

Non-Toxic Cleaning Supplies

Baking soda: An all-purpose cleaner; especially effective on glass coffee pots and glassware; removes red-wine stains from carpeting. A paste (made with water) can shine stainless steel and silver; the paste can also remove tea stains from cups and saucers. Make a paste with a castile- or vegetable-based liquid soap and a drop of essential oil (tea tree or lavender) to clean sinks, countertops, toilets and tubs. Pour 1 cup down the sink to clear a clogged drain, followed by 3 cups of boiling water.

Boiling water: Use weekly to flush drains and avoid clogs.

Coarse salt: Cleans copper pans and scours cookware. Sprinkle salt on fresh spills in the oven, then wipe off. Sprinkle salt on rust stains and squeeze a lime or lemon over them, let sit for several hours and wipe off.

Essential oils: Mix [lavender](#) or tea tree essential oils with water and spray on kitchen or bathroom surfaces for an environmentally and people-friendly antibacterial spray.

Grapefruit-seed extract: Add a few drops to water in a spray bottle for an odorless way to kill mold and mildew.

Lemon juice: Use as a bleaching agent on clothing, and to remove grease from your stove and countertops. Add 2 Tbsp lemon juice to 10 drops of (real) lemon oil and a few drops of jojoba oil to clean and polish wood furniture.

Olive oil: Use to lubricate and polish wood furniture (three parts olive oil to one part vinegar; or two parts olive oil with one part lemon juice).

Tea tree oil: Can be added to vinegar/water solutions for its antibacterial properties. Use it to kill mold and mildew, and on kitchen and bathroom surfaces instead of chemical products. Add 50 drops to a bucket of water to clean countertops and tile floors.

White vinegar: Cleans linoleum floors and glass (from windows to shower doors) when mixed with water and a little liquid soap (castile or vegetable). Cuts grease and removes stains; removes soap scum and cleans toilets (add a bit of baking soda if you like). Pour down drains once a week for antibacterial cleaning. Add to water in a spray bottle to kill mold and mildew.

(Information from www.DrWeil.com)