



Natural Home Cleaning Products

With Maya Chase

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Natural Toothpaste: To make your own toothpaste, just use a fifty/fifty ratio of coconut oil to baking soda. Start with a small batch and use a few tablespoons of each. If you like, add a few drops of peppermint extract for flavor and a bit of stevia for sugar-free sweetness. After mixing your toothpaste, keep it in a glass container with a lid. Then, just spoon some out for use or just dip your dry toothbrush into it. The mixture doesn't need to be refrigerated and because coconut oil is antibacterial, antiviral and antifungal, it'll help keep your toothbrush clean and sanitary too.

Glass Cleaner: Rubbing alcohol is good for cleaning windows, and it helps prevent frost in the wintertime as an added bonus. 1/2 cup of rubbing alcohol to 1 quart of water is enough to be effective. Be sure that the area is well ventilated when cleaning with rubbing alcohol.

Mirror Cleaner: Combine equal parts of white vinegar and water in a spray bottle. Shake the bottle and spray the mixture on the mirror. Wipe the solution over the surface of the mirror with a cloth or paper towels, rubbing in a circular motion to get all the dirt off.

All Purpose Cleaner: Mix 1 part vinegar and 1 part water to make an all purpose cleaner that can be used in the kitchen and the bathroom. Vinegar is a great disinfectant. Use it to mop the floors, clean countertops, appliances and stove tops. Clean the bathtub, toilet, and sink. Use pure vinegar in the toilet bowl to get rid of rings. Flush the toilet to allow the water level to go down. Pour the undiluted vinegar around the inside of the rim. Scrub down the bowl. Mop the floor in the bathroom with a vinegar/water solution. The substance will also eat away the soap scum and hard water stains on your fixtures and tile. Add a few drops of lavender essential oil for a fragrant cleaning solution. Lavender is anti-bacterial and is a relaxing scent.

Scrubby Cleaner: Baking soda is an amazing gentle abrasive that is perfect for scrubbing stoves, countertops and sinks. Use baking soda and adding just enough water to make a thick paste. Scrub and rinse with water. Lemon juice is another natural substance that can be used to clean your home. Lemon juice can be used to dissolve soap scum and hard water deposits. Lemon is a great substance to clean and shine brass and copper. Lemon juice can be mixed with vinegar and or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section. Use the lemon to scrub dishes, surfaces, and stains.

Furniture Polish: Mix 1 cup olive oil with ½ cup lemon juice and you have a furniture polish for your hardwood furniture.

Air Freshener: Commercial air fresheners mask smells and coat nasal passages to diminish the sense of smell.

- Baking soda or vinegar with lemon juice in small dishes absorbs odors around the house.
- Having houseplants helps reduce odors in the home.
- Prevent cooking odors by simmering vinegar (1 tbsp in 1 cup water) on the stove while cooking. To get such smells as fish and onion off utensils and cutting boards, wipe them with vinegar and wash in soapy water.
- Keep fresh coffee grounds on the counter.
- Grind up a slice of lemon in the garbage disposal.
- Simmer water and cinnamon or other spices on stove.
- Place bowls of fragrant dried herbs and flowers in room.

Bathroom mold: Mold in bathroom tile grout is a common problem and can be a health concern. Mix one part hydrogen peroxide (3%) with two parts water in a spray bottle and spray on areas with mold. Wait at least one hour before rinsing or using shower.

Carpet stains: Mix equal parts white vinegar and water in a spray bottle. Spray directly on stain, let sit for several minutes, and clean with a brush or sponge using warm soapy water. For fresh grease spots, sprinkle corn starch onto spot and wait 15 - 30 minutes before vacuuming.

For a heavy duty carpet cleaner, mix 1/4 cup each of salt, borax and vinegar. Rub paste into carpet and leave for a few hours. Vacuum.

Drain Cleaner: For light drain cleaning, mix 1/2 cup salt in 4 liters water, heat (but not to a boil) and pour down the drain. For stronger cleaning, pour about 1/2 cup baking soda down the drain, then 1/2 cup vinegar. Make sure to put the sink stopper in so that the fizzing action will go down the drain and not up into your sink. The resulting chemical reaction can break fatty acids down into soap and glycerine, allowing the clog to wash down the drain. After 15 minutes, pour in boiling water to clear residue. Do not use this method after trying a commercial drain opener--the vinegar can react with the drain opener to create dangerous fumes.

Mold and Mildew: Use white vinegar or lemon juice full strength. Apply with a sponge or scrubby.

Gentle Oatmeal Face Cleanser Recipe: Mix 1/2 cup oatmeal or cornmeal with 2 tbs of plain yogurt. Add enough yogurt to make a paste. Apply to face and let sit for 10-15 minutes. Rinse off with warm water. To extract more of the oatmeal's skin softening and cleansing properties, grind up the oatmeal or make the paste in the blender to break up the oatmeal into small pieces.