You can lightly sprinkle cornstarch between the pages of a book to reduce mildew in books. Allow it to set for several hours, then shake, and wipe clean.

Dust Mites

You can kill dust mites as you clean by dabbing a few drops of tea tree oil onto a tissue and then placing it in your vacuum cleaner bags, while adding a great fresh scent to your home.

Flies

This nice scent will shoo away the flies inside the home.

Flyaway Potpourri

¼-cup pansy

10 yellow tulips
1-cup rosemary
¼-cup mugwort
½-cup spearmint
½-cup lemon balm
3 tablespoons orris root
¼ cup pennyroyal/mint
2 cups lavender flowers
¼-cup cedar wood chips

Moths

Moths do not like the scent of lavender, cedar or shredded newspaper.

Rodents

Use tea tree oil on a cloth to wipe your pantry and cupboards, you may wish to place a few drops of this oil at the entry points of rodents.

Keep everything clean and do not leave food laying around for mice to eat. The reason they even came into your home is to find something to eat, do not oblige them.

Metal

Each particular metal calls for a specific metal cleaner and polisher. You can get rid of rust on metals by soaking them in undiluted vinegar.

Aluminum

You can clean aluminum using a solution of cream of tartar and water.

Brass

Combine equal parts salt and flour with a little vinegar and then rub to clean brass. You can brighten brass surfaces by rubbing it with an olive oil dampen cloth after cleaning the item; this will also prevent tarnish on the brass.

Chrome

You can clean chrome by rubbing it with undiluted vinegar and then polish the item using vinegar, baby oil or a piece of aluminum foil with the shiny side out.

Copper

You can clean copper while rubbing it with salt and lemon juice or with salt and hot vinegar. You can remove tarnish from copper by boiling the item in a pot of water along with 1-cup white vinegar and 1-tablespoon salt. Alternately, you can also use mixtures of cream of tartar, lemon juice, salt, vinegar and baking soda.

Pewter

You can clean pewter with a paste of vinegar, flour and salt.

Stainless steel

You can clean stainless steel using a paste of water and baking soda. Using olive oil on stainless steel can help removing prints and streaks.

Gold

You can clean gold with toothpaste.

Silver

You can clean even your best silver using an old soft bristled toothbrush, warm water and toothpaste rather than toxic silver cleaners.

You can also line a pan with aluminum foil, fill it full of water, then add 1-teaspoon each of salt and baking soda, and then place the silver item inside to boil.

Make a paste of 1 part water to 3 parts baking soda to clean silver. Rub the paste onto each piece and then rinse with warm water, dry using a soft cloth.

You can make a quick silverware dip, by mixing a solution of 1 level teaspoon baking soda to 2 pints tepid water and then brushing them using a soft toothbrush.

General Household Cleaners

A mixture of salt and vinegar make a fast and easy surface cleaner. You can clean and deodorize all your bathroom and kitchen surfaces using a damp sponge and baking soda.

You can create a general cleaner by dissolving 4 tablespoons baking soda in 2 ½ pints of warm water. Recipes for other all-purpose cleaners are below.

All-Purpose Cleaner Number 1

2 cups hot water
3 tablespoons vinegar
½-teaspoon washing soda

½-teaspoon vegetable oil based liquid soap

Combine ingredients in a bucket or spray bottle. Apply to surface and wipe clean.

All-Purpose Cleaner Number 2

¼ cups hot water

¼-cup vinegar

1-tablespoon borax

You can also add a dash of liquid soap

You can mix these ingredients to create an all-purpose cleaner that is useful on tiles, sinks, tubs and countertops or anywhere else you need to disinfect, while cleaning your entire house.

All-Purpose Spray Cleaner

½-teaspoon borax

½ cups of hot water

2 tablespoons vinegar

½-teaspoon washing soda

½-teaspoon vegetable oil-based soap

In a spray bottle, you will combine and shake well to dissolve all the solid ingredients. You can add 1 teaspoon of borax to the mixture to add extra cleaning power. Spray and wipe clean using a damp sponge or cloth for the best results.

Apple Cider All-Purpose Cleaner

Apple cider vinegar can stain however; it triggers fewer allergies than does using white vinegar. You can substitute lemon juice; however, it does require refrigeration. Keep a spray bottle on hand, when you want to make an old fashion apple cider all-purpose cleaner.

Add 1-cup apple cider vinegar or lemon juice to your bottle (you can use more when you want more strength)

Fill the rest up with water

1 tablespoon of liquid Castile soap (optional)

5 to 10 drops of grapefruit seed extract (optional)

Add 10 to 20 drops of your favorite essential oil or boil some herbs too add, keep in mind that this will only last for 2 weeks. (Optional)

Directions: Simply spray and wipe. Use this as a daily shower spray help cut down on soap scum. Simply spray and then leave for 20 minutes, then wipe using a towel. Alternatively, you can spray and leave it to dry. You can use all-purpose cleaners to clean your appliances, floors, countertops, window and mirrors. It is useful for cleaning windowsills and mopping the floor when using ½ cup in a bucket of water. This is a versatile cleaner that you can use in your dishwasher or laundry as a rinse.

General Tea Tree Oil Spray

Mix in a spray bottle, 2 teaspoons of tea tree oil in $\frac{1}{2}$ cups of water and shake to blend. You can use this for various things around the home. On mold, simply spray on the area and do not rinse. Within a few days, the scent will disperse. The scent of the damp and mold will disperse as well when you remove the source of the moisture. It makes a useful household antiseptic spray for spraying areas that require an antiseptic, such as area where someone has vomited.

Liquid Natural Detergent

You can make a gallon of natural liquid detergent for use on your floors, the laundry, in the dishwasher and on tiles and tubs by mixing:

1/3 cup of salt
 1 cup of Castile soap
 40 drops of grapefruit seed extract (optional)
 1 cup of dissolved borax or baking soda (optional)
 Papaya Enzymes - about 4 crushed capsules per gallon

If you have sensitive skin you may just want to stick to the Castile soap, salt and grapefruit seed extract and just experiment with this recipe. On the other hand, you may wish to use one of the other all-purpose cleaners for your housekeeping needs.

Fill gallon jug halfway with water. Reserve half of the water by pouring it into a bowl. Dissolve baking soda, salt or borax in a pan of water. Warm water over a low heat and stir to dissolve. Add this, along with the Castile soap and optional vinegar into the gallon jug. Fill jug, while adding grapefruit extract and essential oils and shake well to dissolve all the dry ingredients in this recipe.

This product is useful for cleaning sinks, tubs, toilets, as well as wall and floor tiles. Gently rub and then rinse with clean water. You can clean floors by adding $\frac{1}{2}$ to 1 cup to your bucket of water and clean all floors with the exception of laminate. You can substitute this product for dishwashing detergent, laundry detergent and while cleaning glass surfaces to create a spectacular shine.

Air Fresheners

Air Freshener Spray

Using a $\frac{1}{2}$ pint fine mist spray bottle, combine a fragrant essential oil and white distilled vinegar.

Air Purifying Spray

You can spray your germ-filled rooms with an air purifying spray by combining the essential oils of

lemon, thyme and eucalyptus.

Gel Fragrance in a Jar

You can make your own gel air freshener using these ingredients.

½-teaspoon essential oil or fragrance oil

1/8 teaspoon rubbing alcohol or vodka

1-cup water

1- Packet gelatin

Dissolve the gelatin in ½-cup boiling water. Add ½-cup cold water and stir to blend. Add essential oil and alcohol and stir to blend well. Pour solution into jars of your choice. Do not place in a warm area such as the top of the television as this will liquefy the product. However, if it does happen you can place it in the refrigerator to restore it.

Lemon and Baking Soda Spray

In 2 cups of hot water, dissolve baking soda, add lemon juice and then pour into a spray bottle to spray as an air freshener.

Lavender Room Aromatherapy

Lavender contains baldheads and that aid in regulating your mood. Lavender is useful for treating depression. You can place a few drops on a cool light bulb or in a water vaporizer.

Disinfectants, Natural Bleaches and Anti-bacterial Sprays

A disinfectant helps to reduce the number of harmful bacteria on any surface; however, no surface cleaner can eliminate bacteria. You can kill some bacteria with regular cleaning with hot water and plain soap. This means that in order to kill as many germs as possible you will need to disinfect and clean regularly.

Disinfectant 1

Borax has disinfectant and deodorizing properties.

You can clean with a solution of ½-cup borax and 1-gallon hot water or undiluted vinegar.

Disinfectant 2

2 cups hot water

¼ cup lemon juice

2 tablespoons borax

Mix lemon juice and borax with water in a spray bottle and shake. You can use this just like any commercial all-purpose cleaner, while saving money and using more natural and healthy ingredients to

do so.

Disinfectant 3

Isopropyl alcohol is a great disinfectant. Sponge it on and allow it to dry. Wear gloves and use in well-ventilated area. Keep away from children and pets.

Disinfectant Spray

¼-teaspoon lavender oil
 ¼-teaspoon tea tree oil
 ¼ cup white vinegar
 2 cups water

Mix and store in a spray bottle, shaking occasionally. You can use this when you need a disinfectant spray for any area of your home; it is especially good for sick rooms and bathrooms.

Lavender Anti-Bacterial Spray

Lavender contains approximately 50% linalool it kills bacteria and viruses. Mix 20 drops of lavender pure essential oil in 1 cup of water. You can spray the air countertops, doorknobs and so on, you can use it anywhere you would regularly use a disinfectant. It also produces a clean fresh scent that is pleasing to many individuals and households.

Natural Bleach Alternative

You can make a great natural bleach alternative by mixing a gallon jug half-full of water, 1 cup Castile soap and diluting ½ cup of baking soda and 1/3 cup of salt and then adding 1 cup of vinegar. Fill to top with water and shake.

Floors

Wallpaper Cleaner

You can erase marks on wallpaper, by rolling a piece of white bread and using it.

Furniture/Floors Wood, Vinyl and Leather



Basic Polishing Cream Waxing Formula

This is a solvent free, simply elegant polish formula. You can make it easily and inexpensively to use.

1 oz beeswax
 ½ oz coconut oil
 ½ oz. olive oil or jojoba
 4 oz distilled water
 1 oz carnauba wax

Over a medium heat, you will melt the waxes and oils in a double boiler. Remove from heat and add the water. Mix with a hand mixer until it is creamy and thick. Using a soft cotton rag, you will dab into the cream and then rub it into the furniture. You can buff and polish as you work the oils well into the wood surface. This formula has a shelf life of about six to 12 months.

Lavender Furniture Wax

½-cup mineral spirits
 20 drops oil of lavender
 2 oz. grated beeswax
 1-tablespoon carnauba wax

Using a double boiler, melt waxes and allow it to cool, for 30 seconds. You will then add the essential oil and mineral spirits. Stir well and pour into a suitable container.

Lemon Oil Furniture Duster

2 tablespoons lemon juice
 A few drops olive oil or jojoba
 10 drops pure essential lemon oil

Using a soft recycled cloth such as flannel, you will dip cloth into the lemon oil mixture, wipe the furniture and allow the furniture to dry naturally.

Furniture Polish

1/3 cup Castile soap
 1/3 cups of olive oil
 10 drops of grapefruit seed extract
 40 to 60 drops of essential oil (optional)

Fill a 1-gallon jug halfway with water and then add the other ingredients. Fill jug all the way with water and shake well. Pour into a spritzer bottle to use. Shake before each use. This recipe will make approximately 1-gallon of furniture polish. It will keep for about a year and is useful for polishing blinds, painted surfaces and stainless steel.

Caution: This product is not recommendable for antiques, or floors.

Wooden Furniture Polish 1

Make a polish, fresh each time you need to use it.

1-teaspoon water
 1-teaspoon olive oil
 1 lemon

Squeeze juice from lemon and mix with water and oil. To use, apply thin coat to the surface of wood and allow to sit for 5 minutes. Buff to a beautiful shine using a soft cloth.

Wooden Furniture Polish 2

Mix a drop of lemon juice, 1 part olive oil and 3 parts light mineral oil.

Wooden Furniture Polish 3

1/8 cup vinegar
 1/4 cup lemon juice
 1/8 cup food grade linseed oil

Combine these ingredients and then use a soft cloth to rub into the wood.

All of these homemade cleaning products are inexpensive and economical to use. They help you clean your home while not razing havoc on the ecosystem. You can use them safely while feeling great about making your very own homemade all-purpose cleaning products.

Wooden Furniture Polish 4

You can use this on real wood and laminate furnishing. The scent of vinegar evaporates quickly as the sweet clean scent of lavender lingers on. This small recipe goes a long way, therefore there is no need to mix and store a large batch, unless of course you use it frequently.

1-tablespoon vodka
 10 drops oil of lavender
 1-tablespoon cider vinegar
 1/8 cup lavender base oil or you can use plain olive or another vegetable oil

Combine these ingredients together in a 4 oz. squirt top bottle. Then you simply rub it into the wood using a clean soft cloth.

Vinyl Cleaner

In 1-cup boiling water, mix and dissolve from 1-teaspoon to 1/4-cup washing soda. You can apply this with a sponge and then wipe off with a damp rag.

Wood Floors

You can occasionally clean your wood floors using warm water and a drop of dish soap. Use only a damp cloth to wipe or scrub and then use another dry cloth to buff the surface to a shine.

You can avoid streaks on wood floors by adding 1/4-cup vinegar to your mop water. Remember to wring the mop well so that you do not over wet the floor.

You can clean and polish wood floors by diluting one cup of citrus oil in 1-gallon hot water. Use a sponge mop to mop the floor. For heavier jobs, do not dilute the citrus oil.

Wood Floor Wax

Wax is semi-solid and can feed and seal wood, however to get the best results the wood must be thoroughly dry.

1 1/2 oz. grated beeswax
 20 drops of essential lavender oil
 1/2-cup vodka
 1-cup base oil
 2 oz. carnauba wax, depending on the hardness you desired

Since carnauba wax is so brittle, you can pulverize it quickly by placing it in a plastic bag and then tapping it gently with a hammer or another suitable tool.

Bringing a double boiler to a simmer you will add the waxes and base oil to the smaller saucepan. Stir gently at a low heat to dissolve the waxes. Remove from heat and then add the essential oils and vodka. Blend well. Pour contents into a clean, recycled nut can or similar size heat-resistant container. Allow to harden and then use a rag to rub into the wood. Dip rag into base oil to prevent the rag from dragging while you work.

Wood - To Remove Water and Scorch Marks

You can remove water and scorch marks from wood by creating a thin paste of olive oil and salt. Wipe the paste on and then wipe it off using a soft cloth. You can buff as you go. You can also remove water and scorch marks from wood furniture, by dabbing the stain with white toothpaste. Allow the paste to dry and then gently buff using a soft cloth.

Wood - Scratch Covers

You can hide wood scratches by rubbing them along the grain with walnut meat. You can also use a cool tea and a soft cloth to remove them.

Wicker

To prevent white wicker from yellowing, scrub it using a stiff brush and saltwater, allow it to stand in direct sunlight to dry.

Wooden Furniture

You can polish your wooden furniture simply and quickly by using a few drops of oil and ¼-cup vinegar. The vinegar works to pull out the dirt from wood and the oil lubricates the wood preventing it from becoming too dry.

The oils with the longest shelf life are always the best oils to use. Olive oil is ideal. Liquid wax jojoba never goes rancid and it the best choice. You can find it in many health food stores. Do not use boiled linseed oils you find in hardware stores as they include synthetic drying chemicals and are not fit for your purpose, rather you should only use a food grade linseed oil.

Lemon juice makes a great substitute for vinegar. However, it is not recommendable for general cleaning since it can stain. Use distilled white vinegar when you are cleaning something that may stain. You can use a soft recycled cloth, such as flannel saturated with vinegar and oil mixture to wipe furniture when you want to use a homemade furniture polish.

You can use citrus oil that you can purchase from any home improvement store to polish your wood furniture, wood blinds and wood floors, while adding a great citrus fragrance to the room. Using a lint free cloth and a bit of undiluted citrus oil, you can polish your wood furniture to perfection. Dilute ¼-cup citrus oil in water in a spray bottle to clean your wooden mini-blinds. You can lay the blind on a towel outside or on the floor, spray your blinds lightly, and then wipe them gently using a fabric softener sheet.

General Floor Cleaner

Combine ½-cup white vinegar with 1-gallon hot water in a bucket. You can use this safely on any washable surface including tile, linoleum and hardwood.

Natural Kitchen Floor Cleaner

2 gallons hot water
¼-cup washing soda
1-cup vinegar
1-tablespoon vegetable oil-based liquid soap

Mix all ingredients and then stir well to dissolve the washing soda. Mop and rinse your floors as usual.

Floors

You can add a few drops of vinegar into your cleaning water to remove traces of soap. Add a capful of baby oil to the water to polish and preserve linoleum and vinyl flooring.

Brick and Stone Tiles

Combine 1-gallon water and 1-cup white vinegar to clean brick and stone tiles and then rinse using clean water.

Heel Marks

You can use a pencil eraser to remove heel marks for the floor.

No-wax Vinyl or Linoleum Floors

Mix 1 gallon of water with ½-cup vinegar in a bucket, then mop or scrub your floor to clean and shine no-wax vinyl or linoleum floors.

Painted Wooden Floors

Use 1-gallon hot water and 1-teaspoon washing soda to clean painted wooden floors.

Glass Cleaner



Windows and Mirrors

Clean windows, mirrors and glass in a flash using these tips. To avoid streaking, do not wash windows while sun is shining as this can cause cleaning solutions to dry more quickly. You can avoid residue of lint by wiping with newspaper instead of using cloth or paper towels, unless you are allergic to newsprint ink.

Simple cleaning solutions for this job are equal parts water and vinegar in a spray bottle or just use undiluted vinegar in a spray bottle.

Non-Streak

2 pints warm water
 ¼ cup white vinegar
 1-tablespoon cornstarch

Combine these ingredients and pour into a spray bottle and spray or apply it with a sponge. Simply wipe dry with some crinkled newspaper and then buff to shine.

Mirror Cleaner

You can mix all these ingredients in a spray bottle and then shake well before each use. Spray this solution onto mirrors and then wipe them dry using a dry towel or cloth.

½-cup water
 1 ½ cups vinegar
 8 drops citrus essential oil of choice

Window Cleaner

2 cups water

3 tablespoons cider vinegar or white vinegar
1/3 teaspoon liquid Castile or other liquid vegetable-based soap

Combine these ingredients in a spritzer bottle and then shake well. You can use this solution as you would any commercial window cleaner product.

You only need four products when you want to clean, rather than using different commercial cleaning products, such as cleaning the cabinets, floors, sinks and refrigerator. You can purchase them from many local merchants. They include salt, baking soda, white vinegar and lemon juice.

Plants



Outdoor air has a great advantage of rebalancing itself when it is possible, although it can at times become unhealthy and polluted. Indoor air has no true nature to help rebalance its composition of breathable air. Modern homes are more airtight than those of years gone by to help keep cooling and heating cost down. Indoor pollution is now a health problem for many. Many individuals are at risk of MCS or multiple chemical sensitivity and many suffer from allergies and asthma.

Therefore, we use plants indoor to help bring rebalance into our indoor air. They can absorb airborne chemicals, balance humidity and increase levels of oxygen.

In comparison with an air purifying machine, plants are more pleasant to behold, they are cheaper and noise free. Many houseplants can outlast an air purifying machine, cutting the cost drastically and they do not use electricity.

However, rather than rushing out to buy a dozen plants or so, which can be almost as expensive as buying an air purifier! As an alternative, think frugally. Ask your family and friends for plant cuttings. You can shop for price reductions in garden centers or plants that need so old fashion TLC. If you have plants already, learn how to propagate them.

Ideal conditions would call for one plant for each 100 square feet, planted in a loose growing medium. Many soil microbes feed on bad chemicals such as tetrachloride, formaldehyde and benzene, working with plant roots, helps to eliminate them.

All houseplants reduce indoor air pollution; nevertheless, some of them work better than some others to accomplish this. The list of indoor plants will vary from professional to expert, however most commonly recommendable are those listed below.

Ivy plants

Keep an ivy plant in the kitchen to offset any benzene from a gas stove.

Chrysanthemum Flowers

Chrysanthemums will help absorb the formaldehyde from new carpets, cabinets, shelving and furniture, any TCE from new paint as well as any benzene from new plastics.

Spider Plants and Corn Plants

These plants can absorb formaldehyde from furniture, books, new paper, cardboard and computers.

Azaleas

The air quality of homes including new foam furniture, foam insulation or foam backed carpet will see an improvement by keeping azaleas inside.

Spider Plants, Ivy, and Dracaenas

These plants can absorb fumes from gasoline, carbon monoxide and oils.

Other powerful air-filtering plants include Peace Lilies, Gerbera Daisies, Chinese Evergreens, Dieffenbachia, Golden Pothos and Bamboo Palms.

Shoe Care/Leather Care



You can use lemon juice for tan, black leather shoes or you may apply olive oil, beeswax, walnut oil, or any other cold pressed nut oil to your leather items and then buff them with a clean chamois cloth for a beautiful shine.

Patent Leather

You can give your patent leather a brilliant shine while preventing any winter cracking by rubbing them with a dab of petroleum jelly. You can shine patent leather by using a white vinegar moistened soft cloth and then wiping them clean. There may be subtle color changes of the leather. Wipe them dry using a clean cloth.

Shoe/trainer Deodorizer

6 tablespoons cornstarch
 5 drops clove essential oil
 5 drops lemon essential oil
 3 tablespoons baking soda
 20 drops tea tree essential oil
 20 drops rosemary essential oil

Mix all ingredients and then place 1 to 2-tablespoons in each sneaker or shoe and then rub it in. allow powder to sit overnight in the shoe.

Shoe Polish

You can make a natural shoe polish by combining several drops of lemon juice and $\frac{1}{4}$ cup olive oil. Dipping the rag slightly, you will wipe the solution on and then buff it off the shoe.

Water Stains

You can remove water stains on leather by rubbing it with a solution of water and vinegar and then

buffing.

Stain Removal

Greasy Wax Stains and Marks

Using mineral oil and a soft cloth, you can remove adhesives such as tape, candle wax and crayons. Actually, mineral oil is an active ingredient in most commercial grease, stain or mark removal products.

Ink Stains

You can remove ink stains by using a non-aerosol hair spray or cinnamon or a clove bud essential oil when mixing it with some olive oil.

Removing Labels

Vinegar is useful for removing pricing labels from china, glass and wood. Using vinegar, you will paint the label with several coats and allow the vinegar to soak in, after a few minutes you can rub the label off completely.

You can also remove stick-on hooks from painted walls by using vinegar. Simply saturate the area using a sponge or cloth. Squeeze the liquid behind the hook in order for the vinegar to penetrate the adhesive. NB: Remember to use these methods only on washable surfaces and washable paint.

Removing Sticky Residues

You can get rid of sticky residues by rubbing several coats of vinegar onto the area and soaking. Wash off using a wet cloth, the sticky should rub off easily.

Suede

You can remove dirt marks on suede by rubbing them out using an art-gum eraser. Buff gently using an emery board. You can polish it to a shine using the inside of a banana peel and then buffing.

Car Care



Car Soap

Mix in a bucket of hot water, ¼-cup vegetable oil based liquid soap and mix. You can wash your car on the lawn rather than the driveway to eliminate runoff into the storm sewer and street.

Car Wax

Place 4 tablespoons carnauba wax, available at automotive stores, 1-cup linseed oil, 2 tbsp. beeswax, and ½-cup vinegar into the top half of a double boiler or saucepan and heat slowly to melt the wax. Stir and then pour into a heat resistant container.

After wax solidifies, use a lint free cloth to rub it on your car, then you should saturate the corner of a cotton cloth with vinegar and then polish the wax to a dazzling shine.

Cleaning Chrome

You can clean and shine chrome by rubbing it with vinegar.

Removing Stickers

You can remove bumper stickers by soaking a cloth in vinegar and then laying it over the bumper sticker, allow it to soak for several minutes and then simply peel the bumper sticker off.

You can remove any sticky residue by rubbing vinegar on the area.

Windscreen Frost Free Fluid

You can use a mixture of 1 part water and three parts vinegar to coat car windows. The water and vinegar solution will help keep the windshield free of frost and ice.

You can also use a small-moistened cloth bag of salt on the windshield of the car to keep ice and snow from collecting.

Outdoors



Bird Droppings

You can use full strength apple cider vinegar either on a rag or in a spray bottle. Apply to bird droppings and then wipe clean.

Bird Nests

You can discourage birds from building mud nests using vinegar. When you notice that they are beginning to build a nest where you do not want them, drench the area using full strength white distilled vinegar. They may be persistent, however keep spraying the area with the vinegar and they will soon build their nest elsewhere. Under no circumstances should you spray the birds.

Brickwork - removing calcium

You can remove calcium buildups on limestone or brick by spraying a solution of half water and half white distilled vinegar and allow it to set. The solution will do all the work.

Compost

Coffee grounds contain a lot of nitrogen. Mix your coffee grounds in with your soil or compost to create a super slow release fertilizer.

Concrete - drives and pathways

You can remove unattractive stains and marks by pouring full strength white distilled vinegar over the area. Repeat as necessary until the stain or marks fades.

Decking

Make a solution by mixing $\frac{1}{2}$ cup of baking soda, $\frac{1}{2}$ cup of white vinegar, 1 cup of ammonia into 7 pints of water. Dip a bristle broom or brush into the solution and then brush the deck to remove mildew.

De-icing Pavements and Driveways

In order to prevent ice and snow from bonding to pavement as well as allow for easy removal, lightly sprinkle rock salt onto your driveways and sidewalks. Do not over do it, remember to use salt sensibly in order to avoid killing ornamentals and grass.

Drains

You can green clean your drains by pouring ½ cup each of baking soda and distilled white vinegar down the drain and then cover while the solution works by fizzing action, follow this by pouring a bucket of boiling water down the drain.

Garden Furniture - Cane and Wicker

Using a solution of 1 part hot water and 1 part distilled white vinegar you can sponge off this furniture, and then place the chairs outside on a hot sunny day to dry. This will clean the pieces and prevent the appearance of sagging.

Mesh And Umbrella Garden Furniture

You can use ½ cup of white vinegar with 2 tbsp of liquid detergent in a bucket of hot water to effectively inhibit mold and mildew growth and deodorize your plastic mesh outdoor furniture and patio umbrellas. Gently work it into the furniture with a soft bristled brush and scrub seat pads and the fabric of the umbrella well. Rinse with cold water (your garden hose will work fine) and simply leave them out in the sun to dry.

Plastic Garden Furniture

You can clean these and prevent mildew by spraying these items with undiluted white vinegar and wiping clean with a cloth.

Wooden Garden Furniture

Use ½ cup white vinegar, ½ cup baking soda and 1 cup ammonia in 4 liters of water. Wipe furniture with a rag or sponge soaked in this solution to clean, remove and inhibit mildew.

Insects

There are plenty of natural, nontoxic insect repellants. Powdered red chili, cloves, bay leaves, lavender, peppermint, tobacco, rosemary, peppercorns and citrus and cedar oils are all highly effective natural insect repellants.

You can also make nontoxic (to humans) insect traps by using some nontoxic ingredients mixed with food that will attract them. Place your trap where there is an infestation.

You can mix oatmeal and plaster of Paris, flour and cocoa powder with borax. Of course, there is also the reliable, non-toxic solution of flypaper.

To keep ants out of your home, sprinkle paprika, dried crumbled peppermint, borax or powdered chili pepper in the area where the ants are coming in.

Natural Herbicides

You can get rid of weeds and grass growing in between your patio bricks by spreading salt in between the blocks then either sprinkle with water or simply wait for it to rain. If you have hardy weeds like dandelions, pull the leaves off and sprinkle the root with salt then cover with boiling water. Don't forget you can eat the leaves in salads if your lawn is not chemically treated!

Pet Care



Cat Litter

Add some baking soda to the bottom of your litter box when you change the litter – this will absorb odors.

Fish Tanks

You can scrub off the mineral deposits left in the inside of fish tanks by hard water using salt – don't use iodized salt and remember to rinse the tank thoroughly before putting your fish back into the tank.

Flea Control

Soak two sliced lemons in very hot (just shy of boiling) water overnight. Pour the liquid in a spray bottle. Spray a generous amount on your dog and their bedding and massage the lemon water into their coat. Citrus repels and can even kill fleas – and your dog will smell good too!

Cats however hate citrus almost as much as fleas and generally, they're not fans of being sprayed with anything. Make a solution of 1 ounce of pennyroyal oil (you can find this at most health food stores) to 18oz water. You can use a sponge to work the solution into your cat's fur. You can also use this solution on dogs.

*pennyroyal oil **MUST** be diluted before using; it can poison pets in concentrated form. You can soothe your pet's itchy skin with Aloe Vera to prevent scratching and to make them more comfortable.

Goldfish

Give your goldfish an invigorating salt water swim once in a while. Use 1 tsp salt in 32 ounces of room temperature water and let your goldfish take a 15 minute swim before putting them back in their tank.

Shampooing Your Pet

Use herbal shampoos for your pets. You don't need to use pesticide-laden shampoos – soap and water alone will kill fleas in 5-10 minutes anyway.

Natural Pet Shampoo Recipe

This is a gentle, soothing detergent free pet shampoo that will soothe and heal skin irritations; your pet may not love getting a bath, but they'll feel great afterwards.

4 pints (64 ounces) water
2 teaspoons liquid castile soap
2 tablespoons aloe Vera gel
Up to 1 teaspoon vegetable glycerin or vegetable oil

Shake ingredients to blend in a large jar before using. Get your pet wet first, then pour the shampoo a little at a time, lathering as you pour and work it into their coat with your fingers. Rinse well and towel your pet dry.

You can give your pet a shinier coat with a vinegar rinse. Mix $\frac{1}{4}$ cup organic (and only organic!) apple cider vinegar with $\frac{1}{3}$ cup warm water and rinse your pet with this solution, making sure not to get it in their eyes.

Removing Pet Odors

You can get rid of that "wet dog" smell by sprinkling your dog with baking soda and brushing it out of their fur.

Fleas and Tick Rinse

After bathing your pet with warm water and castile soap, dry them thoroughly then apply this rinse. Mix 1 cup dried or fresh rosemary with 2 pints boiling water – let this steep for 20-30 minutes, then strain and cool before using.

Spray or sponge your pet with this, then massage into their coat and skin. Let them air dry instead of towel dry after this rinse.



Homemade Personal Hygiene and Cosmetics

We buy and use these products to keep us clean, smelling nice and to preserve soft, smooth skin.

A lot of these products contain unnatural, even toxic ingredients – here are some great natural alternatives:

Astringents/After Shave

Witch hazel, diluted isopropyl alcohol.

Bath Soaks

20-25 drops of tea tree oil in a full bath makes for a relaxing soak. You can also use baking soda; this especially good if you happen to have hard water.

Natural Deodorants

Baking soda, white clay, deodorant crystals.

Insect Repellents

Essential oils such as citronella and patchouli are natural insect repellants and can even be found in many soaps – wash with these during mosquito season and avoid bites.

Moisturizers and Conditioners

Egg yolk, milk, yogurt, safflower oil (for light moisturizing), olive oil (for dry skin or hair), water, oatmeal and jojoba oil all make great hair conditioners and skin moisturizers.

Natural Perfumes

You can add all natural, non-toxic scents to shampoos, bath soaps and even yourself with herbal essential oils.

Toothpaste

Baking soda and salt are both effective alternatives to commercial toothpastes.

Soaps and Cleansers

Use olive oil based soaps or castile soap in place of harsh chemical-laden bar soaps.

Treating Colds, Coughs And Sore Throats

Honey and thyme are a great remedy for colds and flu. Thyme and honey both have antibacterial properties and soothe the throat. This is an easy (and delicious) cold, cough and sore throat treatment recipe:

1 cup honey

½ cup fresh thyme or ¼ cup dried thyme

Combine honey and thyme in a saucepan and simmer for 15 to 20 minutes, stirring and adjusting the heat as needed to prevent burning the honey. Cool and then strain the mixture, labeling it to tell it apart from your regular honey. Take 1 tsp 3 times daily or add to hot tea and drink slowly.

Natural Exfoliants

After you bathe while your skin is still damp, massage your skin with salt. Salt removes dead skin and stimulates the circulation.

Treating Tired Eyes

Bathe tired eyes with a mixture of ½ tsp salt to one pint of water.

Treating Puffy Eyes

Use 1 tsp salt to one pint of hot water. Soak pads in this solution and apply to the affected area.

A Natural Pick-Me-Up

Soak in a hot bath with several handfuls of salt.

Feet

If your feet are aching, soak them in warm water with a handful of salt, then rinse with cool water.

Hair Care

To remove residues from hair products, rinse with one part vinegar to one part warm water after shampooing to get rid of residues and give your hair its shine back.

Natural Home Spa Treatments

Cellulite

You can use juniper to treat cellulite. This herb improves circulation and encourages the breakdown of fat. Massage a mixture of 4 ounces of olive oil and 20-30 drops of juniper essential oil into areas where you want to reduce cellulite.

Incense

You can burn dried juniper needles which will fill your home with a lovely aroma which banishes negativity and lets the positive energy in.

Salt Glow

A salt glow is fun to trade with friends. You'll want to do this outdoors where you'll make less of a mess. Keep your salt glow in a cool, dry place. The recipe is:

2 cups fine sea salt

¼ cups grape seed, apricot or almond oil

20-30 drops essential oil (your choice)

1. In a wide mouth jar, cover the salt with almond, apricot or grape seed oil. Add the essential oil and stir.

2. You'll need to get your whole body wet first. Use a loofah or your hands to gently massage the salt glow into your skin using a circular motion. Start at your feet and work your way up, avoiding any scratches or scrapes. Once you've scrubbed your whole body, then rinse off with warm water and towel dry.

Massage Oil

Lavender has natural anti-inflammatory properties and relaxes tight muscles. You can make a great massage oil by adding a few drops of lavender essential oil per teaspoon of olive or grape seed oil.

Treating Insect Bites & Bee Stings

Dampen the affected area and then cover with salt – this relieves pain and inflammation.

Treating Mosquito Bites

Soak the bitten area in saltwater, then cover with a mixture of 1 part lard to 1 part salt.

Treating Poison Ivy

A hot saltwater soak will reduce the irritation and itching caused by poison ivy.

Lemon Oil

Lemon oil is a great treatment for improving immune function, reducing the appearance of scar tissue, strengthens fingernails, keeps skin and scalp oiliness under control, treating joint pain and has many other uses besides. Use only pure lemon essential oil, however.

For Joint Pain

Massage the joint with a mixture of 2-3 drops lemon oil per 1 ounce of olive or grape seed oil. Alternately, add 8-10 drops to your bath.

Boost Immune Function

Use 2-3 drops of lemon oil in a diffuser or steam inhalation to help your immune system recover during or after an illness – use this treatment for 2-3 days.

Removing Corns And Warts

Swab undiluted lemon oil directly on the corn or wart, avoiding the surrounding skin.

Reducing Stress

8-10 drops of lemon oil in your bath or 2-3 drops in a diffuser work wonders to lower stress and fatigue.

Strengthening Fingernails

Add 2-3 drops lemon oil to 1 ounce almond oil and massage into nails and cuticles. Do this regularly for the best results.

Treating Oily Hair

Add 2-3 drops of lemon oil to unscented shampoo.

Treating Oily Skin

Add 2-3 drops of lemon oil to 1 ounce water. Mix, and apply to your skin with a cotton ball.

Softening Scar Tissue

Massage the scar regularly with 2-3 drops of lemon oil to 1 ounce olive oil.

Oral Hygiene

Sore Throat Remedy

Gargle with apple cider vinegar to relieve sore throats.
You can also gargle with a mixture of ½ tsp salt to 8 ounces of warm water.

Cleaning Teeth

Mix two parts baking soda and one part salt – pulverize the salt in a blender or with a tumbler or rolling pin first. This will whiten teeth, remove plaque and promote good gum health.

Mouthwash

One part salt to one part baking soda freshens the breath.

Toothbrushes

Your toothbrush can be fertile ground for germs to grow! Many say that toothbrushes should be replaced monthly. However, this is wasteful; there are 2 good ways to clean your toothbrush naturally.

1. Always let your toothbrushes sit for 24 hours after use to become completely dry. You'll need 3 toothbrushes to make sure that you always have one toothbrush which is dry.
2. Every 2 weeks, soak your toothbrush in undiluted vinegar. This will kill off most mold, bacteria and other potentially disease causing organisms.

Skin Care

Cleansing is one of the most important parts of skin care. Cleansing removes the dirt and dead skin cells which can clog your pores and cause inflammation. You'll also give your skin a healthy glow by using all natural skin cleansing techniques.

Natural Facial Scrubs

Using facial scrubs mechanically cleanse and exfoliate, removing dead skin and dirt from your face. A mild abrasive is what makes a facial scrub effective; there are varying abrasives, some coarser than others. Once surprising fact about facial care is that while women buy and use a lot more products for skin care than do men, men actually tend to have smoother, clearer skin!

The reason is believed to be that when men shave their faces, they are exfoliating their skin daily. This daily exfoliation lets the skin breathe and keeps the pores clear. This is just one theory, but this may account for why many men have smoother skin on their faces than women do. We're not suggesting that women take up shaving, but they can use a mildly abrasive facial scrub every 2 days.

This is how to wash your face properly:

1. Start by dampening your face with plain water, then working lather from the soap or cleanser you're using with your wet palms. Gently massage the lather into your face and neck using your fingers.
2. Rinse well with plain water or a damp washcloth. Be thorough, taking three times as long as you did for lathering and washing. Soap often contains caustic ingredients which can irritate your skin if you allow any residue to remain on the skin.
3. Using a soft towel, pat (never rub) your face dry.

You can give yourself a naturally invigorating facial by mixing one part salt to one part olive oil and massaging it into your face and neck gently using long strokes. Allow the mixture to sit for 5 minutes and then wash your face.

Soaps vs Natural Cleaners

Dermatologists suggest that most soap has a pH level which is too high to use on your face. These alkaline soaps dry the skin, leading to premature aging. Your skin is naturally mildly acidic (pH 5). Most commercially available bar soaps are between 7 and 10 on the pH scale and will cause drying. You can easily make your own natural skin cleansers using readily available ingredients. Vegetable oils (like coconut oil, for example) mix with sebum, letting it be rinsed away easily. When you combine water with this oil, you get its dirt-dissolving properties and a great natural cleanser for your skin. Vegetable oils such as sesame, coconut and palm oils all can be useful ingredients in a natural skin cleanser. These oils are non-toxic and have a pH low enough to be used on your skin. Stearic acid is another good ingredient – this provides firmness to your skin. Seaweed is something which is becoming increasingly popular as a skin care ingredient. Seaweed contains a lot of minerals which stimulate circulation, draw out toxins and smooth skin. Seaweed also provides your skin with the nutrition it needs for good health.

Treating Problem Skin (Acne and Oily Skin)

Juniper is both astringent and antibacterial, which make it ideal for treating acne and oily skin. Add 10 drops of juniper essential oil to 1 ounce of jojoba oil and gently massage into the face, followed by washing with a facial cleanser and rinsing thoroughly with warm water.

Cleaning Your Glasses

You can clean your glasses with a single drop of vinegar on each lens. Simply rub with a soft cotton cloth and you'll see clearly!

Sunburn Treatment

Aloe Vera is a natural treatment for burns which is so effective that it is even used in hospitals. Aloe Vera gel penetrates deep into the skin and provides your body with the immune booster aloectin B. It's a good idea to have at least one Aloe Vera as a houseplant. To treat minor burns, cut off about 2 inches of leaf, slit it open and rub the inside of the leaf on the burn. It's a very handy plant to have around and

it's easy to grow.