

# Natural Cleaning Solutions

## Background:

- 83,000 toxic chemicals have been identified. Some of these turn up in cleaning products.
- These toxins cause issues with hormones and affect pregnancy
- Our bodies react to the environment causing adapted illnesses
- We can control this by education and changing lifestyle

## Is your home toxic?

- Air freshener
- Drain cleaner
- Mould cleaner
- Anti-bacterial wipes
- Baby oil

## Air Freshener:

- Common ingredients
  - Formaldehyde
  - Benzene
  - Fragrance – they never say what this is
- Problems caused:
  - Irritant
  - Flammable
  - Can cause death

## Toilet Cleaners:

- Common ingredients
  - Bleach - sodium hypochlorite (made by dissolving chlorine gas in a concentrated solution of sodium hydroxide)
  - Hydrochloric acid
- Problems Caused:
  - Irritation in the eyes, mouth, lungs and on skin
  - Corrosive
  - Can cause death

## Mould and Mildew Cleaners:

- Common ingredients
  - Pesticide
  - Chloride
  - Ammonia
- Problems Caused:
  - Extremely caustic
  - Can cause breathing problems

## Drain Cleaners:

- Common ingredients
  - Sulphuric acid
- Problems Caused:
  - Severe burns
  - Eye irritant

- Lung irritant
- Can cause death

#### **Anti-bacterial wipes/sprays:**

- Common ingredients
  - Water
  - Ammonia
  - Fragrance
  - Pesticide
- Problems Caused:
  - Kills all bacteria – good and bad – we need good bacteria
  - If we are not exposed to some bad bacteria our immune systems do not know how to react in an extreme exposure

#### **Uses of Essential Oils for Cleaning:**

- Chemicals enter your body from the environment, by breathing and touching.
- Using essential oils for cleaning helps your body detoxify.
- Saves you money
- Better for the environment
- Lemon – Oil of focus
  - Anti-bacterial
  - Anti-septic
  - Anti-fungal
  - Cuts through grease
  - Removes rust from metal
  - Removes tarnish from silver
- Lime – Wellbeing and emotional balance
  - Anti-bacterial
  - Anti-septic
  - Anti-fungal
  - Clean fruit and vegetables – 1Tbsp bicarb with 1 drop lime
  - Carpet cleaner
- Tea Tree – Oil of energy
  - China biggest supplier, but not the best quality
  - Anti-bacterial
  - Great cleaner for bare floors (wood or tile) a few drops in hot water
- Purify – Oil of purification
  - Air purification – diffuse lemon and purify
  - Cleaning – a few drops in hot water
  - Add to bicarb for odours
- OnGuard – Oil of protection
  - Department of Respiratory Medicine in China conducted tests on viruses and found a 45-90% decrease in viral load without any damage to the underlying cells
  - The tests are published in pubmed.com
- Other oils to use
  - Peppermint, Bergamot, Lavender
  - Wild Orange, Eucalyptus
  - Oregano – great oven cleaner
  - Clove – mould
  - Lemongrass