

# Green Living Ideas

## Guide to Homemade Cleaning Products!

The average home today contains

**62**

toxic chemicals - more than a chemistry lab at the turn of the century.

Less than

**2%**

of synthetic chemicals have been tested for toxicity

An EPA survey concluded that indoor air was

**3-70**

times more polluted than outdoor air.

Household cleaners are the number

**1**

cause of poisoning of children.

There are SO many reasons to get chemical cleaning products out of your home!



Good for the Planet!

There are thousands of chemicals used in the manufacture of cleaning products and most of them are untested. Also, each new product comes in non-renewable plastic containers, made from petrochemicals!



Good for your Body!

Of those thousands of chemicals, only a few are tested each year, and they are not tested for [combination of chemicals together...?]. Chemicals in cleaning products are linked to cancer, respiratory diseases, autism and more.



Good for your Budget!

All those bottles cost a lot of money! We spend \$\$\$ per year on cleaning products. Choosing homemade cleaning products can help cut the budget! Also, it reduces the risk of long-term medical costs associated with chemical cleaning products.

### Here are the Recipes!

all-purpose cleaner	homemade laundry soap	scrubbing cleanser	glass cleaner	drain cleaner
1/2 cup water, 1/2 cup white vinegar 20 drops essential oil  Directions and other recipes here: <a href="http://bit.ly/12xow0H">http://bit.ly/12xow0H</a>	1/2 cup baking soda 1/2 cup citric acid 1 cup washing soda 1/4 cup coarse sea salt 1 bar of Dr. Bronner's Pure-Castile soap  Directions and other recipes here: <a href="http://bit.ly/1BGjMS0">http://bit.ly/1BGjMS0</a>	1/2 cup sea salt 1 cup baking soda 1 cup Dr. Bronner's Soap Water to mix  Directions and more recipes here: <a href="http://bit.ly/1wRC7Os">http://bit.ly/1wRC7Os</a>	2 cups water 2 tablespoons vinegar 10 drops essential oil Newspaper, for cleaning  Directions and other recipes here: <a href="http://bit.ly/12xow0H">http://bit.ly/12xow0H</a>	2 cups Baking Soda 1 cup vinegar 6 cups boiling water Lemon, if needed  Directions found here: <a href="http://bit.ly/1a7fWmw">http://bit.ly/1a7fWmw</a>



### To Learn More:

- The Story of Stuff: Cosmetics --
- FeelgoodStyle.com --
- VibrantWellnessJournal.com --
- Green Living Ideas.com --
- Environmental Working Group- Guide to Cleaners --
- Environmental Working Group Guide to Cosmetics --
- PonoHome.com --