

## Introduction

Grandma was an environmentalist well before she ever knew what the word meant. She kept no chemicals in her home and made up her all natural, non toxic cleaners and used them successfully with love. She liked to keep it simple and effective.

For many it's hard to believe that all of the cleaning products, air fresheners, personal care products, and even cosmetics on the market contain harmful chemicals that affect us in negative ways. But if you take the time to research you'll find it's true and that many of these products are quite toxic and may be causing illnesses and allergies for you and your family.

The best thing you can do for you and your family is to get these toxic products out of your home and replace them with natural products. Also read the labels carefully as most so called "natural" and "organic" cleaners contain toxic chemicals. Even "natural" orange cleaners produce a toxic byproduct when the orange is concentrated to make the cleaner.

To find out the toxicity of individual ingredients check out Toxnet at <http://toxnet.nlm.nih.gov/> or if no ingredients are listed you can find information on the product MSDS (Material Safety Data Sheet) at <http://householdproducts.nlm.nih.gov/index.htm>

The best option is to make your own, time honored cleaners, just like grandma's. For mere pennies your home will shine and you and your family will experience greater health.

## References

Clark, H (1996). *The Cure for All Diseases*. Chula Vista, CA: New Century Press.

Gibson, P. (2005). *Understanding & Accommodating People with Multiple Chemical Sensitivity in Everyday Living*. Independent Living Research Utilization.



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## Grandma's Cupboard



## Non-Toxic Cleaning Solutions

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## Furniture Polish

### Olive Oil

- Put a few drops of on a polishing cloth and rub on furniture.

### Safflower Oil

- Put a few drops of on a polishing cloth and rub on furniture.

## Air Freshener

### White Distilled Vinegar

- Place in spray bottle and spray in the air as needed to eliminate odors.

### Baking Soda

- Place ¼ cup of baking soda in a spray bottle of warm water.
- Shake and spray in the air as needed.

## Carpet Shampoo

### Borax, Alcohol, Boric Acid, & Vinegar (Clark, 1995)

- Wash water: 1/3 cup borax
- Rinse water:  
1/4 cup grain alcohol  
2 tsp. boric acid  
1/4 cup white distilled vinegar OR 4 tsp. citric acid

## Carpet Deodorizer

### Baking Soda

- Sprinkle and vacuum like any carpet powder

## Mirror and Glass Cleaner

### Peroxide

- Fill a spray bottle with peroxide to clean glass and mirrors.

### White Distilled Vinegar

- Mix 50% vinegar and 50% water in a spray bottle and clean as usual.

### Club Soda

- Fill a spray bottle to clean glass and mirrors.



## Floor Cleaner

### Washing Soda & Vinegar

- Use washing soda from the grocery store to mop floors.
- Use white distilled vinegar in your rinse water for a clean shine.

## Tub and Tile Cleaner

### 3% Hydrogen Peroxide & White Vinegar

- Use 50% peroxide solution in a spray bottle to disinfect.
- For added disinfecting follow with a 100% spray solution of white distilled vinegar.

### Borax or Baking Soda

Put 2 teaspoons of borax in a 16 oz spray bottle filled with hot water. Shake to blend. Spray and wipe as needed.

### Washing Soda & Baking Soda

Mix 1/3 cup washing soda with 1 cup baking soda and use it as you would any scour powder.

## Toilet Cleaner

### 3% Hydrogen Peroxide

- Clean your toilet with peroxide to kill germs and leave a fresh smell. Simply put a little on your cleaning cloth when you wipe, or spray it on the toilet.
- Pour ½ cup inside toilet and use brush as usual.

### Borax or Baking Soda

- Put 1 cup in the toilet water and let sit. Scrub out with brush.

