



Pathways to a Healthy Home Healthy Cleaning

Green Cleaner Bases & Uses

Baking soda is very alkaline in nature with a high pH, it's great for its ability to absorb grease and spills, neutralize odors, and scrub surfaces effectively, but gently without scratching. It also has bactericidal and stain removing abilities.

White Vinegar has a low pH (2.0) and acetic acid content that make it an effective cleaner for combating soap scum, alkaline mineral deposits, inhibiting mold, and more. It's also an effective disinfectant that kills viruses and bacteria. A recent study showed that a 10% vinegar solution was just as effective at killing the H1N1 virus as disinfectant wipes.

Liquid Castile Soap (or other mild dish soap) helps loosen dirt and breakdown grease. (It's made from Olive Oil!)

Club Soda is useful for treating difficult stains and spots (e.g., blood, chocolate, coffee, tea, wine, etc.)

Hydrogen Peroxide is an earth-friendly alternative to chlorine bleach due to its gentle, non-toxic bleaching action and antiseptic properties.

Kosher Salt which is primarily sodium chloride, is beneficial for scrubbing and fighting mold and mildew. It also has some surprising uses; for example, when combined with a lemon or lime, it's an effective rust remover.

Lemon or lime; the fresh citrusy scent of these fruits can't be beat for their ability to cut through grease and grime. The low pH (i.e., 2.0 pH for lemon) and citric acid content of lemons and limes make it difficult for many microorganisms to grow, so they are great for combatting germs while you clean! In addition, their high acidity level helps loosen alkaline mineral deposits, such as calcium, and dissolve soap scum.

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