

Natural Living Tip:



Dishwasher Detergents

Did you know that dishwasher detergents don't entirely rinse off your dishes?

Most dishwasher detergents have toxins and dyes that can increase your cancer risk. If dishes are poorly rinsed off, you can get very ill.

For a less toxic alternative, use 1-2 teaspoon of Arm and Hammer Baking Soda. Do not use more than 2 teaspoon as the dishes will tend to spot. To avoid spotting and reduce germs, dissolve baking soda in 3% hydrogen peroxide and add to the detergent tray.

Yours for health naturally,

Dr B

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