



# Naturopathic Ways Homemade All-Natural Cleaners

<p><b>SHOPPING LIST:</b></p> <ol style="list-style-type: none"> <li>1. White vinegar</li> <li>2. Baking soda</li> <li>3. Lemons and/or lemon juice</li> <li>4. Castile soap (Dr. Bronner's is great)</li> <li>5. Borax</li> <li>6. Washing Soda**</li> <li>7. Salt (coarse kosher salt)</li> <li>8. Olive oil</li> <li>9. Essential oils* (*Optional: great anti-microbial options include cinnamon bark, lemongrass, tea tree, thyme and peppermint).</li> </ol> <p>**To make homemade washing soda, see recipe at bottom.</p>	<p><b>All-Purpose Cleaner and Disinfectant</b></p> <ul style="list-style-type: none"> <li>• 1 cup white vinegar</li> <li>• 1 cup water</li> <li>• 10-20 drops of essential oil (optional)</li> </ul> <p>Just put it in a spray bottle and use it on any hard surfaces -- countertops, glass, windows and mirrors. Also works great on stainless steel appliances!</p> <p><b>Disinfectant</b> Just add ½ cup of borax to 1 gallon of warm water (this was even used at a hospital to replace other disinfectants &amp; the bacteriologist reported that it satisfied all germicidal requirements!!)</p>	<p><b>Soft Scrub Bathroom Cleaner</b></p> <ul style="list-style-type: none"> <li>• ¾ cup baking soda</li> <li>• Juice from ½ lemon (about ¼ cup)</li> <li>• 3 tablespoons salt</li> <li>• 3 tablespoons castile soap</li> <li>• ½ cup vinegar 10 drops of essential oil (optional)</li> </ul> <p>Mix all ingredients together in medium bowl to make a paste and use a scrub brush or sponge to apply to tub, shower walls, and sinks. Be sure to test a small area to make sure the paste does not scuff surfaces; if it does, just eliminate the salt from the mixture. Then rinse well with water and a wet rag.</p>
<p><b>Laundry Detergent</b></p> <ul style="list-style-type: none"> <li>• 1 cup castile soap</li> <li>• 1 cup washing soda</li> <li>• 1 cup baking soda</li> </ul> <p>Use one tablespoon per load. Other tips: Add a half-cup of lemon juice or vinegar to the rinse cycle or fabric softener compartment as a fabric softener and anti-cling solution. To remove stains, use hydrogen peroxide prior to washing but be sure to test first to make sure it doesn't lift color.</p> <p>Note: This recipe can be safely used in HE washers.</p>	<p><b>Dishwashing Detergent</b></p> <ul style="list-style-type: none"> <li>• 1 cup borax</li> <li>• 1 cup baking soda or washing soda</li> <li>• ½ cup coarse kosher salt</li> <li>• white vinegar (for rinse compartment)</li> </ul> <p>Mix first 3 ingredients well and store in a tightly sealed container. Use 2 tablespoons per dishwasher load. Then add the vinegar to the rinse cycle.</p> <p>*If you have hard water, double the amount of baking soda in your mixture.</p>	<p><b>Toilet Bowl Cleaner</b></p> <ul style="list-style-type: none"> <li>• 1 cup baking soda</li> <li>• 1 cup white vinegar</li> </ul> <p>Sprinkle toilet bowl with baking soda &amp; then slowly pour in the vinegar, being sure vinegar covers as much of the bowl surface as possible. The baking soda will react with the vinegar (this is totally normal). Then use your toilet brush to scrub the surface and remove any rings or stains &amp; flush! Tip: Let ingredients soak for a while to make for easy scrubbing, especially on persistent stains like toilet bowl rings.</p> <p>Tip: To remove mineral buildup, put 1-2 denture cleaner tablets in the toilet bowl and let sit overnight.</p>
<p><b>Silver Polish</b></p> <p>For silverware, place silver on a piece of aluminum foil in a pot, then add 3 inches of water, 1 teaspoon of baking soda &amp; 1 teaspoon salt. Boil for a few minutes rinse and dry.</p> <p>For jewelry, fill a glass jar half full with thin strips of aluminum foil. Add 1 tablespoon of salt and fill with cold water. Drop items in the jar for a few minutes, rinse and dry.</p> <p>A soft bristle toothbrush and toothpaste also work well!</p>	<p><b>Oven Cleaner</b></p> <p>Baking soda and water – that's it!</p> <p>You want to avoid heating up toxic chemical residues with your food, so this one is great and really easy!</p> <p>Just make a past of baking soda and water and spread on oven interior. Leave it there overnight with the over door closed, and then remove with a sponge or nylon scrub pad.</p>	<p><b>Drain Cleaner</b></p> <ul style="list-style-type: none"> <li>• ½ cup baking soda</li> <li>• ½ cup white vinegar</li> <li>• 2 cups boiling water</li> </ul> <p>Pour baking soda down the drain. Then add white vinegar and cover. Let sit for 5-10 minutes. Pour boiling water down the drain (the vinegar and baking soda break down fatty acids, allowing the clog to wash down the drain). This method is also a good preventative and can be used weekly to prevent drain clogs.</p>
<p><b>Furniture Polish</b></p> <ul style="list-style-type: none"> <li>• 1 cup olive oil</li> <li>• 1/2 cup white vinegar or lemon juice</li> <li>• 10 drops lemon essential oil (optional)</li> </ul> <p>Mix well and apply a small amount to a soft rag. Spread evenly over furniture surface and polish with a dry cloth.</p>	<p><b>Floor Cleaner</b></p> <ul style="list-style-type: none"> <li>• 1 cup white vinegar</li> <li>• ½ cup baking soda</li> <li>• 8-10 cups hot water</li> <li>• 1 tablespoon borax</li> <li>• 1 tablespoon washing soda</li> <li>• 30 drops of essential oil (optional)</li> </ul> <p>Mix vinegar and baking soda together in bucket; add hot water, borax, washing soda and essential oil and mix until all powder is dissolved. Use mop or sponge to wipe down floor and wipe dry with clean dry towel.</p>	<p><b>Carpet Stain Remover</b></p> <ul style="list-style-type: none"> <li>• ¼ cup borax</li> <li>• ¼ cup vinegar</li> <li>• ¼ cup salt</li> </ul> <p>Rub paste into carpet and leave on for a few hours. Vacuum and voila!</p>
<p><b>**Homemade Washing Soda: All you need is baking soda!</b> Fill a wide baking dish with baking soda. Heat in the oven at 400 degrees until all the baking soda becomes washing soda. It will be more grainy (less powdery), more dull/opaque (not crystallized) and will not clump together.</p>		

Keep in your laundry room, bathroom, kitchen... wherever you keep or do your cleaning. Happy Toxin-Free Cleaning!

Note: Even though these ingredients are all natural, the borax and washing soda in particular are strong cleaning agents, so best to wear gloves and be sure to store them out of reach of small children!