

Homemade Substitutions

There are many inexpensive, easy-to-use natural alternatives which can safely be used in place of commercial household products. Here is a list of common, environmentally safe products which can be used alone or in combination for a wealth of household applications.

Baking Soda - cleans, deodorizes, softens water, scours.

Soap - unscented soap in liquid form, flakes, powders or bars is biodegradable and will clean just about anything. Avoid using soaps which contain petroleum distillates.

Lemon - one of the strongest food-acids, effective against most household bacteria.

Borax - (sodium borate) cleans, deodorizes, disinfects, softens water, cleans wallpaper, painted walls and floors.

White Vinegar - cuts grease, removes mildew, odors, some stains and wax build-up.

Washing Soda - or SAL Soda is sodium carbonate decahydrate, a mineral. Washing soda cuts grease, removes stains, softens water, cleans wall, tiles, sinks and tubs. Use care, as washing soda can irritate mucous membranes. Do not use on aluminum.

Isopropyl Alcohol - is an excellent disinfectant. (It has been suggested to replace this with ethanol or 100 proof alcohols in solution with water. There is some indication that isopropyl alcohol buildup contributes to illness in the body. See <http://drclark.ch/g>)

Cornstarch - can be used to clean windows, polish furniture, shampoo carpets and rugs.

Citrus Solvent - cleans paint brushes, oil and grease, some stains. (Citrus solvent may cause skin, lung or eye irritations for people with multiple chemical sensitivities.)