



How to Clean Your Home The Natural Way

“Discover How to Reduce Everyday Toxic
Chemicals for Better
Home Health and Vitality”

Brought to You By Eric Samms
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Introduction

As we forge ahead into the future, the need for cleaning products that do not damage the environment, or ourselves, becomes more and more important. When you think about the chemicals that are used in cleaning products, you will not want to have them anywhere near your



body. The truth is that in many countries, you don't even know what products are in your household cleaners because many companies are not required to list them. These are chemicals that can cause diseases when used on a regular basis, including cancer.

Many men and women are now trying to find alternative ways to deal with household cleaning, without having to deal with chemicals, and they are turning to natural ways to do so.

What are the ways that your house can be cleaned naturally? Do you have to use chemicals to get that countertop shine? Well, the truth is that you do not, and you can use many natural products to create a home that looks good, smells good and is free of chemicals.

Through the course of this e-book, we will look at some ways you can go natural in your home, feel better for it and help the environment in the process.

Before we go forward in the book, let's look at some common household cleaners and what they can cause in **health problems** to your home and family.

Your House Hold Items

Antibacterial Cleaners

When you are trying to get rid of germs, does it make sense to use antibacterial cleaners that contain **Triclosan**, which is a chemical linked with weakened immune systems, decreased fertility, hormone problems and birth defects? On top of that, if the Triclosan mixes with tap water, as is often the case, it can then combine with the chlorine in water and create the deadly chlorinated dioxins.



Air Fresheners

You may want to get rid of bad smells in your home, but you are coating your nostrils in chemicals that will deaden your nerves. Most air fresheners use **formaldehyde**, which causes allergic reactions, dermatitis, headaches, chest pain, depression, fatigue, dizziness and immunity problems. On top of all that, another ingredient, phenol, causes skin problems, cold sweats, convulsions, circulatory collapse and coma. Does this seem like its worth it to get rid of smells with a strawberry aroma?



Dishwasher Detergent

These are the number one cause of accidental child poisoning, plus



they contain the dry form of chlorine, in highly concentrated doses, that can cause skin irritations, eye injuries and problems to the mucous membranes.

If you think washing them gets it off you are wrong.

Residue of the chemicals on the dishes can transfer into your hot meal.

Oven Cleaners

Now we are in a whole new area of problems. Oven cleaners are highly dangerous with enough harmful chemicals to take down an elephant.

They contain sodium hydroxide that can eat through your top layer of skin and cause tissue damage, as well as problems to your eyes and lungs. They also contain benzene, toluene, xylene, methanol and ethylbenzene, which cause cancer and damage the nervous system and can affect unborn children. Then, when you clean the oven and cook in it, residue from those chemicals is released as toxic fumes that go into your food!

Carpet Shampoo

We all want clean carpets, but are they worth the price we pay in the chemicals we release into our homes? Perchloroethylene is the most common ingredient in carpet shampoo and it is a carcinogen that can damage your liver, kidney and nervous system. As well, ammonium hydroxide is a highly corrosive irritant that can cause problems for the eyes, skin and respiratory system.

Looking at just a few of these, and they are by no means the entire list, we can see that just the most common house cleaners and products that are meant to give the appearance of a clean and nice-smelling house. So, if you want to put some harmful chemicals into your body simply for clean dishes, ovens, counters and carpets, then by all means. However, if you want to live a healthy life, then perhaps you should think about a more natural approach to cleaning up your house. It is really that easy, and in some cases, much cheaper. There are several items you can use, that can be bought at the grocery store, that will not only be healthier, but work a lot better too. So, let's begin with White Vinegar.



White Vinegar



Vinegar is an amazing product that most people barely use, simply because of the smell. However, the truth is that it can do so much for your home and it is chemical-free!

Paint thinner is one of the worst things you can use in your home, but it is necessary to cleaning brushes, or is it? Actually, you can use vinegar as it will work much better than turpentine and it is safe for you and the environment.

If you mix vinegar with water, you will create a product that is great for cleaning windows and countertops, without any harmful chemicals either.

Even if you burn yourself, you can soak your burned part, easier if it is your hand, in vinegar, or soak a cotton ball and put it on the burn, and that will quicken the healing process for you.

One of the most common reasons people will clean their carpet is because their dog or cat peed on it. If this happens to you, you simply need to use vinegar to not only remove the stain but neutralize the smell as well. When dealing with stains, put the vinegar on the stain before washing it. This applies to both stains on furniture, carpet and

clothes. Speaking of washing out stains, it is also a great fabric softener.

If you have mold, stains or soap scum in the bathroom, forget about Mr. Clean. Instead, use vinegar to deal with those problems. The same works for clogs. Drain-O is a highly dangerous substance that can eat through your hand if it gets on the skin. Instead, boil white vinegar and pour it down the drain to remove clogs without the need for Drain-O.

We had mentioned oven cleaner above as a highly toxic substance you should be careful with. However, vinegar can actually work better on those stains and cooked on pieces of food in the oven. Just soak them with a sponge and scrub them away with vinegar.

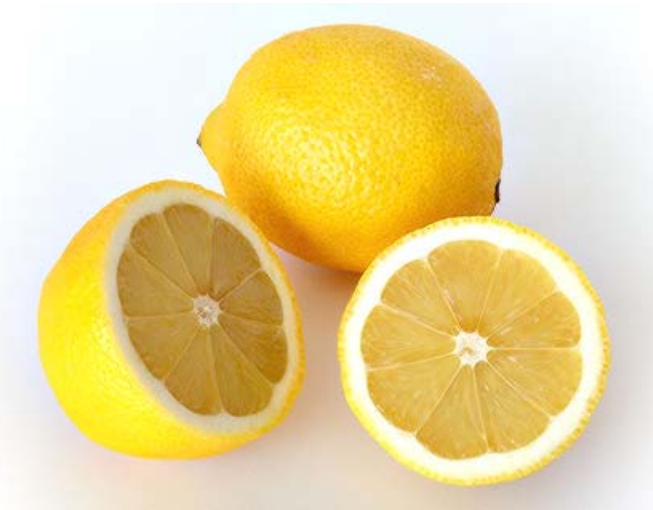
We also talked about air fresheners, and most people would never think of vinegar as something that could be used as an air freshener considering the smell. However, if you put a bowl of vinegar in a room to deodorize it, the vinegar smell and the bad odor will disappear, leaving nothing but a clean smelling room.

Vinegar is just one of the many natural products out there that can keep your home clean and nice without chemicals. The next one, is lemon juice.

Lemon Juice

Vinegar makes a great air purifier, but lemon juice makes a much better air freshener. If you take equal parts lemon and water, you can clear the air and give it a nice citrus and lemon smell.

As we discussed, many cleaners have harmful chemicals in them, but lemon juice and water, in equal parts, can make a great all-purpose cleaner. As we mentioned above, vinegar also makes a great cleaner,



so if you combine it with lemon juice you will have a good cleaner, with a nice smell.

Many cleaners say they can clean chrome and copper, but they use many bad chemicals to do so. However, when

you use lemon juice with baking soda you will be able to get rid of the blemishes on the copper and chrome with the simple wipe of a towel.

Vinegar was mentioned earlier as a way to clear drains, and lemon juice can do the same. Instead of using Drain-O, you can combine baking soda and hot lemon juice to clear out a drain.

Chopping blocks are one of the biggest factories for germs in the kitchen, mainly because you cut chicken on there and other raw

meats. If you sprinkle lemon juice on the board and wash the board, you should be able to neutralize the smells lurking there. Following up with an antibacterial spray.

Mirrors and glass need to be cleaned and most people use Windex to do this, however you can use lemon juice, which works great and is much better for you. It also serves as a great furniture polish.

Lemon juice is not just something you add to fish and chips, it is something that can really keep your home looking good and smelling good throughout the year and you will not have to worry about the harmful chemicals that are going into your body through the air and your hands, or the toxins you are releasing into the environment when you clean.

Baking Soda

The third of the big-three natural ingredients that you can use in your home is baking soda. This is a wonderful product that has literally



hundreds of uses around the house, to replace chemicals, and we are going to cover just a few of them here.

As everyone knows, you can put a small bowl of baking soda in the fridge, freezer or cupboard and you will do away with unpleasant odors.

There are few air fresheners that can match the power of the wonderful baking soda deodorizer.

You can also use it as a way to clean surfaces like counter tops. Simply sprinkle some on a damp cloth and wipe the counter clean.

If you need to clean silver, use three parts baking soda with one part water, rub the paste into the silver items, then rinse in warm water and dry with a cloth. You can also remove scuffs and grease spills in the kitchen by putting baking soda on a cloth and wiping it away.

Everyone has had to deal with burnt on food in the bottom of pots, but many simply choose to use hard-core cleaners to get rid of it. Don't do this. Instead, use baking soda with some hot water, soak it overnight and then the next day wash it out, without chemicals.

If you want to keep clogs from developing in the shower, pour a quarter-cup of baking soda down the drain on a weekly basis and mix

it with hot water. This will keep you from having to deal with harmful chemicals like Drain-O when the drain clogs.

If you put baking soda on the carpet, you will remove bad smells from it. Let it stay there for about 15 minutes, then vacuum and the smells, whether from a dropped plate of food or Fido, will disappear without a problem.

Laundry detergent can be very harmful and it goes into our water system after it is through the washer. Instead of using it, use half baking soda and half detergent to clean your cloths and make them smell fresh. If you have grease stains on your clothing, don't use the chemical-laden stain removers. Just add baking soda to the wash load and the stains should simply disappear. No fuss at all!

As can be seen. There are so many uses for baking soda that it can be hard to cover all of them. No matter what you do in your daily life, you can use baking soda to keep things smelling nice, looking clean and feeling healthy. You do not need harmful chemicals when you can use baking soda, and when you combine it with things like vinegar, lemon juice and more, you are completing a triangle of cleaning solutions that cannot be matched by any of the chemical cleaners out there.

Keeping The Air Pure

Your home is your sanctuary and you are going to want to keep the air in it pure for those in your home. There are so many chemicals in our lives that it can be hard to think about it. From our food to our cleaning products, from our electronics to the paint on our walls, we are surrounded by it. Factor in the issue of stale air from having the windows and doors closed in your house, and you have a place that is not healthy to the body.



However, it does not have to be that way and there are more and more people who are getting plants for their house, not only to make the interior of the house look good, but also to help clean the air as it were.

As everyone knows, plants are incredibly important for our very survival. They are what we need to breathe because they take carbon dioxide and convert it into oxygen that we can breath. This helps us

out because we need oxygen. That being said, we seem to enjoy cutting down trees and thousands of trees are cut down every single day. While you may not be able to control the logging that is going on, you can control the air in your home and the best way to get clean air is with a lot of plants in your home.

Do you think that your air is clean? That you don't need plants to make it clean? Well, you are dead wrong, and you can thank formaldehyde for that unclean air.

Formaldehyde is a severe problem to the health of individuals because it is color-less and a pungent-smelling gas that is found in many products. **These products include:**

Automobile exhaust

Wood burning

Kerosene

Preservatives in paints, cosmetics and coating.

Finish used to coat paper products.

Pressed wood products as well as press-wood furniture.

Insulation materials and fiberglass insulation.

Durable press drapes, textiles and glues.



Those are just a few of the products with formaldehyde in it. That means you are breathing that into your body, which can cause burning sensations in the eyes and throat, nausea and difficulty breathing. It can cause cancer in humans, as well as skin rashes, allergic reactions and asthma attacks.

For Asthma and Allergy Reduction visit [Allergy Be Gone](http://AllergyBeGone.com)



Therefore, it would make a lot of sense to have something in your home to deal with this chemical and keep it out of the air in your home. That something, is plants. You spend 90 percent of your time indoors, either at home or work, and that means you need to keep things well ventilated and the air clean. There are many different types of plants that will keep the air clean for you, and these are only a few of the many:

Chrysanthemum

Dracaena

Ivy

Boston Fern

Areca Palm

Spider Plant

English Ivy

It is not wonder that NASA, the people who send men and women into space on a regular basis, use plants to help take pollutants out of the air.



Now, you should keep in mind that there are many different kinds of pollutants out there and [some plants deal with some pollutants](#) better.

As a result, you should try to have a good mixture of plants in your home, which should be able to take care of most of the pollutants in the air and provide you with some very clean and very purified air that you can breathe without pollutants that can cause a whole host of problems in your body, from cancer to respiratory problems.

In general, try and have two large plants in 14 inch to 16 inch containers per 100 square feet of your home. This should provide enough clean air for your home, without overwhelming you with plants.

Of course, those are not the only [benefits of having houseplants](#) inside. Beyond the wonderful colors they bring to the interior of your house, they also have some other great benefits, including:

- ➔ They boost humidity levels in the home.
- ➔ Other species can help cope with excess moisture
- ➔ They dampen noise
- ➔ They create a calm feeling in the house that makes it much easier to relax.
- ➔ They can create a [colour scheme in the home](#) – thereby helping to create the mood you wish to be in
- ➔ Plants can help develop your interior design scheme. Stylish containers and accessories can add be used to present your home
- ➔ Plants and containers can add \$\$ to the re-sale value of your home by presenting it in the best possible light, and making a feature of unusual areas

Plants such as lavender naturally fragrance the air and home without the use of toxic air freshners



To learn more about Container Gardening and how it can improve the quality and feel of your home visit

www.containergardeningexpert.com

No matter what kind of plant you choose for your home, whether it is a cactus or a Bonsai tree, you will be doing yourself and those you live with a favor by improving the look of the interior of the home, as well as the air, for whoever may come to visit.

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Conclusion

Our homes are our oasis away from the world. They are where we feel calm and collected, where we are happy and where we think nothing



can bother us. We love being in our homes, but what happens when the things in our home are causing us harm? What do we do when the chemicals we use to keep the home smelling good and looking good contribute to health problems in our bodies?

When that happens, it is time to take a step back and go back to a more natural way of thinking and doing things in life.

When you decide to be more natural with your life, through how you clean your house and how you purify the air, you are doing yourself a favor, and you are providing a better potential for healthy living for those you live with.

Why would you want to use many of the household chemicals out there that have harmful chemicals in them, when you could simply use vinegar, baking soda or lemon juice instead.

Why would you live in a home with stale air and pollutants in the air when you can get rid of those problems through simply putting some plants in your home?

People say that buying the chemical-laden products is simply easier, but in reality is it? Is it easier to pollute your body with chemicals when you could just as easily plant a flower or use vinegar?

The truth is that we hold our lives in our hands and when we allow ourselves to be poisoned by chemicals, we are not doing ourselves any favors. For this reason, it is best to implement natural solutions in our home when cleaning, and putting some flowers and plants in to help clean up the air for us.



We hope you enjoyed this booklet!

For more information just contact me at admin@containergardeningexpert.com.

Best Wishes.

Eric Samms

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