



Healthy Alternatives for Harmful Chemicals in Your Home

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Harmful chemicals have become commonplace in many homes. Most people don't even think twice about the toxins that are included in our cleaners. Do you?

Disorders such as ADD, ADHD, autism, cancer, and auto-immune diseases are on the rise. Many scientists believe that the harmful chemicals in our own homes are playing a vital role.

What can you do about it to protect yourself and your family? Well, you can use healthy alternatives to these harsh, abrasive, and toxic fume-ridden cleaners!

Consider using these natural alternatives:

- 1. Vinegar.** Vinegar has many uses. It can be used for cleaning many surfaces as well as softening clothes. Vinegar is effective for:
 - Coffee and tea stains
 - Carpet stains
 - Cleaning drains
- 2. Hydrogen peroxide.** Hydrogen peroxide is another natural agent that can help you with the laundry. It can be used in the place of bleach and can even get rid of blood stains. Hydrogen peroxide can also help in the bathroom; use it for bathroom mold in a spray bottle in combination with two parts water.
- 3. Tea tree oil.** Tea tree oil can be used on tough mold and mildew stains instead of harsh bathroom cleaners. The oil should be mixed with water and sprayed onto the offending area. Don't rinse. The area may have a strong smell that will eventually fade.

4. **Baking Soda.** Baking soda has many household benefits. You can even use it in the place of drain cleaner: pour a cup of baking soda down the drain followed by boiling water. Tough clogs can be followed by vinegar. Baking soda can also be used for:

- Cleaning burnt on spots at the bottom of pots and pans
- Dissolving grease on kitchen areas
- Getting rid of offending odors and stains from clothing and carpeting

5. **Lemon Juice.** Lemon juice is a completely non-toxic alternative to many cleaning agents. It can be used to clean and freshen up pots and pans as well as aluminum and porcelain surfaces.

6. **Borax.** Borax, or sodium borate, can also clean, deodorize and disinfect. It can even be used to clean wallpaper. It's a great way to use a natural ingredient to clean painted surfaces as well.

7. **Washing Soda.** Like some of the other alternatives, washing soda has many cleaning abilities. It can be used to soften water, clean walls, or even remove stains and grease. It's important to use caution when using washing soda because it has been known to irritate mucous membranes.

8. **Soap.** Of course most of the cleaning supplies you use contain soap to some degree. However, soap is usually packaged with other ingredients, some of them being harmful chemicals. Soap in its natural and pure form can make an excellent cleaning agent alone.

Other Household Changes

There are some other changes you can consider making to your home in addition to getting rid of harmful cleaners. Instead of using air fresheners and other scents to mask odors, you can ***make it a point to get more fresh air into your home by opening windows.***

Also, consider a *no shoes indoors* policy so that family members aren't dragging in dirt. It's always a good idea to stay on top of a cleaning schedule. When everything is fresh and clean on a regular basis, you won't have to worry about using harsh chemicals to cut through layers of grime!