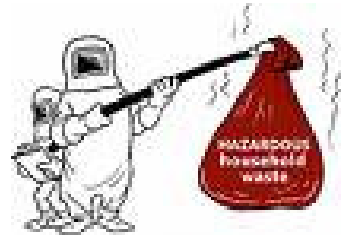


Natural Cleaning & Home Detox

Why consider natural cleaning? When we consider the vast array of household cleaning products available in supermarkets and stored in our homes, it is easy to see that we are living in an environment saturated by harsh and potentially damaging chemicals.



Some known impacts include:

Environmental and Economic Impacts

- Resources used, and waste and pollution created through marketing, manufacturing, packaging and distribution processes
- Pollution to air and waterways (via waste water system) from non-biodegradable synthetic chemicals

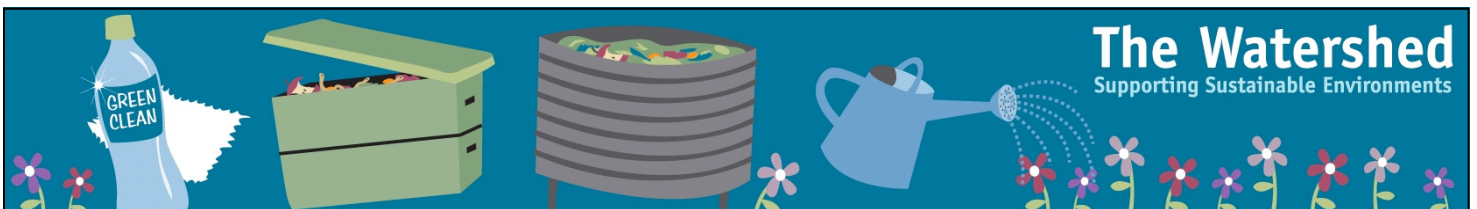
Social-Health Impacts

- Bio-accumulation of toxic chemicals in fatty tissues leading to Sick Building Syndrome (SBS)
- Allergies and skin conditions
- Resistance of 'superbugs'

Eco Choices for Cleaning Products? With increasing numbers of cleaning products claiming to be 'green' it is becoming more difficult for consumers to make informed decisions.

Some things to look for when purchasing cleaning products:

1. Buy locally sourced products
2. Choose products that clearly list ingredients
3. Buy in bulk and use concentrates to reduce unnecessary resource use
4. Buy packaging that is reusable, recyclable or made from recycled content
5. Choose natural compounds instead of synthetic
6. Choose products low in phosphates and sodium
7. Avoid optical whiteners, chlorine, petrochemicals and other toxic ingredients.



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The Natural Cleaning Kit? The easiest way to know which chemicals you are using in your home is to choose natural cleaning ingredients.

The following key ingredients perform a variety of functions and are **safe enough to eat**:

- **Bi-carbonate of Soda** - removes stains, deodorises, absorbs moisture and is mildly abrasive;
- **White Vinegar** - cuts grease, solvent, disinfects, bleaches and deodorises;
- **Fresh Lemon Juice** - cuts grease, deodorises and is a mild bleach;
- **Pure Soap** - cleans and cuts grease, can be in liquid or solid form, is made from animals fats or plant extracts;
- **Salt** - scours, disinfects and deodorises;
- **Washing Soda (Sodium Carbonate)** - softener, cuts grease and removes stains;
- **Soda Water** - removes stains;
- **Olive Oil or Beeswax** - polisher, moisturiser and sealant.



The following key ingredients are also useful, however they can be **toxic and should be used with caution**:

- **Eucalyptus Oil** - disinfectant, deodorant, insect repellent and stain remover;
- **Tea Tree Oil** - disinfectant, antifungal, deodorant, and insect repellent;
- **Other Pure Essential Oils** - have endless properties and uses;
- **Borax** - removes stains, deodorises, scours, disinfects, and bleaches;
- **Methylated Spirits** - solvent, and disinfectant;
- **Useful Tools and Equipment** - micro fibre cloths, old toothbrushes, steel wool, strong bristle brush, spray bottles, scraper, fly swat, mixing containers, measuring cups and labelled containers.

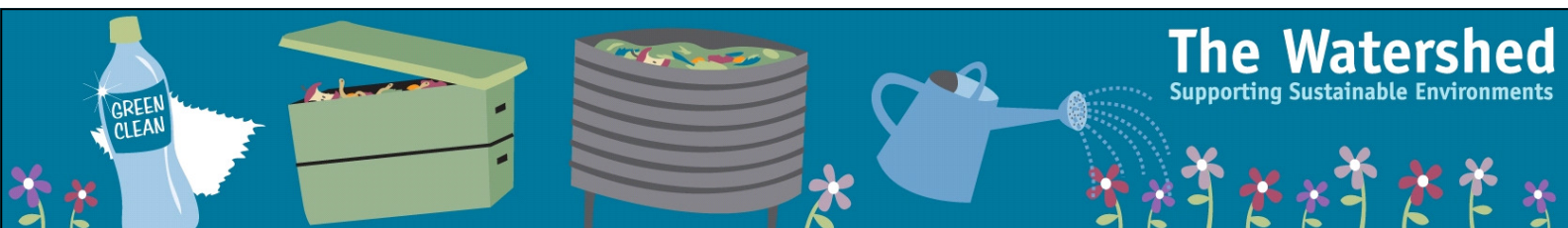
Acknowledgements and where to find more information?

Acknowledgments to Theresa Rutherford, Zoe James, Robyn Steward, John Schulter, Total Environment Centre, Healthy Habitat and The World Watch Institute.



(2003) Tanya Ha, *Greenology—How to live well, be green and make a difference*

(2004) Angela Martin, *Organic Stain Remove—The Natural Way to Clean*



How do I use my natural cleaning kit?

Key tips for cleaning naturally:

- Use ingredients on their own or mix them together to provide an endless number of useful cleaners;
- Always take care and keep concoctions away from pets and children, particularly with toxic ingredients;
- Always spot test if unsure;
- Always wash your hands after cleaning;
- Always clearly label containers with ingredients;
- Keep concoctions away from pets and children;
- Treat stains as soon as possible and be patient in reapplying treatments;
- There is no substitute for good old elbow grease!

Natural Cleaning Recipes

Bathroom Cleaner

½ cup vinegar

¼ cup bi-carb soda

Spray surface with vinegar and sprinkle with bi-carb soda, allow to foam.

Wipe even with a micro-fibre cloth. Allow to stand for 10 minutes then wipe off with a damp cloth.

Oven Cleaner

½ cup salt

¼ cup borax

½ cup bi-carb soda

Hot water

Scrape off oven crusty grime. Mix the dry ingredients and add enough water to make a paste. Apply liberally to the interior of the oven. Leave for 30 minutes. Wipe down with a cloth soaked in vinegar. Wipe again with a clean cloth.

Spot Remover

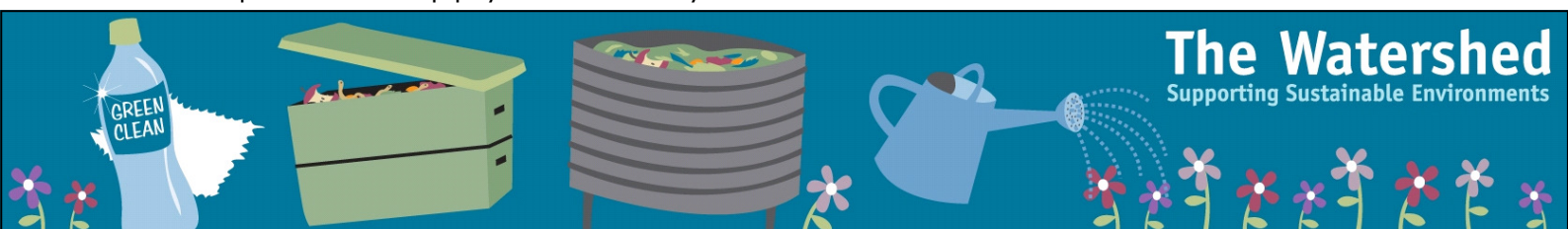
1 tablespoon borax

1 cup hot water

6 drops Eucalyptus oil

Dissolve borax in hot water, allow to cool, add the oil. Decant into a jar.

Apply to affected area with a damp cloth. Allow to dry, sponge again with a damp cloth, reapply if necessary. Suitable for most fabrics, not silk.



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Carpet Deodoriser

20 drops pure essential oil

200ml mineral water

100ml methylated spirits

Mix together and decant into a spray bottle for application on carpets. Spray very lightly to avoid soaking carpet. Alternatively, sprinkle bi-carb soda over carpet, leave 15 minutes then vacuum.

Gunktion

1 cup borax

1 cup bi-carb soda

5 drops pure eucalyptus oil

Hot water

Mix dry ingredients then add liquid ingredients gradually; blend to a thick paste. Apply with a damp cloth. Add more water for an abrasive liquid cleaner.

All Purpose Spray

2 tablespoons pure soap

3 tablespoons washing soda

6 drops pure eucalyptus oil

400mls hot water

Mix all ingredients together. Pour into a labelled spray bottle and shake well before use. Suitable for most hard surfaces. Spot test if unsure.

Laundry Detergent

1 cup washing soda

1 cup bi-carb soda

¼ cup pure soap

8 drops favourite essential oil

2 cups hot water

Dissolve washing soda in hot water then gradually mix in other ingredients; blending well. Transfer to a well sealed container and shake well. Use up to 1/2 cup per load. TIP: 1/2 cup of vinegar in the rinse cycle is a great fabric softener.

Toilet Cleaner

3 drop of tea tree oil on the toilet brush before cleaning toilet bowl. No need to flush, leave the residue for a lovely smelling loo!

