Why are we concerned about chemical products?

Human Health: The number of scientific studies on human health and the impacts from chemical exposure is overwhelming. Symptoms range from headaches, nausea mental confusion to non-Hodgkins lymphomas, childhood leukemia, death and all different types of cancer, especially Breast Cancer. Just because it is federally registered it does not mean it is safe. There is no adequate testing for long term or multiple chemical exposure. Most of the testing is done by the industry and poorly reviewed by independent sources. The label does not reveal critical consumer information regarding the inert ingredients, health and environmental effects. *Holistic choices for my family and our community.*

Environmental Health: With the rate of global chemical consumption; production and disposal, we can see the devastating results through the increased pollution in our drinking water, soils and food and air. We have witnessed through time the decline in many species and the increased concentrations of PCB's, POP's (Persistent Organic Pollutants) and other chemicals throughout all levels of the food chain and now…. in all corners of the earth. *The health of our environment defines the health of all species including humans.*

When the product is manufactured, there are many possible hazards: workers being exposed repeatedly, the transportation of concentrated chemical ingredients through populated areas, and chemical waste products released into the air, land and water and the companies disposal ethics. *When I create it, I know what is in it!*

When you use the product, you may underestimate the amount of chemicals you expose yourself to everyday. They linger in the air and in the carpet on dry cleaned clothes, you spray your garden with pesticides but you bring it in to your home on your shoes. There is always a risk of poisoning especially among young children or animals. It is a complicated science to determine the toxicity of all of these modes of exposure, and much is still unknown. That is why we feel using simple, safe, cheap, and effective ingredients are a very smart choice for everyone. *Protection for future generations.*

When you finish the product or throw the bottle away, those chemicals go into our environment one way or another through wastewater, garbage, or storm drains. Continuing the cycle of further exposure to our global community. *Smaller Ecological Footprint.*

Sierra Club of/du Canada

Safe Alternatives to Household Hazardous Products For your family, pets and environment!

Many products used in the home contain toxic chemicals that are harmful to our environment and our well-being. Some air fresheners, for instance, contain naphthalene – a suspected carcinogen. Some cleaner contain cresol – a substance easily absorbed through the skin and mucous membranes that can cause damage to many organs including the liver and lungs.

What's Polluting My Indoor Air Environment?

The chemicals we find in our cleaning products, building materials for our home and pesticides for indoor and outdoor use, all contribute to some form of pollution.

- New paint, carpets, plastics, vinyl, mattresses, and wood finishes
- Particleboard cabinets, pressboard shelving and furniture (formaldehyde)
- Oven cleaners, window cleaners, nail polish, shoe polish, hair spray, insecticides, pesticides, typewriter/printer fluids, air fresheners
- Natural gas from your stove or heater
- Silicone caulking, adhesives, wallpaper glues
- Car exhaust from the garage, recently dry-cleaned clothes, marker pens, photocopiers, and even the ink smells from magazines and books

Put all of the exposures together in an enclosed space that is not always well ventilated, and you've got indoor air pollution!
Indoor air can be a greater source of toxins than outdoor air!
The best air freshener of course is fresh air!

Environmental illness is the impact of multiple chemical exposure, which can cause acute effects such as dizziness, headaches, fatigue, perspiration, and nausea. Repeated exposure can contribute or lead to chronic illness.

What are the pathways to exposure?

The major pathways of exposure, including food, water, air, soil, dust and sediments. People are actually exposed by ingesting, inhaling or coming into contact with the chemical(s).

The ingestion of food is the major route of exposure. The good news is you have the most control over what you eat. You can really create a change in the quantity of chemicals you ingest by buying
Quality Organic food
(No pesticides, preservatives, additives, antibiotic, steroids, animal feed, or Genetically Modified Organisms … WOW! What is in "regular" food?)

The Bad Guys

From clean house, clean planet.

Alcohol	Lye
Ammonia	Bleach
Butyl cellosolve	Cresol
Dye	Ethanol
Formaldehyde	Glycols
Hydrofluoric acid	Hydrochloric acid
Lye	Naphthalene
PDCB's paradichlorobenzenes	TCE trichloroethylene
Perchloroethylene	Petroleum distillates
Phenol	Phosphoric acid
Propellants	Sulfuric acid

Why make your own cleaning products?

You know what is in the bottle! Reduce your chemical exposure
Environmentally Safe Reduce pollution
Healthy for My Family. Baby & Animal friendly
No preservatives or additives Not tested on animals
You save $$$$$

Handy Items to Have Around the House

Vegetable oil based Liquid Soap is recommended over animal fat and petroleum based soaps and detergents. They are biodegradable and are found in health food stores. Some brands include Nature Clean and Down to Earth.

Baking Soda is a bicarbonate of soda, an effective mineral with mildly abrasive cleaning, whitening and deodorizing properties. It's non-abrasive, dirt cheap and can be found in the baking section of the grocery store or can be bought in bulk at your local bulk food store.

Vinegar is a liquid of derived from the fermentation of fruits or grains. It's acid content makes it useful for killing germs, cutting grease and dissolving mineral deposits.

Essential Oils are the essence of a plant, containing the fragrance and specific properties of the plant such as antiseptic, antibacterial etc. They are available at your local health food store and some can be found in the baking section of the grocery store. A couple of drops of citrus, peppermint, lavender, lemon, or tea tree really makes a nice addition to homemade cleansers.

Washing Soda is a mineral (sodium carbonate) also known as soda ash. Slightly caustic, it is an effective cleaner of grease, oil, dirt and many petroleum products. It is also a soap booster and water softener. It is found in the laundry section of the grocery store. Note: Because of the caustic properties, it is advisable to wear rubber gloves when using mixtures containing washing soda.

Borax is a mineral of natural origins consisting of water, oxygen, sodium and boron. It has antiseptic, anti-fungal, deodorizing and disinfectant properties. It inhibits growth of mould and mildew. It is found in the laundry section of the grocery store. Note: Borax is poisonous if consumed.

All Purpose Cleaners

Oven Cleaner: Scrub with paste of baking soda, salt and water.

Mix
1 tsp Borax
½ tsp washing soda
2Tbsp vinegar
½ tsp vegetable oil based soap
2 cups hot water

Place in a spray bottle,
Shake until all the minerals have dissolved
Use on counters, walls etc…

Combine
1 gallon of hot water
1 cup of ammonia
½ cup of vinegar
½ cup of vinegar
1 cup of baking soda.
1 cup of baking soda.

Note: Use gloves and do not mix with other compounds especially bleach, as ammonia & bleach create a toxic gas when mixed.

Window & Mirror Cleaner

Mix ½ cup vinegar
1 quart of water

Use the solution in a spray bottle and wipe clean with newspapers or a cotton cloth

Countertop Cleaners

Vinegar at full strength will make stainless steel surfaces and bathroom fixtures sparkling clean. Dilute with water for cleaning tiles, wiping smears off appliances or removing grime and grease.

Sprinkle baking soda on a damp sponge to clean tubs, chrome fixtures, toilets, tiles and more. You can add a little vinegar for a shine. Rinse well to remove baking soda residue.

Apply lemon juice, let sit for 5-45 min., then sprinkle with baking soda. Clean with a soft cloth dipped in water or vinegar.

For stronger stains, try rubbing with half a lemon dipped in salt. Rinse well and wipe dry.

Drain Maintenance

Pour ½ cup baking soda down the drain followed by ½ cup vinegar. Let sit 15 minutes then pour 3 cups of boiling water down the drain.

Pour ¼ cup washing soda down the drain and rise with hot water. Do this each week to help prevent clogs.

Carpet Cleaners

Sprinkle baking soda generously over stain or entire rug. Let sit overnight, then vacuum. This is particularly good for pet odours and food spills.

Make carpet cleansing foam by mixing ¼ cup vegetable oil-based liquid soap with 3 Tbsp water. Whip ingredients into a foam and rub into problem area. Rinse well.

Make heavy duty cleaner for colour fast rugs by mixing…

¼ cup salt
¼ cup borax
¼ vinegar into a paste

Rub paste into carpet stain and leave for a few hours. Vacuum thoroughly

Mud: Rub salt on the mud. Let it rest for an hour, & vacuum
Coffee: Rub club soda into the spot. Clean up with a sponge.
Red Wine: Cover stain with salt while wet. Let dry completely, and then vacuum
Chocolate: Mix Borax and water to make a paste. Rub into stain.
Grease: Cover with cornstarch or cornmeal, let sit awhile, rub in and vacuum

Air Fresheners & Purifiers

Plants such as golden pothos, English Ivy and spider plants help to purify the air!

To freshen the air, simmer 1 Tbsp cloves, 1 Orange peel & 2 cinnamon sticks

Put a few drops of an essential oil on your vacuum filer before vacuuming or … Essential oil(s) in a spray bottle with water.

Polishes

Brass: Mix equal parts of salt and flour with some vinegar and then rub.

Silver: Rub with paste of baking soda and water. Or… Combine 4 cups warm water, 1 Tbsp baking soda, 1 tsp salt and 1 piece of aluminum foil. Soak silver until clean. Replace foil turns it turns black.

Copper: Pour vinegar and salt over copper and rub.

Furniture: One part lemon juice and 2 parts vegetable oil. Apply sparingly, rub in and buff.

Fertilizers

Use finished compost, blood and fish meal and/or mulch from your leaf and yard waste.

Make a nutrient rich compost tea by soaking a cloth bag full of compost and/or manure in a watering can or rain barrel for a couple of days. Dilute the resulting solution to a weak tea colour.

Pesticides and Herbicides

General Pest Control: Native plants are more resistant to pests and diseases and attract birds and bugs that feed on pests.

All Purpose Insect Spray Mix

Blend 1 Garlic Bulb 1 onion 1 Tbsp cayenne pepper 4 cups of water	Let sediment settle, pour through a paper coffee filter then add 1 Tbsp liquid soap Apply with a spray bottle

Moths: Enclose cedar chips in cotton sachets to repel

Slugs & Snails: Use onion & marigold plants to repel, place ½ grapefruit peel face down amongst plants to trap.

Ants: Place chili powder, dried peppermint leaves or cream of tartar at entry point to repel. To kill, mix equal parts of borax and icing sugar.

Aphids, June Beetles, Black Spot and other Fungal Diseases: Steep 6 chopped rhubarb leaves in 2-3 quarts of boiling water. Strain and spray.

Fleas: Feed 1 tsp yeast per pet, per meal. You can also make a solution (for fleas and odours) of Tea Tree oil or any of the following essential oils: Citronella or Lemon, Pennyroyal, Cedarwood and/or Eucalyptus – and water. The dilution should be one drop of oil to 2ml of water. Shake well in a spray bottle and apply to animal, careful not to spray their eyes, ears, mouth or nose.

Weeds: Mulch garden beds with leaves, hay or saw dust and/or other yard waste.