

Hints For The Home

Make A Clean Break From Toxic Products

(NAPSA)—Here's news that may help you breathe easier: You don't have to use a household cleanser that leaves unhealthy compounds in the air.

That's because you can join the recent green movement in helping eliminate these volatile villains by reverting to all-natural solutions, saving the environment outdoors as well as indoors. Here are some tips:



Before you turn to chemical cleansers to get rid of odors and germs, remember that natural products are just as effective.

All-Over Odors

Opening the windows is a good first step to freshen a home, but on cold days that may not be possible, and it's often not enough. A better idea would be to use an all-natural device that traps and eliminates stale air and unpleasant smells through vortex cleaning action technology. The device, called HoMedics *brêthe* air revitalizer, uses the power of water and natural botanicals. Products such as these are as close as you can get to "washing" your air without exposing pets or children to harmful chemicals.

Kitchen

Though many are not aware, kitchens surpass every room in the house in terms of germs. But before you turn to chemical cleansers, remember, natural products are just as effective. A solution of equal parts vinegar and water cleans germs and grease that collect on counters, stoves and other appliances and is safe to use inside refrigerators.

Baking soda eliminates pesky odors in spaces we often forget.

Storing an open box in the fridge and replacing every three months keeps foods fresh and minimizes the scent of spoilage. Running the dishwasher on the rinse cycle with 1 cup of baking soda eliminates the stains and odors that hide inside.

Bathroom

Clean your shower as well as it cleans you, without resorting to harsh chemicals. Cut a lemon in half, sprinkle it with baking soda and use it like a sponge to clean and shine showerheads, faucets and other brass or copper bathroom fixtures. For toilet bowls, use pure vinegar to scrub away stains and germs.

Bedroom

The bedroom should be a safe haven from toxins and pollutants. A mix of equal parts water and lemon juice cleans mirrors with a streak-free shine. For green-friendly furniture polish, combine 2 cups of olive oil with 1 cup of pulp-free lemon juice.

It's easy to maintain a fresh environment with an *au naturel* arsenal, so don't be afraid to revamp your cleaning repository.