

12 Ways To Clean Up Your Cleaning

Why? - 3 reasons

1. Sparkling clean
2. Without chemicals or toxins.

If you clean but house is full of toxins, is it really clean?

3. Must be quick and easy

EWG - Environmental working group - A good reference for health products.

1. Handling Raw Meat - One of the biggest changes I made

1. Cut Raw Meat With Scissors - Open package and cut the raw meat, chicken, fish right on the package.
2. Then just throw away the remains and package.
3. Use gloves for no cross contamination.
4. Plastic vs wood cutting vs glass boards

2. When To Use Cutting Boards - I only use wood boards

1. Only for fruits, vegetables, breads, nuts, cooked meats, etc.

3. Rotate Cleaning Rags and Cloths Often

1. Buy 10 dish towels



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2. Buy 10 microfiber cloths - use for counter tops, microwaves and chrome
3. Buy a few packages of dish sponges
4. Change towels and micro fiber cloths daily - Kids would get them dirty when they were young that would gross me out.
5. Change dish sponges once a week.
6. This doesn't let pathogens accumulate on cloths or sponges.

4. Best Heavy Duty Cleaner - Baking Soda and Dawn

1. Use for ovens, stove tops, pots or baking sheets and any other thing that has caked on grime or grease
2. Mix into a paste - (may need to add a bit of water)
3. Brush it on the stove top or in oven
4. Leave on for 1/2 hour
5. Wipe off with a damp sponge to rinse

5. Use Vinegar and Water

1. Best for windows - doesn't streak
2. Can also be used for showers and sinks in bathroom
3. Warning, be careful with marble

6. Natural Laundry Detergent



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1. Use less of it - The machine engineer said too much detergent is the #1 problem they get with machines.
2. Water softeners make it so you need less detergent.
3. Towels feel stiff after washing them so much because of the build up of soap/detergent
4. Earth Breeze and Branch Basics - (natural laundry products I am loving right now!)

7. Vinegar As A Fabric Softener

1. Throw away fabric sheets!
2. Makes it smell much better - more natural

8. Use Very Hot Water Whenever Possible

1. Rinse dishes, clean countertops, bathrooms
2. Hot water kills germs so much
3. Don't need as much of the chemicals to destroy pathogens
4. Use cleaning gloves so you can handle hotter water.

9. Natural Cleaners To Replace Toxic Ones

1. Oxiclean - hydrogen peroxide based
2. Bon Ami in bathrooms, toilet bowls, showers and counter tops



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10. Stop Using Pods

1. Too much plastic - won't melt in machines
2. Can't control the amount of detergent.

11. Whiten Fabrics with Sunshine

1. Wash as normal, then dry in the bright sun.
2. It whitens and brightens

12. All Natural DIY Dusting Spray

1. Mix ingredients in a spray bottle
2. Recipe
 1. 2 cups water
 2. 1/4 vinegar
 3. 2 tbsps olive oil
 4. 5-10 drops essential oil (I used Frankincense and Pine)

Enjoy Your Happy Healthy Home!

