



BODY RESET - DAY 22

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Natural Cleaning Products

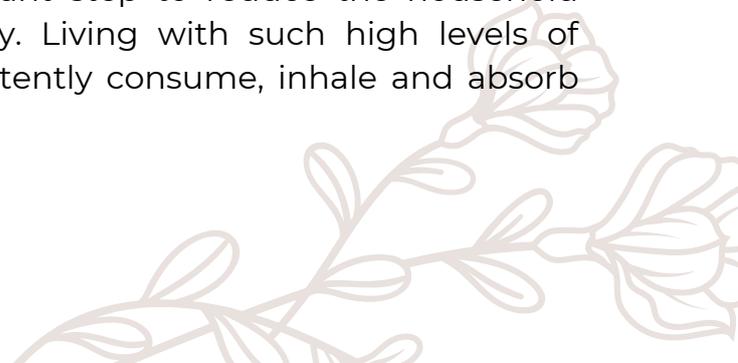


Changing Over to Natural & Organic Products

We live in a highly toxic world. The toxic overload in our world is getting worse and many experts believe that the toxins we are absorbing are connected to some pretty serious health challenges. Over time these toxins build up and become acidic and can lead to serious illnesses and diseases.

Did you know we are exposed to over 2 million different toxic chemicals each day?

Eliminating some of the toxic products and substances from your home and environment play a very important part in reducing your chemical exposure. If you are aiming to detoxify your body through diet, exercise, sleep, mind detox and supplements, it is an equally important step to reduce the household toxins that you are exposed to each day. Living with such high levels of chemicals in our environment we inadvertently consume, inhale and absorb toxins all the time.



What You Should Avoid

Some of the harmful chemicals to watch out for when you are purchasing either your cleaning products or toiletries are:

Parabens: A preservative that stops the growth of bacteria in products such as toiletries, cosmetics, pharmaceuticals and some food. They produce estrogen mimicking properties that are linked with some forms of cancer. Also listed as; ethyl, methyl, butyl, propyl.

Phthalates: Chemicals found in nail polish, perfumes, lotion, hairspray and fragranced cleaning products, including toilet paper. These chemicals disrupt the endocrine system (hormones). They are linked to breast cancer and reproductive birth defects. Also listed as; dibutyl, diethyl, dimethyl.

Sometimes it is not listed at all as it comes under the fragrance list.

Fragrance or Perfume: Simply because companies do not have to disclose their secret formula they can simply list the chemicals as fragrance. These synthetic fragrances can interfere with the hormonal system, cause skin irritations and lung problems.

Artificial Colours: Avoid the letters D & C preceding a colour. They are considered to be carcinogenic.

Toluene: Derived from petroleum and coal/tar sources. Can be the cause of immune issues and developmental problems in an unborn child. Also listed as; benzene, phenylmethane, methylbenzene.

Triclosan: Can disrupt the endocrine system, thyroid and reproductive hormones. It can also irritate the skin. It is also believed to be causing bacteria to become antibiotic resistant. It is found in hand sanitizer, antibacterial wipes & soaps etc.

Formaldehyde: Believed to be a carcinogenic preservative. It can affect immunity and cause skin irritations. Found in; body, hair & skin cleansers, nail polish.

Sodium Lauryl Sulphate (SLS) & Sodium Laureth Sulphate (SLES): When SLS and SLES interact with some of the other chemicals listed above they form a carcinogen that can affect skin, eyes and lungs.

2-Butoxyethanol: Found in powerful solvents and cleaners. It can cause sore throats if inhaled, at high levels can contribute to narcosis, pulmonary edema, liver and kidney damage. Found in industrial strength cleaners and solvents and window, kitchen and multipurpose cleaners.

Quarternary Ammonium Compounds (QUATS): Can help breed antibiotic-resistant bacteria if overused. They can cause skin irritations and respiratory problems. Found in fabric softeners, 'antibacterial' household cleaners.

Others to be cautious of: Perchloroethylene (PERC), Ammonia, Chlorine.

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Changing Over to Natural

Natural cleaning products are a great place to start in reducing your toxin exposure and many of them you can make yourself often from things you already have in your pantry. It will often cost you far less to make yourself and is just as effective.

DISINFECTANT WIPES

1 cup water

¼ cup with vinegar

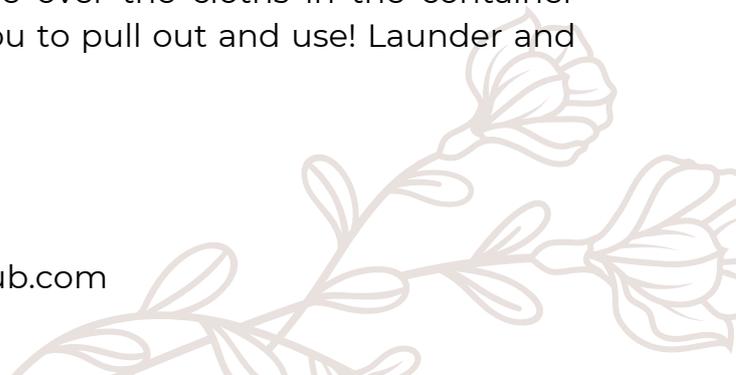
8 drops tea tree oil

8 drops eucalyptus essential oil

8 drops lemon essential oil

Empty "wipe" container (baby wipe, for example)

15 – 20 squares of cloth (old t-shirts work well, as do old dishtowels or similar material) Fold and place the cloth squares into the empty wipe container and set aside. Combine in a mixing bowl the water, vinegar, and 3 essential oils, stirring until well mixed. Pour this mixture over the cloths in the container where they will soak in and be ready for you to pull out and use! Launder and repeat as often as the cloths hold up!



DISHWASHING LIQUID

1 tbsp borax

1 tbsp washing soda

2 tbsp white distilled vinegar

½ cup liquid castile soap (Scented if preferred)

2 ½ cups of filtered water Combine the borax, washing soda, vinegar and liquid soap. Stir well to ensure the ingredients are well blended. Boil the water in a medium-sized saucepan, 5-10mins. Remove the pan from the stove and gradually pour the borax mixture into the water, whisking after each addition. It will thicken as it cools.

DISHWASHER TABLETS

2 cups washing soda

2 cups borax

2 cups salt or Epsom salts

½ cup white distilled vinegar

15-20 drops lemon essential oil

Mix all dry ingredients together. Slowly add the vinegar, stirring the mixture. (The vinegar will react with the other ingredients so add slowly.) Transfer into a freezer ice cube mould to set (make sure the shape of your mould fits in the compartment in your dishwasher. Leave to set over-night.

Remove from mould and store in an air-tight storage container. (Use white vinegar in the rinse agent compartment.)

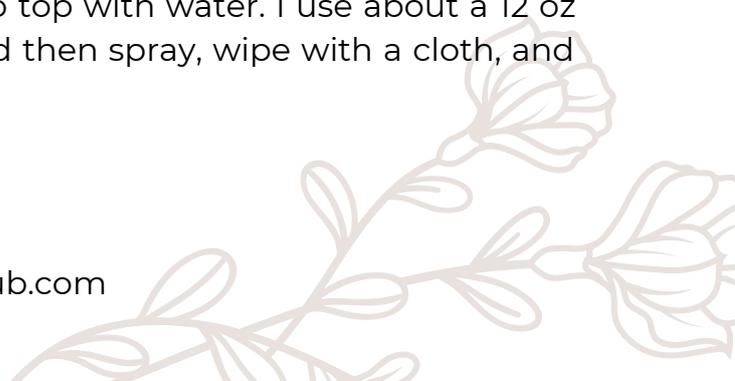
HOMEMADE ALL-PURPOSE CLEANER

1/2 c white vinegar

2 Tbsp baking soda

10 drops tea tree, lavender, or lemon essential oil (for their disinfectant properties)

Mix the vinegar, essential oils and a little water before adding baking soda in a clean spray bottle (glass is best). Then fill to top with water. I use about a 12 oz bottle. Gently shake to mix ingredients, and then spray, wipe with a cloth, and allow it to dry.



SOFT-SCRUB CLEANER

1 ½ cups baking soda

½ cup environmentally safe liquid laundry soap (ECOS, for example)

10 drops tea tree, lavender, or lemon essential oil

Mix baking soda and laundry soap in a mixing bowl, stirring vigorously to combine into a paste. Add essential oil and mix well. Store in an airtight food container.

If the mixture begins to dry out, add a small amount of water and mix well.

OVEN CLEANER/SHOWER CLEANER/BATHROOM CLEANER

½ cup baking soda

2 – 3 Tbsp water (or more/less)

White vinegar (1/2 cup or so)

In a small bowl, mix ½ cup of baking soda and stir in 2 – 3 tablespoons of water, adjusting as needed to get a spreadable paste.

*Spread this all over the walls of your ovens,
rubbing it in for a scrubbing*

Let that mixture rest overnight.

In the morning, you will put some vinegar in a spray bottle and spritz everywhere you see baking soda, which will create a foaming action. Wipe clean with a damp cloth, rinsing until clean.

DRAIN CLEANER

¼ – ½ cup baking soda

¼ cup white vinegar

Sprinkle baking soda down the clogged or smelly drain and follow that with the vinegar. Let the bubbling mixture sit for an hour or so, then pour boiling hot water down the drain to rinse.

Depending on how smelly or clogged the drain is, you may need to repeat the process again. Once you do it regularly, you'll find that one time usually takes care of it!



LAUNDRY DETERGENT

6 soap nuts

3 cups of filtered water

Place the soap nuts and water in a saucepan. Bring to the boil for 5 minutes. Reduce heat and simmer for 10 minutes. Remove from heat, allow to cool and store in an airtight container. Note: Soap nuts can be purchased in a health food store and are very economical.

MIRROR AND GLASS CLEANER

¼ cup white vinegar

¼ cup isopropyl (rubbing) alcohol

2 cups water

8 – 10 drops essential oil of choice, optional

Combine everything in a spray bottle. Shake to mix well.

Spray onto the glass surface and wipe clean. Be sure you shake well to fully integrate the cornstarch, which is the ingredient that reduces streaking. You'll want to shake before each use.

FABRIC SOFTENER

5 ½ cups water

15 oz bottle of your favourite natural hair conditioner

2.5 cups white vinegar

20 drops of essential oil for fragrance (optional)

Combine all ingredients in a bowl and mix well. Pour into an empty storage container. Use approximately ¼ cup per normal wash-load prior to the rinse cycle.

DRYER SHEETS

Use old pieces of fabric to cut into washcloth sized squares.

Use some of the homemade fabric softener from the recipe above, and fill about ½ of an airtight, lidded storage container with this. Place the t-shirts in the container, and press them down to soak up the fabric softener.

Squeeze out excess before tossing a square into the dryer with your clothes. These are obviously recyclable, and don't have to be laundered between uses!

WOOD POLISHING SPRAY

¾ cup olive oil

¼ cup white vinegar

30 drops essential oil, optional (lemon, orange, or lavender)

Combine ingredients in a spray bottle and shake vigorously. Spray directly on wood furniture and buff with a clean, dry cloth. Shake before each use and do a test patch first.

CARPET FRESHENER (WITH ADDED BENEFITS)

In addition to freshening the smell in a room, this combination of ingredients can disinfect, kill fleas and their eggs, and act as a rodent deterrent.

2 cups Borax

1 cup baking soda

10 drops essential oil

Combine all ingredients in a mixing bowl and mix well. Store in an air-tight container. Sprinkle around the carpet and let sit for about half an hour. Vacuum up, and you're good to go!

CARPET STAIN REMOVER

Sprinkle the stain with baking soda and let it sit for about 10 minutes, then vacuum it up.

Next, mix 1 Tbsp Dawn dish soap, 1 Tbsp white vinegar, and 2 cups of warm water.

Sponge this onto the stain and blot with a dry cloth, repeating until the stain disappears.

TOILET CLEANER

2/3 cup baking soda

1/3 cup washing soda

½ cup citric acid

15 drops of essential oil (tea tree, lemon or lavender) 1 tbs salt

Spray bottle

Silicon mould

Combine ingredients in a bowl, spray the mixture with water. Mix with your hands until you see bubbles and the mixture begins to become firm. This happens quickly. Press the mixture into moulds. Allow to dry over-night.



- Look through your supplies of household cleaners and see which ones will need to be replaced first. Add to your shopping list either the ingredients to make your own or an organic version of the product that you need to replace.
- Start out small with just one or two products, perfect those products then move on to more.
- Start in just one area of the house eg; the kitchen.
- Enjoy the process of learning how to make your own products and feel the satisfaction of knowing you are taking another beneficial step for your health.



