



Green Cleaning Recipes





These recipes are my gift to you. Please feel free to share
& email this Green Cleaning mini-guide with all of your
friends and family.

Here's to spreading health & happiness and creating
a naturally green home!

Militza

A note from the author,
Militza Maury

Thanks so much for reading this Green Cleaning Mini-Guide. I can't tell you how excited I am to share these simple recipes with you. Making your own natural household cleaners will not only save you a ton of money but also - and more importantly - it will help to simplify & detoxify your home.

Two years ago, I learned about the harmful effects that household cleaners were causing - they have been linked to allergies, asthma, eczema and even cancer. I took a look at my own home, and realized that I was using a lot of different cleaning products. It just didn't make sense to *need* so many chemicals to do a simple job.

I spent a long time doing research, trying to find the best way to clean my home effectively and naturally, without spending a fortune on premium eco-friendly cleaning products. It's funny, but I found that the answer was in my kitchen pantry all along. Since then, I've replaced many of the products that I used to buy with simple home-made solutions - and I can tell you first hand - they absolutely work!

In this Green Cleaning Mini-Guide, I'll be showing three of my favorite recipes - they use ingredients that you probably have in your kitchen right now. I hope you give try them and, please, share these recipes with anyone you think can benefit. One of the best things about living a more natural lifestyle is inspiring others to do the same. Happy cleaning!



ALL-PURPOSE CLEANER

Vinegar is a powerhouse cleaner. It's anti-bacterial, anti-fungal and breaks down minerals stains left behind by water. This All-Purpose Cleaner is great, anywhere from the kitchen to the bathrooms and it's incredibly effective at cleaning windows & mirrors. After your shower, spray down the walls and curtain, to avoid mold and soap-scum!

ingredients:

1. water
2. vinegar
3. spray bottle

directions:

1. In a spray bottle, mix one part vinegar to two parts water
2. Use as you would any conventional all-purpose cleaner
3. Do not use on marble or granite. Vinegar breaks down minerals and can degrade stone surfaces. Everything else from tile, chrome, laminate, plastic, metal and even wood is safe to use with vinegar.

tips:

1. Use this solution for cleaning your refrigerator. You definitely want to use natural cleaners near your food, which will then be ingested.
2. Use this solution to clean your children's toys. It's antibacterial, so will keep everything clean and safe and you won't need to worry about little one later mouthing the toy and ingesting chemicals.

CHOPPING BOARD CLEANER

This is more of a method than a recipe. To clean your chopping boards and keep them free of bacteria, give them a good scrub with salt & vinegar. Salt dehydrates bacteria and, with the added anti-bacterial vinegar, you'll create an bacteria free zone!

ingredients:

1. salt
2. vinegar

directions:

1. Sprinkle salt over your chopping board
2. Spray pure, undiluted vinegar over the salt and let it sit for a few minutes.
3. Give the chopping board a good scrub, then simply rinse clean with water.

tips:

1. If you have squeezed a lemon for cooking, use the outer peel to scrub your board with. It has essential oils which are also anti-bacterial. Plus, it will help to clean away any stains and add a fresh lemony scent.



UPHOLSTERY, RUG & CARPET DEODORIZER

Spray deodorizers and carpet cleaners are packed with toxic chemicals! To get a fresh and all-natural scent, use baking soda to neutralize and eliminate any bad odors and add fragrant dried herbs, spices or flowers to give it a yummy scent!

ingredients:

1. baking soda
2. dried herbs, spices or flowers
3. spice shaker

directions:

1. Repurpose a spice bottle, with holes at the cap to hold back the dried botanicals.
2. Fill the bottle 3/4 of the way with baking soda.
3. Add your dried botanicals of choice, then shake it up.
4. Allow it to infuse for one week before using.
5. To use: sprinkle over beds, upholstery, rugs, carpet - even sneakers and let it sit for a good hour or even better, overnight.
6. Vacuum up the baking soda and breathe in the fresh air!

tips:

1. Make a cinnamon baking soda blend to sprinkle around the house and keep ants away!
2. Leave the jar with the cap open in musty cupboard, drawers or in the refrigerator to soak up bad odors.





Living in Singapore? Check out facebook.com/greenlivingtoday to join our Green Living workshops, where we will teach you tons more recipes, tips and tricks to get on your way to creating a clean, healthy & natural home!

Thanks!