



## **A few other tips for True Green Cleaning**

A few drops Lime essential oil or lemon juice soaked into a cloth gets rid of tarnish on silver ware.

If you have a rainbow or water based vacuum like I do: In the water basin of the vacuum put a few drops of lemon, or the legends, aka thieves, aka on guard blend (Eucalyptus, rosemary, clove, cinnamon, and lemon). Makes the house smell good and kills 99.9% of airborne bacteria :)

And a reminder: **Fragrance is one of the most toxic air pollutants in your house.** Fragrance does not need to be identified on an ingredients list other than to say “fragrance” which is most often a toxic chemical cocktail of several harmful chemicals. You want to avoid bringing anything with fragrance into your house. **One of the biggest users of fragrance are dryer sheets and fabric softener. Read on for some solutions. And diffuse oils instead of spraying toxic chemicals into your indoor air!**

**A side note on Laundry — Your clothes may contribute to your chemical sensitivity.** Dryer sheets are one of the worst offenders. Warning! Using fabric softeners and dryer sheets may be dangerous to your health! Fabric softeners leave a residue on your clothes that does not wash off.

Manufacturers are not required to disclose their ingredients. They develop their fragrances by mixing chemical cocktails to produce a scent without any regulation for consequences of exposures. They only have to identify fragrance on the label. Nothing else. **Any label that reads fragrance do not buy or use.**

Researchers have looked at the chemicals released by dryer sheets and fabric softeners in 2011. They found over 25 different air pollutants — include known cancer causing agents such as benzene and acetaldehyde.

## **How to Get Rid of Static Cling**

- ॐ Use cotton instead of polyester! Nylon and Rayon are the two most static-y materials.
- ॐ Get a clothesline :) or use wooden drying racks
- ॐ Wool balls
- ॐ Remove your clothes from the dryer before they are completely dry. Moisture helps reduce static cling.

Here are some homemade recipes for Fabric softeners and dryer sheets from [mercola.com](http://mercola.com) — I have not tried these yet.

## **Homemade fabric softener**



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Combine 6 cups of white vinegar, 1 cup of baking soda and 15 to 20 drops of essential oil in the scent of your choice in a large bowl.

Once the combination has stopped foaming the oil should not be floating on the top of the liquid and won't stain your clothes. Pour the liquid into a glass container and use up to 1 cup in your fabric softener dispenser in your washing machine with each load.

### **Homemade fabric softener crystals**

You can also make your own fabric softener crystals at home by combining essential oils of your choice with Epsom salts in a glass jar. Once you've made the crystals, combine them with 1 cup of baking soda and 6 cups of white vinegar in a glass jar. Add the vinegar slowly. This liquid will separate, so shake each time before pouring out half a cup for your laundry.

### **Homemade dryer sheets**

If you prefer dryer sheets, or want to use both, you can use the same fluid to make reusable sheets. Simply soak clean washrags in the fluid and wring out the excess. Next hang the washrags until they are completely dry. Toss one in the dryer with your clothes; use up to 10 times before you have to get a new one.

[http://articles.mercola.com/sites/articles/archive/2016/12/31/how-to-get-rid-of-static-cling.aspx?](http://articles.mercola.com/sites/articles/archive/2016/12/31/how-to-get-rid-of-static-cling.aspx?utm_source=dnl&utm_medium=email&utm_content=art2&utm_campaign=20161231Z1&et_cid=DM129505&et rid=1822014540)

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