



Cleaning Products

What body needs toxics and chemicals? None! The products you use to clean your house with does end up in your body.

Use These Tips To Clean Your Home In a Healthy Way!

1. For windows, floors, chrome surfaces, etc...use distilled vinegar in water. For showers and toilets use vinegar itself.
2. For an all-purpose cleaner you can mix 1/2 cup of baking soda with 1 gallon of warm water. For carpets you can spread the baking soda around and vacuum the next day.
3. To disinfect use inexpensive vodka or Everclear grain alcohol.
4. 3% hydrogen peroxide works to kill mold and 20% hydrogen peroxide works to help with bathroom mildewed surfaces.
5. Stains on carpet, if fresh use carbonated water.

Yours for health naturally,

Dr B

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