

CLEANER CLEANERS

For a fraction of what you pay to buy all- natural counterparts at the store, you can mix up batches of simple, non- toxic, and highly effective cleaners, so why not give it a try?

Here are a few “recipes” to get you started:

ALL-PURPOSE CLEANER

Replace “antibacterial” cleaners (which have active ingredients that have been linked to thyroid damage, water pollution, and the emergence of drug- resistant superbugs) with this all- purpose vinegar solution.

9 parts water

1 part white vinegar

4–6 drops of your favorite pure essential oil (optional, for fragrance)

Add all ingredients to a spray bottle, shake lightly, and it’s good to go! For tough stains, spray with straight vinegar and let sit. For surfaces that need to be disinfected, follow by spraying with a bit of hydrogen peroxide to kill germs.



LEMON “OIL” SOAP

Household dust can contain particles of flame retardants, allergens, pesticides, and plastics chemicals, so it’s important to keep it in check. Because common dust cleaners can contain air contaminants and hormone- disrupting chemicals, it’s best to keep it safe by mixing your own.

10 drops pure lemon or citrus essential oil

2 tablespoons lemon juice

Several drops olive oil

Use ½ a lemon or a clean cotton cloth to mop up dusty areas in your home. It’ll smell so good once you’re done dusting!

