

# All Natural Cleaning Solutions

Courtesy of Commonwealth Medical Laboratories

The chemicals contained in many of the commercial spray cleaners may trigger allergy and asthma symptoms. A more asthma-friendly and cost-effective way to clean your home is to use simple household products that you probably already have on hand and make your own cleaning solutions. Frequent cleaning is the key to reducing the allergen levels in your home.

**Deodorizer** - Sprinkle a little baking soda on your carpet 30 minutes before vacuuming to help freshen the air

**Mold and Mildew Remover** - Mix 1/4 cup baking soda with 2 cup white vinegar with one gallon warm water OR 3/4 cup chlorine bleach in 1 gallon of cold water

**Toilet Bowl Cleaner** - Mix 1/4 cup baking soda with 2 cup vinegar and 1 gallon warm water OR drop in one denture cleaning tablet and let it dissolve

**Daily Shower Cleaner** – 1 cup vinegar, 1/2 teaspoon liquid dishwashing soap, 1/4 cup dishwasher rinse agent

**Scouring Powder** - Mix baking soda with a pinch of salt

**Coffee Pot Cleaner** – Place crushed ice, salt and sliced lemons in pot and swirl till clean

**Disinfectant** - Mix 2 cup borax with 1 gallon hot water

**Glass Cleaner** - Mix 3 tablespoons vinegar with 3/4 cup water OR Mix 1 Tbls. cornstarch and 1 Qt. warm water

**Copper/Brass Cleaner** - Combine white vinegar (or lemon juice) with equal amount of salt and thicken with flour OR Combine ketchup with baking soda and water or vinegar. Let either cleaner sit a few minutes and then wipe away.

**Aluminum Cleaner** – Mix 2 Tbls. cream of tarter with 1 Qt. hot water

**Oven Cleaner** - Place 2 cup ammonia in oven, close door and let sit overnight (Not for self-cleaning ovens)

**Woodwork Cleaner** - 1/4 cup dishwashing detergent and 1 gallon water OR cold tea

**All Purpose Cleaner** – Mix 1/2 cup ammonia, 1/2 cup vinegar and 1 gallon water

**Furniture Polish** - Mix 2 teaspoons of lemon oil with 1 pint mineral oil (or olive oil) (Use in a spray bottle.)

**Air Freshener** - Vanilla extract provides a great aroma. A piece of orange or lemon in your kitchen disposal will leave a fresh scent in your kitchen.

**Eyeglass Cleaner** – Mix 8 oz. ammonia with 32 oz. rubbing alcohol

## Notes:

Do not ever mix ammonia with bleach since the combination will produce toxic fumes!

Do not use vinegar on marble surfaces.

Don't be afraid of using vinegar in a cleaning solution because of the smell. The smell will disappear as it dries.