



# Cleaning Product Alternatives to Protect your Health!

Cleaning products can contain potentially harmful chemicals. Here are some alternatives you can make to protect your health!

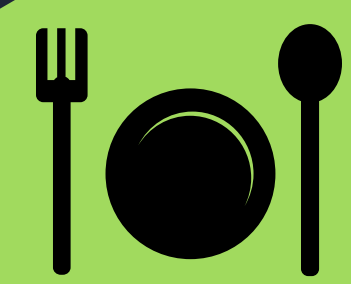
## Dishwasher Detergent:

### Ingredients:

- 1 cup borax
- 1 cup washing soda
- ½ cup citric acid
- ½ cup kosher salt

### Directions:

1. Mix all ingredients. Store in a large container.
2. Use 1 Tbsp per dishwasher load.
3. You can also use white vinegar as a rinse agent in the machine.



## Carpet Stain Cleaner:

### Ingredients:

- ½ cup liquid castile soap
- 1 cup water

### Directions:

1. Mix the castile soap with the water and add to your soap pump.
2. You can add 10 drops of essential oil of your choice for a scent or leave unscented.



## Mold/Grout Cleaner:

### Ingredients:

- ½ cup hydrogen peroxide
- ½ cup water

### Directions:

1. Mix hydrogen peroxide and water in a spray bottle.
2. Spray on mold/grout and let it sit for 45 minutes before wiping with a sponge and rinsing with warm water.



## Counter-Top Scrub:

### Ingredients:

- 2 Tbsp baking soda
- 2 tbsp water

### Directions:

1. Sprinkle baking soda on counter-top. Dip or spray an old toothbrush, sponge, or rag with water and use to scrub the counter top.
2. Make sure to scrub off any residue!



## Toilet Cleaner:

### Ingredients:

- ¾ cup borax
- 1 cup white vinegar
- 10 drops lavender essential oil (or other scent of your choice)
- ½ lemon, juiced

### Directions:

1. Mix all ingredients together.
2. Add to the toilet bowl and let sit for a few hours or overnight (do not use the toilet).
3. After this time, scrub with your brush and flush!



## Cinnamon Air Freshener:

### Ingredients:

- 1 tsp cinnamon
- 1 cup water

### Directions:

1. Simmer water with cinnamon in it in a small pot.
2. You can place the mixture into a difuser, in a central area of your home.





## Cleaning Spray:

### Ingredients:

- 1 cup water
- 1 cup white vinegar

### Directions:

1. Add ingredients into a spray bottle and shake.
2. Add a few drops of your favorite essential oil to the bottle, but if you have none the vinegar smell will go away once vinegar evaporates.
3. Use to clean counter tops, tables, sinks, toilets, etc.



## Dish Soap:

### Ingredients:

- 1 ¼ cup boiling water
- 1 bar natural castile soap
- ¼ cup liquid castile soap
- 1 tbsp washing soda
- 20 drops orange essential oil (or your preference)

### Directions:

1. Grate the bar of soap until you have a tightly packed ¼ cup of it.
2. Combine the grated soap and boiling water. Stir until dissolved.
3. Add washing soda and stir.
4. Add castile soap and stir.
5. Let cool then add the essential oil. Feel free to substitute for your favorite scent or leave unscented.
6. Store in a soap bottle.
7. Shake the mixture before use.



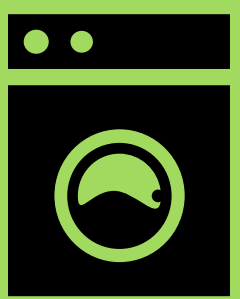
## Laundry Detergent:

### Ingredients:

- 4 ½ oz bar castile soap
- 1 cup borax
- 1 cup washing soda

### Directions:

1. Grate the soap using a cheese grater.
2. Stir ingredients together.
3. Use 1 tbsp per regular sized load or laundry. Use 2-3 tbsp per heavily soiled loads or larger loads.



## Resources:



To learn more about chemicals/products that impact your health, use this QR Code or link:  
<https://emoryhercules.com/community/community-resources/hercules-research-translations/>

These recipes were adapted from "Natural Goddess DIY Homemade Green Beauty":



To find similar recipes, download their app using this QR Code or the following link:  
<https://apps.apple.com/us/app/natural-goddess-diy-homemade-green-beauty-home-cleaning/id732221340>



Learning how environmental exposures affect health and community well-being.  
<https://emoryhercules.com/>

