

## **Put down the toxic cleaning supplies, take a deep breath, and get ready to start cleaning toxin-free!**

Stock your cleaning caddy with these household ingredients. Many of these natural cleaning ingredients can be used on their own or in various [DIY natural homemade cleaners](#).

- [Baking soda](#) works best on proteins, grease, and animal messes, and because it's only slightly abrasive, it can scour surfaces without fear of scratching. It's also [a natural deodorizer](#) and less expensive than commercial scrubbing powders.
- [Distilled white vinegar](#) works on alkaline substances by dissolving scale, inhibiting mold, and cutting soap scum. A mild acid, it's terrific for removing rust, tea, and coffee stains. It's typically sold at a 5% concentration, but it's more effective at higher concentrations, so pay attention to the fine print.
- Hydrogen peroxide is simply water with an extra oxygen molecule (H<sub>2</sub>O<sub>2</sub>). It breaks down into harmless oxygen and water, so it's a more eco-friendly alternative to chlorine bleach.
- Borax is an alkali that's good for cutting grease, oil, and dirt.
- Essential oils such as tea tree, lavender, eucalyptus, lemon, and lemongrass enhance a cleaner's scent. Tea tree oil is also naturally antibacterial.
- Castile soap is available in liquid or bar form and helps rinse away dirt. It's made with olive oil or a vegetable base and is available unscented or scented.

Link to a variety of Homemade Cleaner recipes:

<https://www.bhg.com/homekeeping/house-cleaning/cleaning-products-tools/homemade-cleaners/>

<https://www.marthastewart.com/natural-cleaners-diy-8629038>

### **If making your own cleaners is not your thing, but you still want to decrease the toxins in your home there is another way to do just that!**

- Norwex microfiber cloths clean mechanically by physically picking up and removing what is on a surface, including 99% of bacteria (when used and cared for properly). Just get it wet with water and wipe. It is that easy.
- Using enzyme based cleaners are also a great way to naturally tackle tough messes

If you want to learn more or have questions, reach out to Nichole Connolly. 414-232-4743

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Your home is the only environment that you can control what comes in. **Make it clean. Without toxins. Without compromise.**

# How safe is your haven?

Use this checklist for ways to help rid your home of toxic chemicals.

## Bedroom

### What's in your pajamas, mattress and pillows?

Not what you'd expect ... Flame retardants have been shown to cause damage to reproductive systems and deficits in motor skills, hearing, learning, memory and behavior. Unfortunately, they are pervasive throughout most homes today. Kids are most susceptible to flame-retardant chemicals; their bodies have been shown to contain three times as much of them in their blood as their mothers. To avoid them, make sure to dust and vacuum regularly. Flame retardants attach to dust particles wherever they fall. Consider using snug-fitting, natural material for your children's pajamas – loose-fitting pajamas may contain flame retardants. Look for products that are PDBE-free.

### Clear the air!

You spend an average of 8 hours a day in your bedroom; children spend closer to 12 hours. Consider adding an air purifier to your bedrooms to help ensure a restful, chemical-free sleep. In addition, try Norwex Microfiber Sheets and Pillowcases with our BacLock\*\* antimicrobial agent, which helps keep them fresher longer.

## Around the house

### How often do you dust?

Dust is more than a nuisance; it can be a health hazard. Dust attaches to the chemical particles found in your home. Take dusting to the next level by using the Norwex Dusting Mitt or EnviroWand® with Two-Sided Sleeve to safely and effectively lift dust off all surfaces. The Norwex Mop safely and quickly removes dust and dirt from the floor, where babies and toddlers spend a lot of time.

### Do you use pesticides?

Pesticides contain chemicals designed to kill pests – and they are not so good for humans either. If possible, avoid using them and seek out more natural alternatives. Your local home and garden store can recommend alternatives.

### Using fragranced candles?

Fragranced candles often contain phthalates, which can disrupt hormones, particularly in children. Choose fresh air, opening windows as often as possible. This will also help eliminate indoor air pollution. Use essential oils or Norwex Odour Eliminator Concentrate to freshen air naturally.

## Laundry

### What's in your laundry detergent?

Most detergents contain a lot of unnecessary fillers and synthetic fragrance. Look for biodegradable detergents that are free of synthetic fragrance and fillers, like Norwex laundry detergents.

### Are you using dryer sheets?

Dryer sheets may contain some of the highest levels of phthalates of any product in your home – chemicals you and your family don't need to wear! Plus, after just one use they get thrown away to fill up the landfill. A better alternative is dryer balls. Norwex Fluff and Tumble Dryer Balls soften fabric, reduce static and cut drying time by up to 25%, plus you can add essential oils to them to fragrance your laundry naturally!

\*BacLock is an antimicrobial agent solely intended to protect and self-clean the cloth by inhibiting growth of odor-causing bacteria, mold and mildew.