

# Going Green Starts At Home

(NAPSA)—“Protecting the earth and living a greener, more natural lifestyle starts in your home,” says Robyn Griggs Lawrence, editor-in-chief of *Natural Home* magazine.

According to the EPA, even if you live in the greenest open spaces in the country, the air inside your home may be up to 70 times more polluted than outside air—mostly as a result of using everyday cleaning products.

## Is cleaning your home making you sick?

“One reason that we don’t recommend the use of chemical cleaning products is the EPA’s citing of artificial fragrances as major indoor irritants and pollutants. A single fragrance added to a cleaning product includes as many as 600 petrochemicals,” says Lawrence.

Many of the chemicals and additives found in our environment can cause symptoms such as sneezing and coughing as well as serious conditions such as migraine headaches, hyperactivity, and even memory loss.

The experts at *Natural Home* magazine offer these baby steps to start greening up your home by eliminating toxins that contribute to an unhealthy environment.

## Clear the air and save money

There is a safe and natural cleaning substitute for every job and every room in the house. Just ask your grandmother! Even if you



“You can make your own inexpensive eco-friendly cleaning products,” says Robyn Griggs Lawrence, Editor-In-Chief of *Natural Home* magazine.

substitute only one or two of these for commercial cleaning products, you’ll reduce the amount of toxins your family breathes each day.

- **Hydrogen peroxide** removes mold and disinfects.
- **Club soda** cleans and shines fixtures and windows. Spray and wipe it off to clean plants.
- **Vinegar** cuts grease, lime deposits, soap buildup, and film on floors and deodorizes the toilet.
- **White vinegar** scented with essential oils removes pet stains and can be used to wash garbage cans.

- **Vinegar** in a small bowl on a high shelf absorbs odors.

- **Baking soda** scours and removes smudges or scuffs on the floor.

- **Borax** deodorizes, disinfects, and inhibits mold growth.

- **Lemon juice** and salt removes stains and rust in tub and sink. Pour on salt. Squeeze lemon juice. Let sit several hours and rub with sponge. (Add flour to make paste.)

- **Lemon juice** removes grease and tarnish.

- **Pumice stone** removes toughest stains.

- **Salt** mixed with water destroys bacteria.

- **Baking soda with vinegar** is a great cleaning rinse for stainless steel.

- **Cornstarch** mixed with  $\frac{1}{4}$  cup water removes wet carpet stains.

- **Baking soda** rubbed into dry stains on carpet, then dissolved with vinegar removes stains.

- **Baking soda** scented with essential oils deodorizes carpet.

For a free copy of the **Natural Homekeeping** book to help you whip up simple recipes for cleaning naturally, go to [www.naturalhomemag.com/recipe/cleaning](http://www.naturalhomemag.com/recipe/cleaning). For more information about subscribing to *Natural Home* magazine, call 1-800-340-5846.