

NATURAL CLEANERS YOU CAN MAKE AT HOME!

By Dr. Cathy

Household Cleaners are a source of environmental toxins in your household. Why is this important? You could be exposing yourself, your family and your pets to unknown amounts of toxic chemicals that can cause diseases, lower your immunity and possibly be risks for cancer. We have compiled a few basic recipes for you below, which I personally use at home. It's a switch but once you make it, you won't believe how easy it is and you will save money!

If you don't have time to make your own, but still like the idea of going GREEN with your house cleansers, we are featuring [Young Living's Essential Oil Thieves Household Cleanser](#) this month. Stop by the office and pick some up! It lasts a very long time; a 32-ounce bottle dilutes into months of healthy cleansing. It smells wonderful and your whole house will too.

Dr. Cathy's All-Purpose Cleaner

Recommended by the Women's Resource Cancer Center.

From "Clean House, Clean Planet" by Karen Logan.

INGREDIENTS:

- A clean 32-ounce trigger spray bottle
- 2 tsp borax
- 4 tbsp vinegar
- 1/2 cup home soap or Dr. Bronners
- Essential oil of lemon, tea tree or lavender
- Hot water (enough to fill bottle)

INSTRUCTIONS:

Fill bottle 1/4 full with hot water then add borax. Shake to completely dissolve borax. Next add vinegar, home soap, and 20-25 drops essential oil. Fill the rest of the bottle with hot water. Gently shake mixture. Ready for use.

*** It's a good idea to clearly label your bottle as "cleaner" ***

Basic Sink Cleanser

An all-natural scrubbing powder for your sink, tub and shower.

INGREDIENTS:

- 1/4 cup baking soda
- 1/2 cup vinegar

INSTRUCTIONS:

Mix together and use on sponge. Rinse well.

Citrus Floor Cleaner

INGREDIENTS:

- 1 gallon hot water
- 2 tbsp liquid soap
- 15 drops orange essential oil
- 8 drops lemon essential oil or 1/4 cup lemon juice

INSTRUCTIONS:

Mix together and get to work!

