

About the Author: Kia is a yoga instructor and green wellness + health advocate residing in the sweet state of Colorado. Her academic background is in biology and she has researched in the western US and new world tropics for academic institutions, the government, and NGOs. She has taught undergraduates with a passion to bring science and mindfulness to their curriculum. She enjoys bringing her science background into simple ways people can improve their health and environment. You can read her blog at <http://bodhibear.net>

About the Sponsor: Kalso Earth Shoe has long been a standard in wellness footwear. Kalso Earth Shoes became available in the U. S. in 1970. The company was founded by a yogini who observed body alignment in her yoga studies and decided to bring these healthy principles off the mat to the base of the body - the footbed. Kalso Earth Shoe has grown over the decades with a beautiful fusion of wellness and fashion. Their negative heel technology is still highly effective after more than 40 years. You can find their products and retailers online at <http://www.earthbrands.com/kalsoearthshoe>

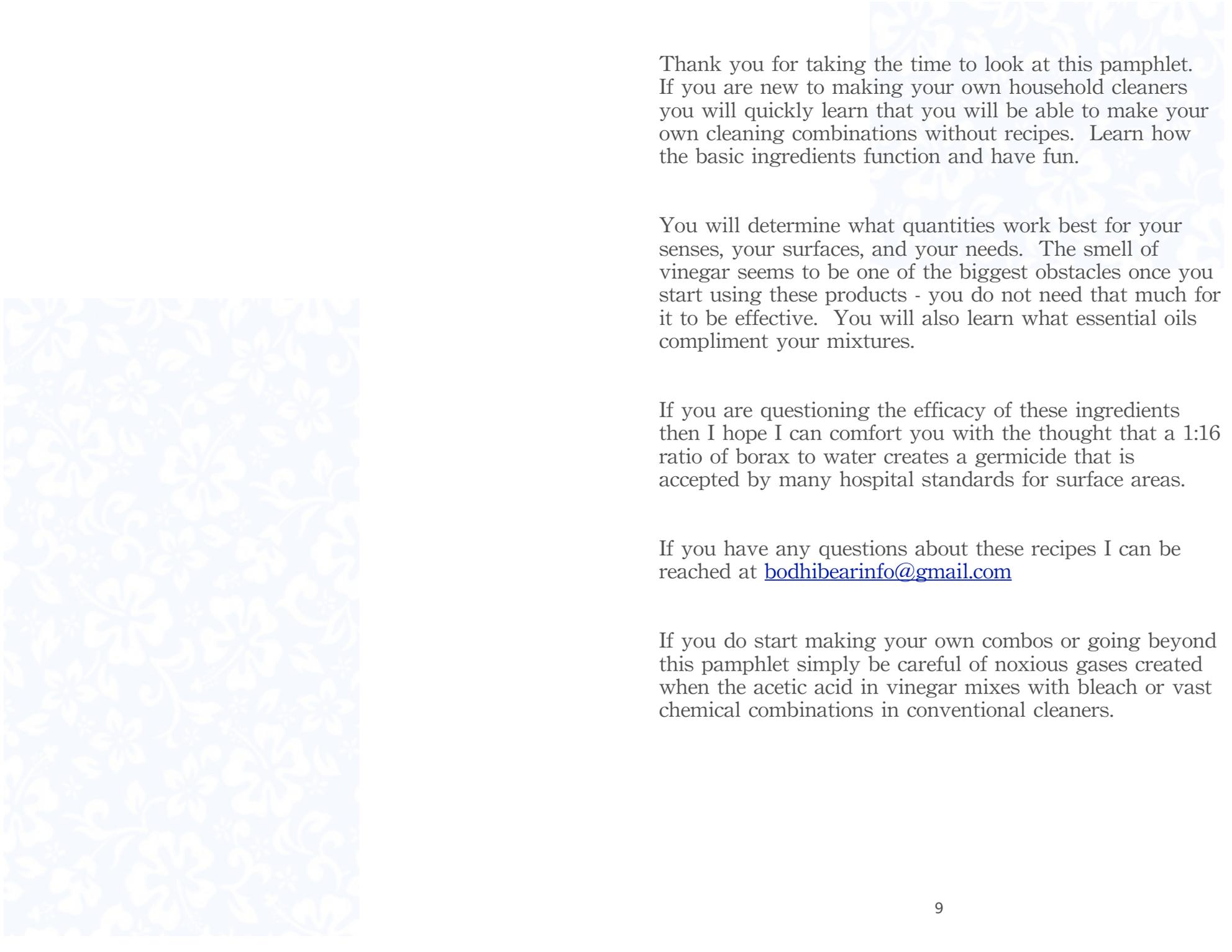
Bodhi Bear Non-Toxic Household Cleaning Guide

by Kia M. Ruiz



A Community Service Scholarship Opportunity

sponsored by Kalso Earth Shoe



Thank you for taking the time to look at this pamphlet. If you are new to making your own household cleaners you will quickly learn that you will be able to make your own cleaning combinations without recipes. Learn how the basic ingredients function and have fun.

You will determine what quantities work best for your senses, your surfaces, and your needs. The smell of vinegar seems to be one of the biggest obstacles once you start using these products - you do not need that much for it to be effective. You will also learn what essential oils compliment your mixtures.

If you are questioning the efficacy of these ingredients then I hope I can comfort you with the thought that a 1:16 ratio of borax to water creates a germicide that is accepted by many hospital standards for surface areas.

If you have any questions about these recipes I can be reached at bodhibearinfo@gmail.com

If you do start making your own combos or going beyond this pamphlet simply be careful of noxious gases created when the acetic acid in vinegar mixes with bleach or vast chemical combinations in conventional cleaners.

Textile Cleaners

Laundry Detergent

**I do not use this on BRIGHT colors or fine thread fabric

1 cup vegetable-based soap

1 cup baking soda

1/3 cup salt

1 gallon hot water

Mix and use 1/4 cup per small load

Bleach

add 1/2 cup Borax to laundry in wash

OR

add juice of 1 lemon to wash

AND

line dry in the sun (sun does natural bleaching effect)

Fabric Softener

add 1/2 cup vinegar in final rinse cycle

This pamphlet is part of a community service project sponsored by Kalso Earth Shoes. Workshops have been offered to residents of the Great Denver area in April 2012 complete with demonstrations for making basic household cleaning products from simple ingredients. The purpose of this project is to improve community and environmental health. I am offering this pamphlet online since not everyone lives near me and I would love this information to be available to you.

COMMUNITY & ENVIRONMENTAL HEALTH

Reduce exposure of a multitude of chemicals for individuals. Thus reducing complications due to synergistic effects of myriad of chemicals compounded with other stressors our bodies encounter everyday.

Mindfully consider what chemicals we bring into our homes and how we use them.

Reduce the amount of cleaners in our home and the overall cost of such products.

Reduce the chemicals we release into our water systems by using cleaners that are less toxic.

Create cleaners that are as effective as toxic counterparts.

INGREDIENTS

Baking Soda

Absorbs odors and chemicals + is a mild abrasive

Distilled White Vinegar (Acetic Acid in Water)

Disinfectant, dissolves mineral deposits, cuts grime/
stickiness, odor control

Lemon Juice

Bleaching/whitening, cuts grime/stickiness, fragrance, rust
reducer

Borax Salt (Sodium Borate)

Disinfectant, mold inhibitor, mild abrasive, absorbs odors

Salt (Sodium Chloride)

Abrasive

Vegetable-based soaps (e.g. castile soap)

Essential Oils (optional + not necessary when starting)

Extracted from plants - fragrance and some kill bacteria
and mold (e.g. tea tree, peppermint, clove, eucalyptus)

Glass Cleaner

1/2 cup vinegar

4 cups water

Mix in spray bottle, use newspaper to wipe

Floors

1/4 cup vegetable-based soap + 2 gallons water

*add 1/4 cup vinegar if floor has oily residue

Marked Walls

Use a gentle abrasive paste of baking soda and water on
white walls, let dry, wipe away

Dishwasher, Iron, Coffee Maker

Anything with a liquid chamber that may accumulate
mineral deposits and mold can be cleaned with a 1:1 ratio
of vinegar to water and let sit then run another cycle of
water

Pipes

A mixture of baking soda than vinegar then rinsed with
hot water can handle routine pipe maintenance. For
serious clogs I get better success with a snake or a coat
hanger for hair clogs

Dish Soap - use vegetable-based soap

Stained Enamel Cast Iron

Gently scrub with a paste mix of baking soda + water

Dirty Cast Iron

Mix salt + vegetable oil, let sit 30 minutes then scrub

Stainless Steel

Rub with white vinegar

OR

Rub with mix of 1 tbsp baking soda + 1 cup water

Wood Cutting Board Disinfectant

Rub with leftover lemon remnants after squeezing, let dry
in the sun

Natural Stone Surfaces + Greasy Hoods

1/8 cup vegetable oil + 2 cups water

Oven

Pour salt on oven spills immediately to be absorbed and
wipe with damp cloth or sponge after oven cools

Precautions

There are several precautions to take when playing with
your own cleaners.

DO NOT mix vinegar with bleach or other household
cleaners such as drain cleaners because noxious gases can
be formed. Do not pour vinegar down a drain for a
clogged pipe if you have already poured a conventional
drain cleaner down the pipe. Vinegar and bleach combine
to create chlorine gas which you do not want to inhale.

Vinegar is made of a natural acid and water. DO NOT use
vinegar to clean silver, natural stone, or pearls as it will
corrode them. Also test treated wood before using it.

Be ready when mixing vinegar with baking soda (think of
science fair volcano experiments) as the carbon dioxide
release can be messy. Vinegar and baking soda do make
a fantastic combination for cleaning, just be prepared to
watch basic science at work. I suggest slowly mixing or
dissolving baking soda in water first then slowly mixing.
Or do it quickly if you want a laugh, your choice.

Color test where you may be concerned. Baking soda is a
mild abrasive and can dull painted surfaces and Dr.
Bronner Magic Soap is rumored to dull vibrant clothing
color

The All-Purpose Cleaner

I love the process of people finding their all-purpose cleaner. When you start out with the basic recipe it smells a little like vinegar and may remind you of what dying Easter eggs smells like. However as you build on this recipe you will figure out what combination of oils and/or lemon you like best to create your custom blend.

The true recipe is ANY combination of borax, baking soda, vinegar, lemon juice and hot water with the option of essential oils. However this sort of free-for-all mentality can be really intimidating so here is my combo I use at home.

4 cups hot water

1/4 cup distilled white vinegar

1 tablespoon borax

1 lemon (fresh, juiced) *save the remnant

10 drops eucalyptus oil

Dissolve borax in hot water. Add vinegar and lemon juice. Pour into a spray bottle.

Tub, Basin and Tile Cleaners

This is another popularly requested cleaner that is easy to store in mason jars with the option of drilling holes in the lid to make it easy to shake out.

Scouring Powder

2 cups baking soda

1/2 cup borax

If you want a bleaching effect then mix with a little lemon juice to make a paste and you can let it sit. If you let it sit overnight and it dries out it will be easy to remove once water is added.

Scouring Paste

baking soda + castile soap

Shower Mildew Remover

2 cups hot water

1/4 cup borax

1/2 cup vinegar

Dissolve borax in hot water, add vinegar, pour in spray bottle. Spray when you finish your shower to maintain in between tile cleanings.