

## **5 Simple Ingredients For Eco-Friendly Cleaning Products**

Did you know that most cleaning products you purchase in the grocery store are toxic? Their ingredients can cause cancer, asthma, and skin rashes. And, some cleaners can be fatal to children and pets.

**Is it worth taking a chance?**



## Safe Products = Clean Air

Think about the last time you walked down the cleaning aisle of any store.

Can you recall the strong chemical smells coming out of all of those bottles? That's called "outgassing," and it puts toxins into the air that you, your family, and your pets breathe.

Per the [EPA](#), these pollutants can cause headaches, dizziness, and visual disorders.

I don't know about you, but our family avoids the cleaning aisles when we shop.

Because of this, Helpful Cleaners offer [Organic Green cleaning supplies](#) upon request.



## Even "Green" Labels Are Suspect

Hey, isn't there truth in advertising? Apparently not, [CBS News](#) recently highlighted the "Hall of Shame" for toxic products. Surprisingly, the favorite all-purpose cleaner Simple Green ranks at the top of their shame list. It has two ingredients that cause damage to red blood cells. Plus, if you read the label it tells you to dilute the product significantly. Yet, it's in a spray bottle ready to go.

## Your Inexpensive AND Healthy Solution



Instead of wasting your money on chemicals, you can [go green](#) and make your own cleaning products.

It's easier than you may think. You can avoid health hazards. Plus, you'll save loads of money.

### And the best part is—IT'S SIMPLE!

You probably have most of these ingredients already. Here's the quick list

1. Lemon
2. Olive Oil
3. White Vinegar
4. Baking Soda
5. Club Soda



To save even more money, load up on these supplies at your favorite warehouse store like Costco. Then you'll never run out!

## Eco-friendly All Purpose Cleaner Recipe

Mix these four ingredients and replace your Simple Green or 409.

- White vinegar - 1/4 cup
- Baking soda - 2 Tablespoons
- Hot water - 4 cups
- Lemon - 1/2

## Really Pure Furniture Polish

Olive oil isn't just good with pasta. You can use this natural oil to clean and shine your furniture. Add a little lemon for an eco-friendly polish.

## White Vinegar to the Rescue

Did you know that vinegar is a solvent? In fact, it can get rid of soap scum in the shower.

You can also use it to clean bathrooms, window sills, window blinds, and more.

All it takes is mixing up a spray bottle of 1/2 water and 1/2 white vinegar.

## Our Favorite Air Freshener



Add a few drops of essential oils like lavender and lemon to a small spray bottle of water.

Change the scents with the seasons. Use wintergreen at Christmas, lemon, and lime in the summer.

Make sure you're using pure essential oils and not toxic deodorizers you buy in the grocery store.

## **Unassuming Yet Amazing Baking Soda**

Who doesn't have a box of baking soda in the fridge? Well, not only can it keep your icebox smelling good, but you can also use it as scouring powder.

Try this instead of Drano if you have a clogged drain:

1. Pour some baking soda into the drain
2. Slowly add some white vinegar.
3. Wait till it stops foaming. (It's like a cool science experiment).
4. Flush the drain with hot water.
5. Repeat if necessary.

## **For Sparkling Windows—a Little Bubbly**

Club soda in a spray bottle will clean your windows in a jiffy. Spray, then wipe with a soft cotton cloth. If your windows have some built-up grease, you can add some lemon.

## **Get Rid Mold & Mildew**

Lemon juice and vinegar – mix half and half. Easy-peasy.

## **Disinfect Your Cutting Board**

We all know the importance of keeping our cutting boards sanitary. Rather than using something toxic, lemon juice is much safer and more effective. Plus you're not putting poisons on food preparation surfaces.

- Pour straight lemon juice into a spray bottle. For tough stains, leave it on the chopping block for 10 minutes. Rinse and dry.

## Small Changes Save Our Planet



By making your home eco-friendly, you're helping your family and the planet.

Small personal changes can make a difference.

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