



CLEANING PRODUCT *guide*

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ASK YOURSELF:

"Are your cleaning products cleaning your house or contaminating it?"

Your family will touch, breathe & absorb the ingredients used in your cleaning products - for days after you cleaned, and continual exposure to hundreds of cleaners, *even some of those labelled as "green" or "natural,"* can have serious health effects, especially on children.



THE FACTS:

- LINKS TO ASTHMA: There is a large and growing body of evidence that links frequent use of many ordinary cleaning supplies at home with development of asthma and other respiratory problems in otherwise healthy individuals
- Common cleaning ingredients in name brand cleaning products have been found to have 1,4-dioxane (a carcinogen) , others (many lemon and pine scented products) release low levels of cancer-causing formaldehyde... not to mention undisclosed fragrance chemicals linked to reproductive harm, aquatic toxicity, allergens and hormone disruption.
- Children born to women who held cleaning jobs while pregnant have an elevated risk of birth defects.
- VOC, Volatile Organic Compounds, are emitted by many of these cleaners into the air and remain there for some time. These have been linked to: irritation of the throat, nose, and eyes, damage to the central nervous system, and cancerous properties.
- Only 7% of cleaning products fully list their ingredients - what are they hiding?

SO NOW WHAT?

After reading how dangerous the chemicals used in conventional cleaners can be, you might be wondering what **is** safe to use to clean the home. What can you buy or **make** to effectively and safely clean each room in your home?

Here it is - a non-toxic guide to cleaning **only products and DIY recipes that I have personally tried and that will not expose you to any harmful chemicals** made it to the list!

BUT FIRST...

It's important to start reading ingredient labels. I get it, though, it can be super overwhelming to read ingredient labels for cleaning products! So; fake it until you can make it! A good start is to look out for and avoid these ingredients:

- Ammonia
- Chlorine and/or bleach
- Parabens
- PEGS
- Sodium Laureth Sulfate
- Ethoxylated ingredients: ingredients that end in -eth (during ethoxylation, carcinogenic ethylene oxide reacts with other ingredients to make them less harsh on the skin... but a known carcinogen, 1,4-dioxane is created in this process and can remain in the end product as a contaminant.
- Ingredients preceded by FD&C and D&C: indicative of potential presence of coal tar dyes which are carcinogenic.
- Formaldehyde emitting chemicals:
 - Dmdm Hydantoin
 - Diazolidinyl Urea
 - Imidazolidinyl Urea
 - Quaternium 15
 - Fragrance
 - Phenoxyethanol
 - Phthalates
 - Sodium Hydroxymethylglycinate
 - 2-Bromo-2-Nitropropane-1,3-Diol
 - Methenamine
 - 5-Bromo-5-Nitro-1,3 Dioxane





a note on **GREENWASHING**

Many products use marketing phrases to make you think you are purchasing a safe, low-tox product, when in fact you are not. The reason they can do this is that these labels are not regulated by anyone, ie it is totally legal for them to mislead you!

If you come across these labels don't automatically buy the product. It is still important to take the time to read the ingredients!

- Natural
- Naturally derived
- Eco-friendly
- Sustainably produced
- Earth-friendly
- Clean formula
- Safe ingredients

BATHROOM CLEANERS

BUY

- [Bon Ami Powder Cleanser](#)
- [Branch Basics](#) - (code **"AIDASPICKS"** for 15% off)
- [Meliora Home Cleaning Scrub Powder](#)
- [Force of Nature](#) - I personally only use this if someone is sick and I need antimicrobial power. It is a totally non-toxic chlorine bleach alternative.

click to shop

Click on underlined products to shop!

DIY

- 1/2 c baking soda with 1/4 c white vinegar: mix into a paste and scrub in bathtub, showers and counter tops
- organic apple cider vinegar: pour in toilet and leave in for 30-60 minutes, then scrub a bit and flush
- Your favorite low tox Liquid Dish soap - works well for soap scum on tubs

DRAIN OPENER/ CLOG REMOVAL

DIY

- **Baking soda, vinegar , boiling water:** Pour a pot of boiling hot water down your drain. Follow with 1/2 c. baking soda. Let that sit for a few minutes. Then, pour a mixture of 1 c. vinegar and 1. c very hot water on top of the baking soda. let it sit for 5-10 minutes. Flush one more time with a pot of boiling water.



LAUNDRY

BUY

- [Meliora](#)
- [Molly Suds](#)
- [Whole Foods 365 Organic](#)
- [Humble Suds Laundry Powder](#)
(discount code "**AIDASPICKS**")

DIY

- **Stay away from fabric softener** - instead use dryer balls or pour some white distilled vinegar into dryer.

KITCHEN

DIY

- **White distilled vinegar, and water** (counter top, disinfectant etc)

BUY

- [Bon Ami Powder Cleanser](#) (sink)
- [Humble Suds Scout Cleaning Paste](#) (excellent for stainless steel)
discount code "**AIDASPICKS**"
- [Branch Basics](#): I use this on my marble countertop (or soap and water)
AIDASPICKS, for 15% off all Starter Kits
- Meliora tablets add one tablet to an [empty spray bottle](#) and fill with warm water.

OVEN CLEANER

DIY

- Make a paste with 1/2 c baking soda and enough water to make a thick paste. Apply the paste to the interior of the oven and allow to sit overnight. Wipe with wet clothes





DISHWASHING

BUY

- Branch Basics: **AIDASPICKS**, for 15% off all Starter Kits (make sure to dilute!)
- Seventh Generation Dish Liquid Free and Clear: again not the best as it does contain some potential allergenic ingredients but an alternative.

DIY

- **CAST IRON PANS**: Such a good alternative to avoid Teflon non-stick pans- but they are challenging to wash. Combine a few drops of water and a teaspoon of coarse salt in the pan. Scrub with a stiff brush, rinse with hot water. Thoroughly dry. Do not clean with soap or in dishwasher

DISHWASHER

BUY

- Young Living Thieves Auto Dishwasher Powder
- Puracy Natural Dishwasher Detergent
- Seventh Generation Auto Dish Powder: (not the best but sometimes its hard to find an alternative in stores and this is the best available. Does have some potential allergenic ingredients)



FLOOR CLEANERS

BUY

- [Bissell Little Green ProHeat Machine](#) - Portable Carpet & Upholstery Steam Cleaner
- [Steam Mop](#)
- [Dr. Bronner's Fair Trade & Organic Castile Liquid Soap](#): Dilute and mix ½ cup Dr. Bronner's Castile soap diluted in three gallons of hot water. Do not oversaturate wooden floors

DIY

- [Vinegar](#) (not for marble or stone floors) - if the smell bothers you add a 1-2 drops of essential oils. 1/4 cup of white vinegar with a 1 quart of water in your bucket - wring out well before mopping.
- Castille Soap (all floors- including marble) ¼ cup liquid Castile soap and 2 gallons warm water.
- Stone countertop cleaner: mix 3 Tbsp rubbing alcohol, 1 tsp castille soap. Place in a spray bottle and fill with water.

WINDOWS & GLASS

DIY

- Mix vinegar and water in a spray bottle and spray!
- My friend Shawna from "A Little Less Toxic" shares this DIY glass cleaner: mix: 1/4 c white vinegar, 1/4 c rubbing alcohol, 1 tablespoon arrowroot flour in a spray bottle and fill with filtered water.

SILVER POLISH

DIY

- Make a paste of baking soda and water. Scoop the paste onto the sponge, and rub the paste into the silver. Rinse with hot water and polish dry with a soft, clean cloth. Leave paste on for longer if badly tarnished

EASY AS THAT!

Do you have a product you love at home? Are you wondering if it is exposing your family to chemicals? Go to the Environmental Working Group's [Guide to Healthy Cleaning](#) and input the products name and find out exactly what chemicals are inside and how bad they are for your health. Such a great tool!

Thank you!

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