



Going Green: A Makeover for Your Home and Life

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Cleanliness is next to nonsense



- The Average American Uses about 25 Gallons of toxic, hazardous chemical products per year in their home...A major portion of these can be found in household cleaning products.
— "Prosperity Without Pollution," by Joel S. Hirschorn and Kirsten V. Oldenburg, 1991
- Cleaning chemicals poured down the drain add up to 32 million pounds each day or 12 billion pounds per Year.
— Spring 2002 Edition of CCA Newsletter Partners "Cleaning Without Toxic Chemicals"



How toxic is it under my sink?



- ***Danger*** is the strongest signal word. If a label has the word ***Danger*** on it, your parents must be extremely careful using the product. If it is used the wrong way, you could get very sick, be hurt for a long time, go blind or even die. ***Danger*** is also used on products that could explode if they get hot.
- ***Warning*** is less strong than ***Danger***, but it still means that you could get really sick or become seriously hurt. ***Warning*** is also used to identify products that can easily catch on fire.

Caution shows that the product could hurt you, but it is less harmful than products with a danger or warning signal word. ***Caution*** is used on products that could bother your skin, make you sick if you breathed the fumes, or really hurt if the product got in your eyes.

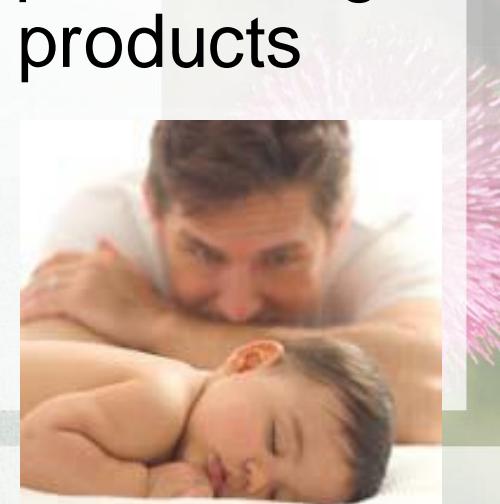
Why Go Green?



The current economy is a perfect time to go back to the basics and live in a way that is good for us and the Earth.

We can do this by using simple, non-toxic cleaning material that is less expensive.

After this seminar you can stop purchasing the expensive, toxic cleaning products and the chemicals in your home can be brought down to a bare minimum.



Cleaning supplies



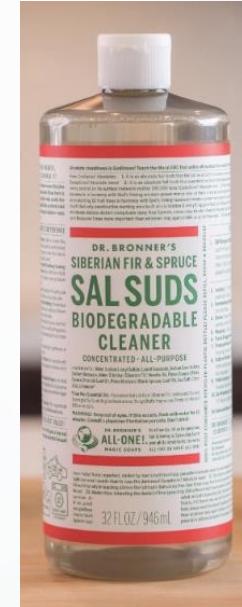
Essential Oils



Baking Soda



Vinegar



Concentrate

A Few “Essential” Oils

- Lemon
- Lavender
- Eucalyptus
- Peppermint
- Pine
- Tea Tree

Note: You only need a few drops of the Essential Oils. A little bit goes a long way!!

Cleaning Concentrate



One choice for a cleaning concentrate:

- Dr. Bronner's Sal Suds Liquid Cleaner is not a soap but instead is a concentrated hard-surface all-purpose cleaner. It is made with plant-based surfactants and natural fir needle and spruce essential oils (no cheap, harsh pine stump oil), without any synthetic dyes or fragrances.
- Perfect for general household cleaning (dishes, floors, laundry, etc.), it cleans and rinses with exceptional power, yet it is mild and gentle on the skin. Sal Suds Liquid Cleaner is equally effective in hard or soft water, rinsing freely, hot or cold.

Here is what I do....



- For glass, mirrors, stainless, hard water stains and mold!

Spray bottle number 1:

1/2 cup vinegar

Few drops of Concentrate or you can use liquid soap

3 drops Essential Lemon Oil

Fill remainder of bottle with water

(this makes a great daily spray for your shower)

- For general cleaning

Spray bottle number 2:

All-Purpose Cleaning Spray: 1.5 tsp. (7.5 mL) Sal Suds in 16 oz. (500 mL) water. Hint: Put water in the bottle first. Spray and wipe with a damp cloth. Optional: Add $\frac{1}{4}$ tsp. (1.25 mL) tea tree essential oil or lavender essential oil. Use on any surface that is safe in contact with water.

Here is what I do....

- For a Drain Cleaner

1/2 cup baking soda

1/2 cup vinegar

Kettle of boiling water (be careful!)

- For a Toilet Bowl Cleaner

1/4 cup Baking soda

1 tbsp Liquid soap

1/4 cup Vinegar

2 drops Tea Tree or Lavender Essential Oil

Pesticide replacements



Making your own pesticide replacement is easy.

Use 2 drops Essential oil to 6 oz of water. Shake and spray!

- Peppermint Oil:

Ants and most crawly critters don't like peppermint oil. Spray along walls and corridors, even outside where they come in. Apply often.

- Lemon Oil repels flies

- Eucalyptus Oil, Peppermint Oil and Lavender Oil can all be mosquito deterrents.

And if you get bitten, peppermint and lavender work great to stop the itching

Thank you



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