

Healthier House Cleaning

Using herbs
essential oils
and safer
ingredients
from the
pantry

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Sodium Bicarbonate

Sodium Chloride



Herbal Household Cleaning Handout

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We are surrounded by human-made chemicals—more than 80,000 are in use in the United States today. Of those, only a few hundred have been tested for safety. Chemicals are so ubiquitous, they reach us before we're even born: Researchers have found more than 250 contaminants in the umbilical cord blood of newborn babies. Even today lipsticks have been found to have lead in them (you know one of the popular ones with the bees wax). Environmental Working Group (EWG.org) put out a report that says woman consume 6 pounds of lipstick over a life time, what's in yours?

As you walk through the cleaning aisle's furniture polishes, air fresheners, carpet deodorizers and stain removers, you may realize that a full product arsenal could contain literally hundreds of chemicals and include dozens of safety warnings.

The U.S. Environmental Protection Agency notes that conventional cleaning products make a significant contribution to indoor air pollution. In one study conducted at the University Of Cincinnati College Of Medicine, researchers found that the chemicals in everyday household cleaners can trigger the onset or worsening of asthma. Children with asthma can experience respiratory symptoms in a newly cleaned home. At least one study also suggests a possible link between prenatal exposure to low doses of common cleaning chemicals and attention deficit disorder or even autism in children.

Exposure to these everyday products can also affect your heart. Results from the Detroit Exposure and Aerosol Research Study, which were recently presented at a scientific session of the American Heart Association, showed that people exposed to pollutants—including household cleaners and air fresheners—experienced a narrowing of blood vessels and an increase in blood pressure.

Even seemingly benign products can cause health problems.

- Glass cleaners often contain ammonia, an eye irritant that can cause headaches and lung irritation.
- Disinfectants often harbor phenol and cresol, two petroleum derivatives that can cause dizziness and fainting.
- Floors and Furniture Polish get their shine from nitrobenzene, a carcinogen and reproductive toxin that can also cause short-term shortness of breath and nausea.

Take a look at your cleaning product labels and read the warnings and lists of ingredients. You might see warnings like "hazardous to humans and animals" and "causes substantial but temporary eye injury," and unpronounceable ingredients like "*ethanolamine*" or "*hexoxyethanol*." Even the ingredient "fragrance" is a concern because it can cause skin irritation, and can trigger asthma and allergies.

Chemicals to Look Out For

1. Volatile organic compounds (VOCs)
2. Phthalates
3. Bisphenol A (BPA)
4. Chlorine
5. PFCs (perfluorochemicals)
6. Parabens
7. PBDEs & PBBs PBDEs (polybrominated diphenyl ethers) and PBBs (polybrominated biphenyls)
8. Pesticides & Fertilizers (NOT in Cleaning Products but we need to clean them off) If it kills insects or weeds, it likely isn't good for human health, either. Many common pesticides are known carcinogens.

There are many great reasons to switch to organic or natural cleaning products. Here are just a handful:

- Keep toxins out of your home. (Most homemade products are toxin-free!) According to the Centers for Disease Control and Prevention, accidental household poisonings affect more than 300 children in the United States every day.
- Save some money.
- Cut down on what you're sending to the landfill
- Use natural products because someone in your home has asthma or allergies.

Interestingly enough, the stuff that you clean with can actually make you sick, essentially negating the benefits of cleaning itself. According to the Environmental Working Group, conventional cleaning products and artificial fragrances can trigger asthma and cause respiratory distress even in seemingly healthy people.

Making Safer Cleaning Products

1. White Distilled Vinegar: Disinfecting, Antibacterial

Basic Vinegar All-Purpose Cleaner

1 cup vinegar 4 cups water

Pour into a spray bottle and use as a light disinfectant.

+ Add 10 drops Essential Oil smells wonderful and bring anti-fungal, anti-bacterial, anti-microbial disinfecting properties to your cleaners. Try peppermint, eucalyptus, tea tree, lemon, lavender, orange, thyme and pine.

2. Baking Soda: Scrubbing and Deodorizing

Basic Baking Soda Scrub

1 cup baking soda Enough water to make a paste

Use to scour greasy pots, scrub the bathtub or sink, or treat grease stains on clothing. Store remainder in a lidded jar.

+ Add Liquid Soap for suds and extra cleaning power.

+ Add Coarse Salt for extra scrubbing power it acts as an abrasive.

3. Borax: A powerful detergent. Toilet Bowl Scrub with ½-1 cup of borax to brighten and disinfect.

4. Washing Soda: Powerful detergent, and old-fashioned laundry booster cuts through tough grease on grills, broiler pans and ovens.
5. Castile Soap: Mild and gentle soap made from olive oil. This natural soap is great for floors and allpurpose cleaning when combined with vinegar, borax or even warm water.
 - All-purpose cleaner, add 1/2 teaspoon of soap to 2 cups of water.
 - Floors, combine 2 teaspoons of soap with 3 gallons of water. Make sure to rinse well to remove any dulling residue.
6. Lemon Juice: neutralizes odors, citric acid helps to break down grease, scum, and odor build up. Lemon juice is also a natural bleach.
7. Salt: natural abrasive, is also great for soaking up fresh carpet stains. Corn Starch and Club Soda are also great for lifting stains.
8. Hydrogen Peroxide: disinfectant, substitute for bleach solutions. Add a spray nozzle and clean away.
9. Cream of tarter (potassium bitartrate) nature's best bleaching agents.
Nonabrasive cleaner Mix 2 teaspoons of vinegar and 2 teaspoon of cream of tartar in a small dish (use 3 or 4 teaspoons of vinegar and 3 or 4 teaspoons of cream of tartar if you have more items to clean). Apply with your cleaning rag or scrub brush and let it sit for 5-10 minutes. Scrub. Wash with hot soapy water.
10. Olive Oil, Coconut Oil, and/or Beeswax for furniture polish
11. Herbs (used for the anti-microbial, antibacterial, antifungal, antiviral properties)
 - For a great fragrance whenever you sit down, scatter dried lavender rose petals, rosemary or other favorite herbs under the cushions of the couch and upholstered chairs.
 - Make sachets from fabric scraps or old handkerchiefs; embellish with lace or ribbon. If you don't sew, try using muslin tea bags or even coin envelopes from an office supply store.

Herbal 409 Extract fresh or dried rosemary, sage, thyme, lavender in white distilled vinegar for 2-6 weeks strain and add to a spray bottle use to clean counters, bathroom or any place needing antimicrobial, anti-bacterial or anti-viral cleaning. Can be diluted or used straight.
12. Essential Oils (used for the anti-microbial, antibacterial, antifungal, antiviral properties) Most essential oils are useful in some capacity for home cleaning.

Lavender is a disinfectant, Lemon, orange and grapefruit are tough degreasers with refreshing, clean scents, Eucalyptus disinfects, Tea tree is effective against bacteria, fungus and some viruses, White cedar disinfects, Lime citrus scent works as a degreaser and general cleanser, Pine is a degreaser and a bit of a disinfectant. Others to add to the cleaning caddy are Citronella, Lemongrass, Patchouli, Rosemary, and Sandalwood.

Germ Away Spray

1:5 ratio of ACV (1 part) to H2O (5 parts)

45 total drops of EO: 25 Lemon EO 15 Orange EO 5 Grapefruit EO Mix it all together add to a spray bottle, ready to use.

Mold/Mildew Tea Tree Spray 1

To make this spray, simply mix 1 teaspoon of tea tree oil per 1 cup of water. Load mixture into a spray bottle, shake well to combine, and spray directly on to areas of mold. Do NOT rinse.

Natural Liquid Dish Soap Recipe

1 ¾ cups boiling water 1

tbsp. borax

1 tbsp. grated bar soap (use castile bar soap, homemade soap, Ivory, or whichever natural bar you prefer)

15-20 drops essential oils, optional ([find 100% pure essential oils here](#))

1. Heat water to boiling
2. Combine borax and grated bar soap in a medium bowl. Pour hot water over the mixture. Whisk until the grated soap is completely melted.
3. Allow mixture to cool on the countertop for 6-8 hours, stirring occasionally. Dish soap will gel upon standing.
4. Transfer to a squirt bottle, and add essential oils (if using). Shake well to combine.

Dry Laundry Soap

16 cups baking soda

12 cups washing soda

8 cups grated castile or glycerin soap flakes*

3 tablespoons lavender, lemon or grapefruit essential oil

Combine baking soda, washing soda and soap flakes. Add essential oil and mix with a wire whisk. Use 1/8 cup per load. Yield: This recipe makes enough powder to last a family of four one year.

For more recipes and website links to cleaning recipes visit my blog at:

WWW.HERBIDEA.COM and search for cleaning. If you'd like to learn more about Young Living essential oils please contact me. I'm committed to sharing what I know so help others stay healthy and have a healthy environment to raise their family. I'm available for private classes for your family and friends. Lisa Mosbey 612-888-3645

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