Where Toxins Are Found
In Our Day To Day Lives – Household
Cleaning Products

Stop or decrease the use of chemicals in the home.

Solution: Use these ingredients and recipes:

Vinegar, baking soda (scrubbing and whitening), orange essential oils, beeswax (polishing wood), corn starch and club soda (carpet stains and oil dripped on clothing), hydrogen peroxide (disinfecting and removing stains), lemon (removing stains and odours, and adds cleaning power to all-purpose solutions), liquid castile soap (all natural olive oil based soap for all natural dish soap), olive oil (polishing wood), thick salt (scrubbing soap scum)
Acetic acid or white vinegar is a great disinfectant. It also acts as a deodorizer and cuts grease.
And you can tackle household bacteria like salmonella, E. coli and other "gram-negative" bacteria with vinegar. Gram-negative bacteria can cause infections including pneumonia, bloodstream infections, wound or surgical site infections, and meningitis.
Look for vinegars that contain even higher acetic acid content than the regular (6% as opposed to 5%) as it boosts the strength by 20 per cent.

How does it work?

According to Canada's National Collaborating Centre for Environmental Health, the acid in vinegar crosses the cell membrane of bacteria and prompts a release of protons, which causes the cell to die.

Five ways to clean with vinegar

o   Fill the rinse-agent dispenser of your dishwasher with plain white vinegar.

o   Combat pit stains on white T-shirts: soak clothing in about 60 millilitres of white vinegar and enough water to cover the stain. Leave overnight and then wash with eco-friendly laundry soap.

o   Clean rusty tools: soak in a pail of white vinegar and brush to clean.

o   Deodorize the toilet: pour 125 millilitres of white vinegar into the bowl. Let sit 15 minutes and then flush.

o   Remove hard-water deposits on the tub and glass shower doors: Heat 250 millilitres of white vinegar in a pot. Then, spray warm vinegar onto surface, let sit 15 minutes and wipe clean.