



Think Clean, Not Dirty

By Lauren Tabacchini

Spring cleaning happened a few months ago. Millions of people are getting out of their winter funk and ready for summertime. Everyone likes a clean house, but cleaning products are very costly. What the cleaning companies do not tell you is that you can make your cleaning products that work the same, if not better, than store-bought ones, and they save your wallet as well.

The term that refers to the toxicity of indoor cleaning products is indoor pollutants. This term was coined to better explain the pollution from cleaning products. It is not commonly known that the cleaning products advertised to give one sparkling counters, streak-free windows, or create a clean smelling environment, can be harmful to users and their families. Laura Newcomer has researched the short term and long-term effects of indoor pollutants; she states, “Immediate effects of exposure to indoor pollutants can include headaches, dizziness, fatigue, and irritation of the eyes, nose, and throat, as well as exacerbated symptoms of asthma and other respiratory illnesses. Long-term effects (following long or repeated exposure to indoor pollutants) include respiratory diseases, heart disease, and even cancer.” As one can see, the need for holistic home care alternatives is more than detrimental to one’s health.

You do not need to be in a science lab to make your home cleaning products. Although the task sounds daunting, in some cases, it is easier than having to make a trip to the store. Here you will learn how to make cleaning products that are safe for family members and natural.

Bathrooms are a necessity to clean. Toilets especially. Quite honestly, they need to be cleaned more frequently than they commonly are. But with cleaning supplies being so costly, it can make it difficult to afford. A solution for this problem is a three-ingredient disinfectant that not only smells great but will not break the bank. For this disinfectant scrub, one will need a ½ cup of baking soda, a few drops of tea tree oil, and a ¼ cup of vinegar. Pour the baking soda and tea tree oil into the toilet, followed by the vinegar. The vinegar will cause the baking soda to foam, and while it does, scrub the toilet. Once the foaming ends, flush the toilet, and now your toilet is clean using all-natural ingredients.

Bathrooms, as well as other rooms, need an air freshener to keep a pleasant-smelling environment. Air fresheners are indoor pollutants, and they seem to be used up in no time at all. An easy two-ingredient air freshener only requires ¼ cup of baking soda and a few drops of your favorite essential oil. Grab a jar with a top you can poke holes in- a mason jar is great for this- poke holes lining the top, add your baking soda followed by a few drops of essential oil, and put in any place that needs a little freshening. To make it blend in with one's home decor- paint the jar any color desired.

Microwaves made cooking so convenient even children can do it. The convenience does come at a cost; they get dirty- quick-, and they are a pain to clean. A great natural hack for cleaning your microwave is putting ¼ cup of vinegar and ¼ cup of lemon juice into a microwave-safe mug. Let the microwave “cook” the mixture for around two minutes, then leave the door shut and the mixture inside for an extra three to five. Finally, open the microwave and use a cloth to wipe down the entire microwave. Suddenly you have a clean microwave that requires no store-bought cleaning products or scrubbing.

Your health matters. Your family's health matters. What you put into the air and your home matters. Next time something in your home needs to be cleaned, and you do not want to be responsible for allowing indoor pollutants into your environment, find a recipe for a natural alternative. Not only will it not pollute the air inside your home, but it also will not break the bank either.

Source:

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