

MAKING YOUR OWN CLEANERS

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2016 - Karen Cahill (Macon County HCE)

Housework is something you do that nobody notices until you don't do it.
– Author Unknown

According to the EPA, indoor air can be 10-100 times more polluted than outdoor air. A big culprit is common household cleaners that emit toxic fumes. The cost of commercial, chemical-based products can be high. These products also concern people with skin sensitivities, allergies, asthma, bronchitis, etc. Making your own cleaners is safer for kids, animals, and anyone with various sensitivities. It is more economical. Homemade cleaners are biodegradable and therefore gentler for the Earth.

COMMON HOUSEHOLD CLEANERS AND BENEFITS:

BAKING SODA: Cleans, deodorizes, scours, softens water.

BORAX (sodium borate – a mineral found in large quantities in Death Valley, CA): Borax has been used for 115 years. It contains no phosphates or chlorine. All natural and is safe for washers, plumbing, and septic systems. Great for use in kitchen, bath, and laundry. Cleans, deodorizes, disinfects, softens water. No fumes or scratching so is great for porcelain and fiberglass.

HYDROGEN PEROXIDE: Cleans mold and mildew, antibacterial, antifungal. Keep in a dark area because it breaks down quickly into oxygen and water when exposed to light. That's why it is sold in dark bottles. Safe for earth and people. Removes blood stains from clothes
Brightens laundry- it is a bleach- add ½ C. -1 C. to a load of laundry
Use to clean-(spray on, allow to sit several minutes, wipe off):
Countertops, doorknobs, mirrors, appliances, sinks, tubs, toilets, showers, walls, cutting boards, etc.
Disinfect: toothbrushes, nailbrushes, dentures, retainers, thermometers, loofahs, sponges, etc.
Use as a veggie wash to kill bacteria and neutralize chemicals.

LEMON: A strong food acid that is effective against most household bacteria, deodorizes.

RUBBING ALCOHOL: Disinfects Great for doorknobs, switch plates, faucets, tubs, toilets, mirrors, tile, vinyl and laminate floors, keyboards, etc. Evaporates quickly.
REMEMBER: Flammable- Do not use on stoves or toaster ovens.

WASHING SODA: (sodium carbonate decahydrate – a mineral) Stronger than baking soda which is sodium bicarbonate. Cuts grease, removes stains, softens water, cleans walls, tile, sinks, and tubs.



WHITE VINEGAR: Cuts grease, removes mildew, odors, some stains, and wax buildup, deodorizes, softens laundry, disinfects. Makes it good to use in any room.

**According to Michael Mullins of Heinz Co. numerous studies have shown that a 5% solution of vinegar kills 99% of bacteria, 82% of molds, and 80% of viruses*

The smell of vinegar will disappear when it dries.

Before using vegetables, spritz on vinegar to help dissolve pesticide residue.

By adding 1 C. of vinegar to your last rinse cycle of laundry, you will dissolve soap residue, prevent yellowing, reduce static cling, soften clothes, and attack mold and mildew. It also is good for baby clothes because it breaks down uric acid.

www.vinegartips.com - 1001 Uses for White Distilled Vinegar

God made rainy days so gardeners could get the housework done.

-Author Unknown



ESSENTIAL OILS

These are often added to cleaning products as they have many therapeutic and disinfectant properties. Essential oils are concentrated oils which contain aromatic compounds from a plant. They are often made from the flowers and leaves, but sometimes from the seeds, roots, or bark of the plant. The oils evaporate easily into the air, thus are known as volatile oils. Use caution when using essential oils. *Do not ingest and do not apply undiluted directly to the skin.* Know your supplier! Use organic products. Some oils are of inferior quality or synthetic. These are sometimes composed of several oils to achieve a desired smell.

SOME ESSENTIAL OIL PROPERTIES and oils that provide these benefits:

THIS IS NOT AN EXCLUSIVE LIST

ANTIFUNGAL: To prevent the growth of fungus.

Cinnamon essential oil, Eucalyptus oil, Lemon-Eucalyptus oil, Tea-Tree oil, Thyme oil

ANTI-INFECTIOUS: To prevent infection.

Cinnamon essential oil, Clove Bud oil, Eucalyptus oil, Lavender oil, Lemon-Eucalyptus oil, Orange oil, Peppermint oil, Tea-Tree oil

ANTISEPTIC: To kill and prevent micro-organisms.

Cinnamon essential oil, Clove Bud oil, Eucalyptus oil, Lavender oil, Lemon oil, Lemon-Eucalyptus oil, Orange oil, Peppermint oil, Tea-Tree oil, Thyme oil

ANTI-VIRAL: To prevent viruses from growing and spreading.

Cinnamon essential oil, Clove Bud oil, Eucalyptus oil, Lavender oil, Lemon- Eucalyptus oil, Orange oil, Peppermint oil, Tea-Tree oil, Thyme oil

TEA- TREE OIL: One of the strongest natural antiseptics. It kills bacteria, fungi, mold, mildew stains, and odors

MIX: 2 tsp. Tea-Tree oil with 2 C. water

Put into a spray bottle and use. Great for the bathroom. **LABEL BOTTLE!**



SOME TOP REPUTABLE COMPANIES FOR ESSENTIAL OILS:

www.nativeamericannutritionals.com

www.rockymountainoils.com

www.heritageessentialoils.com

www.mountainroseherbs.com

DAILY SHOWER CLEANER

½ C. peroxide

½ C. rubbing alcohol

6 drops DAWN

2 tsp. liquid JET DRY

24 oz. water

Mix well. Spray in shower and on liner daily to keep area cleaner longer.

CITRUS SCRUBBER

½ C. borax plus ½ C. baking soda

½ tsp. each of essential oil of lemon, orange, and tangerine

Pour the cleansers into a glass bowl. Add the oils and mix well.

Smells good; use like Comet or Ajax

(Recipe from "The Herb Companion", Feb. /Mar. 1997)



SWEET CINNAMON SINK SCRUB

1 C. baking soda

1 T. ground cinnamon

5 drops sweet orange essential oil

Mix all ingredients and place in an airtight container. Sprinkle the mixture on a wet sink and use a cloth to scrub the sink. Rinse well.

(Recipe from Homemade Cleaners by Mandy O'Brien and Dionna Ford)

ALL PURPOSE CLEANER AND DISINFECTANT

2 C. hot distilled water

¼ C. white vinegar

1 tsp. washing soda

15 drops Tea-Tree oil

15 drops Lavender oil

In a clean spray bottle, add washing soda and oils, then hot water and vinegar. Shake well. Good to use on most everything but glass/mirrors.

(Recipe from "The Herb Companion", March 2012)

DISINFECTANT AIR FRESHENER

4 drops Thyme oil

6 drops Tea-Tree oil

8 drops Clove-Bud oil

2 t. rubbing alcohol

Distilled water

In a glass measuring cup, stir the oils into the alcohol. If the oils do not dissolve completely, add another teaspoon of alcohol. Then add water to the ½ C. line. Pour the solution into a bottle with a spray nozzle. To use, spray into the air.

(Recipe from Kay Karnes, Master Gardener)



POWDERED LAUNDRY DETERGENT

(Recipe from Mary Hunt, Debt-Proof Living)

- 1 c. grated Fels Naptha Laundry Bar Soap
- ½ C. Super Washing Soda
- ½ C. 20 Mule Team Borax

Mix and store in airtight container. For light loads, use 2 Tablespoons. For heavy loads, use 3 Tablespoons.

LIQUID LAUNDRY DETERGENT

(Recipe from Mary Hunt/Everyday Cheapskate)

Makes 1 gallon

- 3T. borax
- 3T. Washing Soda

Put these ingredients in a 1 gallon container. Add 2 Cups of very hot water. Put lid on container and shake well until powders have dissolved. Fill container with cold water. Add 3T. of ORIGINAL BLUE DAWN dish soap. By adding it at the end you help prevent lots of foaming. Stir or shake well. Use 1-2 cups per load based of dirtiness of clothes. This detergent is not real thick and doesn't produce lots of bubbles. Can be used in High Efficiency washers, but use anywhere from 2T. – ½ Cup.

If you want to make 3 gallons at a time use ¾ C. each of the powders and DAWN.

You would think then that you would use ¼ C. of each for 1 gallon.

Some people do make it stronger if they are often washing very dirty or greasy clothes. Experiment to see what works for you.

HOMEMADE DISINFECTING WIPES

- 1 Cup water
- 2 Tablespoons white distilled vinegar
- 2 Tablespoons castile soap
- 20 drops of any of the following essential oils (mix and match)
Thyme, tea tree, lemon, lavender, or rosemary

Mix together and put in an airtight container with cotton wipes. (I use pieces of old cotton T-shirts.) Store in a cool, dark area. Shake well before using.

(Recipe from Homemade Cleaners by Mandy O'Brien and Dionna Ford)

