



GUIDE TO NATURAL CLEANING FOR A HEALTHY HOME



Abstract

"Guide to Natural Cleaning for a Healthy Home" explores the benefits of using natural cleaning products to maintain a healthy, eco-friendly living environment. It highlights how conventional cleaning products can contain harmful chemicals that may negatively impact both health and the environment. The guide introduces various natural alternatives, such as vinegar, baking soda, and essential oils, and explains how they can be used effectively for everyday cleaning tasks. It also provides practical tips for creating your own DIY natural cleaners, ensuring both safety and cost-effectiveness.

By embracing natural cleaning methods, individuals can reduce exposure to toxins, promote a cleaner atmosphere, and contribute to sustainability efforts. This guide empowers homeowners to make informed, eco-conscious choices for a healthier home and planet.

Getting Started

Making the switch to natural cleaning products is easier than you might think. Start by assessing your current cleaning routine and identifying areas where harmful chemicals might be present. Begin by replacing your conventional cleaners with simple, natural alternatives like vinegar, baking soda, and lemon juice. These ingredients can tackle a wide range of cleaning tasks, from surface cleaning to deodorizing.

To ensure safe and effective use, research different natural cleaning recipes or purchase eco-friendly cleaning products from reputable brands. As you gradually transition, pay attention to the results—most natural solutions work just as well, if not better, than their chemical counterparts. By starting small and experimenting, you'll soon see how natural cleaning can create a healthier home environment while protecting both your health and the planet.

1. What Is a Natural Cleaning Product and How Does It Work?

Natural cleaning products have become increasingly popular as people seek healthier, more environmentally-friendly alternatives to traditional cleaning supplies. But what exactly defines a natural cleaning product, and how do they work effectively to keep our homes clean without the use of harsh chemicals? This article explores what natural cleaning products are, how they work, and why they are a great choice for maintaining a clean, healthy living environment.

What Is a Natural Cleaning Product?

A natural cleaning product is typically made from plant-based ingredients, minerals, or other natural substances that are non-toxic and biodegradable. Unlike conventional cleaners, which often contain harsh chemicals such as ammonia, bleach, or synthetic fragrances, natural cleaning products rely on ingredients that are gentle on the environment, your health, and your

home surfaces. These products aim to provide a safer, more eco-friendly cleaning solution without compromising cleaning power.



The key ingredients in natural cleaning products include substances like vinegar, baking soda, lemon juice, essential oils, and plant-based surfactants. These ingredients have been used for centuries in various cleaning and disinfecting tasks, offering a more natural alternative to synthetic cleaners that can have harmful effects when inhaled or ingested.

How Does a Natural Cleaning Product Work?

Natural cleaning products work through a combination of physical and chemical properties that target dirt, grime, stains, and bacteria, much like traditional cleaners. However, they achieve this using safer, non-toxic substances.

Here's a breakdown of how some common natural cleaning ingredients work:

1. **Vinegar:** One of the most popular natural cleaning ingredients, vinegar is an acidic substance that can dissolve mineral deposits, grease, and grime. Its acidity allows it to break down oils and loosen dirt, while also acting as a natural disinfectant. Vinegar is often used in glass cleaners, fabric softeners, and all-purpose sprays.
2. **Baking Soda:** Baking soda, or sodium bicarbonate, is a natural abrasive that can help scrub surfaces without scratching them. It also neutralizes odors by neutralizing acidic

compounds, making it a common ingredient in carpet fresheners and deodorizing sprays. It works as a mild abrasive to lift dirt and stains from surfaces.

3. **Lemon Juice:** The citric acid in lemon juice gives it powerful antibacterial and antiviral properties, making it a natural disinfectant. It also works to break down grease and grime. Lemon juice can also be used as a natural bleach alternative for brightening whites and removing stains.
4. **Essential Oils:** Essential oils are highly concentrated plant extracts known for their antimicrobial properties. Oils like tea tree oil, lavender oil, and eucalyptus oil can be added to natural cleaning products for their disinfecting and antibacterial qualities. In addition to cleaning, they also add pleasant, natural scents to the home.
5. **Plant-Based Surfactants:** Surfactants are substances that reduce the surface tension between liquids and solids, allowing dirt and oils to be lifted off surfaces more easily. Natural surfactants, such as those derived from coconuts, are often found in eco-friendly cleaning products and work similarly to traditional surfactants but are biodegradable and non-toxic.

Why Choose Natural Cleaning Products?

Choosing natural cleaning products is not just about cleaning effectively; it's also about protecting your health and the environment. Conventional cleaning products often contain volatile organic compounds (VOCs) and other chemicals that can cause respiratory problems, skin irritation, and long-term health issues. In contrast, natural cleaning products are generally safer to use around children, pets, and those with sensitivities.

Additionally, natural cleaning products are typically biodegradable, meaning they break down naturally in the environment without harming wildlife or polluting waterways. Using them reduces your carbon footprint, contributing to a cleaner, healthier planet.

2. What Are the Benefits of Using Natural Cleaning Products in Your Home?

Many companies now create cleaning products that use more natural ingredients, avoiding harmful chemicals.

In many cases, conventional, nongreen cleaning products for the home and workplace are potentially hazardous. Besides the risk of developing a long-term illness, exposure to cleaning products can trigger asthma, leave burns, or be dangerous if someone were to ingest them. Read on to learn what to look for in green cleaning products, reasons to go green, and recipes to make natural cleaners at home.

Benefits



Green cleaning products should not contain hazardous chemicals, and so they are likely to pose fewer health risks. They are also, typically, much safer and more suitable for use around people with weakened immune systems or health conditions.

Green cleaning products are less hazardous for the environment, too. They do not contain chemicals that cause significant air or water pollution and are often in recyclable or recycled packaging.

Best green cleaning products

There is a wide range of cleaning products that the manufacturers advertise as being eco-friendly and healthier. It is important to know that some products may claim to be more natural and environmentally friendly than they actually are.

According to Clean Water Action, some aspects to consider in safe green cleaning products include:

- biodegradable or not
- nontoxic
- bulk packaging
- recyclable packaging
- packaging from recycled materials
- phosphate-free
- label with full disclosure of all active and inactive ingredients
- natural fragrances

- free of dyes, hypochlorite, and chlorine

The Environmental Working Group (EWG) are a nonprofit organization that research and reports on green cleaning products. Some specific products and categories that the EWG recommend include:

General cleaners

- Poofy Home All-Purpose Cleaner Refill, Medieval Blend
- Earth Friendly Products ECOS Cream Cleanser, Lemon
- Aunt Fannie's Floor Cleaner Vinegar Wash Concentrate, Eucalyptus

Bathroom cleaners

- Seventh Generation Tub & Tile Natural Cleaner, Emerald Cypress & Fir
- Mrs. Meyer's Clean Day Tub And Tile, Lemon Verbena
- Mrs. Meyer's Clean Day Tub And Tile, Lavender

Dishwashing soaps

- Attitude Dishwasher Eco-Pouches
- AspenClean Dish Soap, Eucalyptus Rosemary
- biokleen Natural Dish Liquid, Lemon Thyme

Air fresheners

- Arm & Hammer Fridge & Freezer Baking Soda
- Aura Cacia Aromatherapy Mist, Lavender Harvest
- Aussen Natural room odor eliminator

It is also important to note that a cleaning product is not necessarily safe for everyone just because people consider it to be green. A person should still take reasonable precautions to store cleaning products in a safe and secure location where children and pets cannot access them easily.

Natural alternatives

Instead of buying green cleaning products, a person can easily make natural cleaners at home. There are many recipes for green cleaners that are cheap and versatile. The ingredients are natural and do not cause environmental harm, including not causing indoor air pollution. They are also less likely than nongreen ones to affect a person's health.

Some natural products that can make good cleaning agents include:

- vinegar
- baking soda
- tea tree oil
- castile soap

The Green Building Alliance have identified a few different recipes to make green cleaning products at home. Some ideas include:



- Disinfectant: Mix 2 cups of water, 1 tbsp of liquid castile soap, and 1 tsp of tea tree oil to create a multipurpose disinfectant that helps remove germs.
- All-purpose cleaner: Combine equal parts vinegar and water in a spray bottle to create an all-purpose cleaner for many hard surfaces.
- Glass cleaner: Shake 1/4 cup of white vinegar, 1/4 cup of rubbing alcohol, 2 cups warm water, and 1 tbsp of cornstarch in a spray bottle. The mixture can clean glass surfaces, such as windows or stove tops.
- Drain cleaner: Pour 1/2 cup of baking soda into a clogged drain and follow this with 1 cup of vinegar. Let the mixture work for about 15 minutes and then pour boiling water down the drain.
- Multipurpose scrub: Combine enough water and baking soda to make a paste. Use the paste with a brush, sponge, or scrubber to clean the surface of sinks, stoves, and other hard surfaces
- Air freshener: Use either dried or fresh flowers, or boil water with vanilla, cinnamon, slices of lemon or oranges, or other spices. To deodorize a refrigerator or carpet, leave baking soda in an open bowl or sprinkle on the carpet. Let it sit on the carpet for a few minutes before vacuuming it up.
- Laundry detergent: Combine 1/2 cup of washing soda, 1 cup of soap flakes, and a 1/2 cup of baking soda. A person can add 1 to 2 tbsp of oxygen bleach if they wish.

Clean Water Action suggests some other green cleaning ideas, as well. For example, they recommend using white vinegar to get pet urine out of carpets. They add that it should help prevent the pet from returning to pee in the same spot.

Risks of traditional cleaning products

There are many environmental and health risks that people associate with nongreen products. According to the Environmental Protection Agency (EPA), some of the risks include:

- Volatile organic compounds (VOC) found in regular products can negatively impact the quality of indoor and outdoor air.
- Certain ingredients in regular products can irritate eyes or skin.
- Overexposure to dangerous ingredients, particularly for janitorial and other employees who clean regularly.
- Pollution from disposing of unused chemicals in waterways.

Some common side effects of using nongreen chemicals can include:

- headaches
- throat irritation
- eye irritation
- asthma

According to the EWG, some other health risks and potential complications of exposure to common cleaning chemicals may include:

- asthma that certain fumes can induce
- congenital disabilities in children born to women with high exposure
- chemical burns
- poisoning
- some may contain the carcinogens 1,4-dioxane or formaldehyde

Finally, cleaning products do not necessarily list all ingredients. This lack means a person may not know they are purchasing a product that poses health hazards.

Summary

Green cleaning products are typically safer for the environment and people's health than their nongreen equivalents.

A person who is interested in green cleaning and other household products should look for ones that list all their ingredients and are nontoxic, biodegradable, and free from dyes and fragrances. It is also important to remember that green does not mean it is completely safe, so people should still use precautions when using or storing these products.

If a person is interested, they can try creating green cleaning products at home by using natural ingredients, and by following the recipes this article provides.

3. What Are the Best Natural Ingredients for Effective Cleaning?



Have you ever thought that, every time you do your laundry, detergent and water will end up somewhere?

Some of the chemical agents that can be found in the conventional detergents are great at making that difficult stain magically disappear. But, on the other hand, they might condition the normal functioning of the aquatic environment, affect the photosynthesis of plants or even limit the entry of oxygen into the water, jeopardizing biodiversity in the oceans.

The list of ingredients that can harm the environment can be extensive and include unusual expressions such as phosphates or synthetic surfactants (chemicals that, for example, increase the wetting capacity of detergents) derived from oil.

Purchasing biodegradable and less toxic products is always an option. After all, there are already numerous solutions available in supermarkets for all types of cleaning.

But if you want to take it a step forward, there is another alternative: to make your own natural cleaning products, which allows you to know exactly what's inside the bottle. And how can you make your own natural cleaning products? Check out 5 easy recipes, with ingredients you'll possibly find lying around in your pantry.

5 homemade cleaning products to protect your home (and the Planet)

Laundry detergent

If you think that to make a natural detergent for your clothes you will need an infinity of products, then you are wrong. You'll just need water and three other ingredients, and the result is a detergent that will make your clothes clean and fragrant, that can be used both in the washing machine and also handwashing.

This is what you'll need:

- 50 g of soap (blue, Marseille, coconut, or other natural soap)
- 3 l water
- 3 tbsp baking soda
- 10 drops of essential oil (citrus is most recommended, but lavender, jasmine or ylang-ylang also work well)

Grate the soap with a cheese grater and dissolve it in 1 l of boiling water. Add the baking soda and the essential oil; stir and let the mix rest for an hour.

Add 1 l more of lukewarm water and stir in again. Strain the mix in order to remove the soap residue, and add the 1 l of the remaining water, cold. Pour into a jar and you're ready to start doing your laundry in a more natural way.

Multi-surface citrus detergent with disinfectant properties

Two items that are most certainly found in every household are oranges and lemons. After consuming them, the peels often end up in the bin. So, why not give these peels a new purpose and turn them into a homemade natural cleaning product, with the disinfectant properties (and scent) of citrus fruits?

For that you'll need:

- Citrus peels
- Vinegar
- Water

In a jar, gather all the peels of various citrus fruits. Then, fill the jar up to half with vinegar, and the remaining with water – making sure to leave some space for eventual fermentation gases. Keep this mix in a cupboard for three weeks and after that pour the liquid (without the peels) into a spray bottle. Now you have a ready-to-use multi-surface cleaner, all natural, that can be used directly without the need to dilute, on floors, kitchen areas, bathrooms, and various surfaces. But be careful, acidic products (such as this disinfectant) shouldn't be used in marble!

Vinegar window cleaner

Don't let yourself be fooled by thinking vinegar is only good in salads, and that its smell will linger when used for anything else. Not only does vinegar not leave a smell, but it is also very effective in cleaning glasses and mirrors.

The ingredients needed are:

- 2 glasses of water
- 1/2 glass of apple cider vinegar or white wine vinegar

- 1/4 glass of rubbing alcohol (minimum 70% vol.)
- 1 to 2 drops of orange essential oil

Mix all the ingredients directly in the jar or bottle that you'll use to keep the homemade product and shake. And it is ready to use!

To use, spray the window cleaner onto a cloth and then use directly on the glass. Avoid using in very hot days, since this mix dries rather quickly, and might leave some spots.

Degreaser



The biggest fear of anyone that ventures into making homemade cleaning products is possibly not being able to find a product that can successfully get rid of all the dried grease from that baking tray from the usual Sunday roast. But for every problem there is a solution, and this one has the added bonus of not polluting the planet.

To make a natural kitchen degreaser you'll need:

- 30 g baking soda
- 125 ml white wine vinegar or apple cider vinegar
- 1 tsp of natural dishwashing liquid
- 0.5 l of hot water
- 5 drops of lemon essential oil

Mix all the ingredients in a jar or jug and shake firmly. To use your homemade degreaser more easily, just pour some into a spray bottle, apply where needed, and wipe with a cloth – like you

would normally do. For harder and drier greasy spots, spray thoroughly and let sit for about 5 minutes before you wipe it out.

Multipurpose detergent

Are you looking for a simple, easy, and quick recipe for a natural all-in-one cleaning product? This is the answer to your prayer: a homemade multipurpose detergent that you can use on your bathroom, floor, surfaces, to wash your car or even to be used as an insect repellent – and you can apply it in plants, too!

Ingredients you'll need:

- 1 l of water
- 50 g of saponaria nuts (also known as Soap nuts)
- 2 to 6 drops of one or more essential oils (optional)
- Vinegar (optional)

Bring 1 l of water to a boil and add the saponaria nuts. Let simmer for 15 to 20 minutes, while making sure the heat is not too high and causing the water to evaporate. Add the essential oil and the vinegar, and let cool. Strain the mixture and pour it into a jar or spray bottle for easier application.

4. How Can I Create My Own DIY Natural Cleaning Solutions?

Creating your own DIY natural cleaning solutions is an easy and cost-effective way to maintain a clean and healthy home. By using natural, non-toxic ingredients, you can avoid harsh chemicals while still achieving effective cleaning results. Whether you want to tackle everyday cleaning tasks or handle tough stains, DIY cleaning solutions can be made with simple, eco-friendly ingredients that are safe for both you and the environment.

1. Gather Your Ingredients

The first step in creating your own natural cleaning solutions is gathering the right ingredients. Most DIY cleaning solutions can be made using common household items. Here are some essential ingredients you'll need:

- **Vinegar:** A powerful acid that works to dissolve mineral deposits, grime, and soap scum. It's great for cleaning glass, countertops, and even deodorizing your home.
- **Baking Soda:** This mild abrasive works wonders for scrubbing surfaces, removing odors, and even tackling tough stains.
- **Lemon Juice:** The citric acid in lemon juice helps to break down grease, sanitize surfaces, and brighten whites. Plus, it leaves a fresh, clean scent.
- **Castile Soap:** A plant-based soap that is gentle but effective for cleaning everything from countertops to floors. It's safe for all surfaces and eco-friendly.
- **Essential Oils:** Essential oils like tea tree, lavender, and eucalyptus provide natural antibacterial, antifungal, and antiseptic properties. They also add a pleasant aroma to your cleaning solutions.

- **Water:** Used as a base for most solutions, water helps dilute ingredients and allows for easy application.

2. Choose Your Cleaning Solution



Once you have the basic ingredients, you can create a variety of cleaning solutions based on your specific needs. Here are a few examples of easy DIY natural cleaning solutions:

All-Purpose Cleaner

- 1 cup white vinegar
- 1 cup water
- 10-15 drops of your preferred essential oil (lemon or lavender work well)

Instructions: Mix the vinegar and water in a spray bottle, then add the essential oils for a fresh scent. Shake to combine and use on surfaces like countertops, bathroom sinks, and even kitchen appliances. The vinegar will disinfect and clean, while the essential oils add a pleasant aroma.

Glass and Window Cleaner

- 1 cup water
- 1 cup vinegar

- 1 tablespoon cornstarch

Instructions: Combine the ingredients in a spray bottle and shake gently to mix. This solution works wonderfully on glass and mirrors, leaving them streak-free and spotless.

Heavy-Duty Scrub

- ½ cup baking soda
- ¼ cup castile soap
- 10 drops of essential oil (optional for fragrance)
- 1-2 tablespoons water to form a paste

Instructions: Mix the baking soda and castile soap together in a bowl, adding water until you have a paste-like consistency. Apply the paste to surfaces with built-up grime, like oven racks, tile grout, or stovetops. Scrub with a sponge and rinse clean for a sparkling finish.

Floor Cleaner

- ½ cup white vinegar
- 1 gallon of warm water
- 10 drops of essential oil (optional)

Instructions: Mix the vinegar with warm water in a mop bucket. The vinegar will remove dirt and grime, while essential oils can be added for a pleasant scent. Mop your floors as usual, and enjoy a clean, streak-free finish.

3. Mix and Store Your Solutions

Once your DIY cleaning solution is mixed, store it in a labeled spray bottle or container. Always store your cleaning solutions in a cool, dry place and keep them out of reach of children and pets. Make sure to test the solution on a small area before using it on larger surfaces to ensure compatibility.

4. Customize for Specific Cleaning Needs

The beauty of DIY natural cleaning solutions is that you can customize them based on your needs. For example, if you need to tackle mold, add tea tree oil to your cleaning solutions, as it has natural antifungal properties. If you're cleaning a bathroom, consider adding eucalyptus or peppermint oil, which have antimicrobial benefits.

You can also adjust the strength of your solutions by increasing or decreasing the concentration of certain ingredients. For instance, if you need a stronger degreaser, increase the vinegar ratio or add a bit of dish soap.

5. Use and Enjoy Your Homemade Cleaners

Once you have your DIY natural cleaning solutions prepared, it's time to use them! Simply apply the cleaners to the surfaces you want to clean, scrub or wipe as needed, and enjoy the fresh, non-toxic results. With these natural solutions, you can clean your home while avoiding the harmful chemicals often found in store-bought products.



Conclusion

Creating your own DIY natural cleaning solutions is a simple and sustainable way to maintain a clean and healthy home. By using a few basic ingredients, you can make effective cleaning solutions that are free from toxic chemicals, safe for your family, and kind to the environment. With a little creativity and some trial and error, you can customize your cleaning products to fit your needs and enjoy the benefits of a fresh, natural home.

5. How To Make DIY Natural Adhesive Remover

Stubborn sticker labels and packing tape on glass jars, floors, plastic surfaces, and stainless steel appliances are hard to budge and can leave a gooey and gummy mess behind. These adhesives require effective products and techniques to prevent scratches on delicate surfaces. Of course, store-bought adhesive removers work wonders in tackling glue and sticky residues, but they are laden with harsh chemicals and toxic fumes. Prolonged usage of these products can weaken your respiratory system and immunity, leading to various health concerns.

Thus, it is good to leverage the benefits of natural adhesive removers. You can prepare recipes using organic ingredients that are effective, environmentally safe, and super-affordable. So, look at this guide and prepare DIY eco-friendly adhesive removers at home. Make sure you patch-test the surface to achieve the desired results.

1. Understanding Different Types of Adhesives



Do you want to make the most of your efforts? If yes, then understand the different types of adhesives. Each type requires a slightly different cleaning approach. So, here are the most common types:

- **Water-Activated Adhesives:** These are commonly used for stamps and envelopes. You can remove the gooey stains using water or water-based solutions.
- **Pressure-sensitive adhesives:** These are the most common types found on labels of glass jars, bottles, stickers, masking tape, etc. For effective removal, you will need mildly abrasive products.
- **Permanent Adhesives:** These are the most difficult stains to deal with. You need stronger solvents and a bit of elbow grease.

Tip: You can hire professionals for expert vacate cleaning Perth and claim your full bond. They come fully equipped with the latest tools and powerful products to tackle grime, adhesives, and other stubborn stains from different surfaces.

2. The Best Natural Adhesive Remover: Baking soda & Coconut Oil

This cleaning recipe is perfect for removing pressure-sensitive adhesives naturally. You can easily eliminate labels and stickers from glass jars and bottles. It can also help you get sticker residue off your floors, appliances and furniture. Here is the recipe:

Key Ingredients You'll Need:

- 2 parts baking soda
- 1 part coconut oil
- A few drops of essential oil

Tip: Make sure you transfer the mixture into the air-tight container or jar immediately. Take out the necessary amount when tackling glue and sticky marks.

Directions to Consider:

Step 1: Mix all ingredients in a small bowl.

Step 2: Apply the paste to the adhesive residue or sticky marks on jars and furniture.

Step 3: Let it sit for 10-15 minutes. Baking soda is mildly abrasive and can effectively cut through gooey and sticky marks.

Step 4: Scrub the affected surface using a damp sponge or cloth. Coconut oil makes it easy to scrub delicate surfaces without damaging them.

Step 5: Thoroughly rinse with plain water and dry the surface. You can apply this mixture to clean your window glass and make your home energy efficient because windows are the great source of natural light in the house.

Tip: Leave the paste for 1-2 hours to remove labels off the jars and wooden furniture. The longer you let it soak, the easier it will be to remove the stickers.

3. White Vinegar-Based DIY Adhesive Remover

This is a great alternative to store-bought adhesive removers. Professionally-trained vacate cleaning Perth experts have been using white vinegar to tackle mould from ceilings, stubborn carpet stains, build-up grease and sticky residue. You can also use it to remove water-activated adhesives and sticky residue from hard surfaces (except marble, limestone, granite and other natural stone surfaces). Here is a quick recipe:

- Fill a spray bottle with distilled white vinegar.
- Spray and saturate the sticky residue
- Leave it for 10-20 minutes to break down the adhesive
- Gently scrub or wipe off the stain with a damp cloth
- Rinse and dry the surface

4. Olive Oil and Baking Soda to Remove Sticky Residue

You can also replace coconut oil with olive oil and prepare a great DIY natural adhesive remover. Olive oil has great properties that can easily dissolve sticky binding agents, glue, and other gooey residue.

Add ¼ cup of baking soda to increase the effectiveness of a natural cleaning product. You can use it to clean delicate surfaces like wood doors, tiles, granite countertops, and other spots like a pro.

5. An Alternative Adhesive Removal Technique: Use the Heat

If nothing works, try this technique and achieve sparkling outcomes quickly. You will need:

- Hairdryer
- Microfiber cloth

Instructions:

- Turn on the hairdryer and set it to the lowest heat.
- Place it safely from the adhesive or sticky residue and heat it for 2-3 minutes.
- Rub the mark with a soft microfiber cloth as it starts to warm. The heat will soften the gooey residue, making cleaning the surface easier.



Do not overheat the plastic or delicate surfaces. Ensure the surface gets warm before you tackle stains. If you are concerned about the entire leased property at the end of your tenancy, book experts for a budget vacate cleaning Perth. They can transform the entire premises into sparkling glory and help you secure full bond money.

Wrapping Up

You can prepare these natural DIY cleaning solutions and effectively remove sticky messes and adhesive residue from almost all surfaces. The best part is that you don't need abrasive cleaning products and tools to handle the job. Use this guide and achieve adhesive-free surfaces.

6. Are Natural Cleaning Products Safe for Children and Pets?

Routine cleaning to remove household dust and scour soiled surfaces can help keep your home and your family healthy. The cleaning products you use can affect your family's health, too.

Green cleaning products are a safe option. Most green products are either nontoxic or less toxic than conventional cleaning products. Eco-friendly cleaning products are often cheaper, and they can work just as well as traditional cleaning products.

Read on for more reasons to consider "greening" your cleaning. Also find tips on how to choose healthier cleaning products or make your own.

Why are some household cleaning products more toxic than others?

Many conventional cleaning products have a mixture of ingredients that releases volatile organic compounds (VOCs). VOCs stay in the air for a long time after the product is used.

These types of cleaning products expose us and the environment to plastics, toxic substances and chemical mixtures that can harm our health. They also leave behind microplastics and chemical residues that get into the air and water supply.

Children are more at risk from the effects of toxic cleaning products. They are growing and developing. They breathe faster and breathe more air compared to their body weight than adults. Behaviors like crawling on the floor or placing objects and hands in their mouth also put them at more risk.

How to shop for greener cleaning products

Just because a product is labeled as "green" or "natural," it still may have ingredients that can cause health problems.

You can also look for other green cleaning supplies like natural sponges and scrubs that are made from cellulose or coconut fibers. They are biodegradable, last longer and do not release microplastics into the water supply.

Go greener with homemade cleaning products

Green products are better for the environment. Going green also means using less packaging and waste. And buying manufactured products requires fuel and materials to transport the replacement products to store shelves.

Green products for cleaning, disinfecting and sanitizing

Routine cleaning of surfaces with water, soap and scrubbing helps prevent the spread of germs. Sometimes, like when someone in your home is sick, deeper cleaning, sanitizing or disinfecting is needed.

If you need to sanitize or disinfect, you can select a safer product with one of these active ingredients: hydrogen peroxide, citric acid, L-lactic acid and ethanol. Properly diluted household bleach or 3% hydrogen peroxide can also be used safely.

Safety tips for any cleaning product



No matter what product you use when cleaning, read the product label and follow safety precautions.

While you clean, open windows and turn on a fan to air out your home. Always store all cleaning products in their original containers, and away and out of sight from children and pets.

Bottom Line

Adopting natural cleaning practices is a simple yet impactful way to create a healthier living environment. By using non-toxic ingredients like vinegar, baking soda, and essential oils, you can effectively clean your home while minimizing exposure to harmful chemicals. Not only does

this approach benefit your health, but it also contributes to a more sustainable and eco-friendly lifestyle.

With a little knowledge and creativity, you can easily replace conventional cleaners with DIY natural solutions that promote a cleaner, safer, and more enjoyable home for you and your family.

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