

THE NON-TOXIC HOME GUIDE

A Practical Guide to DIY Non-Toxic Cleaning





Hi there
I'M SO
GLAD YOU
ARE HERE!

This guide teaches you how to make
your own cleaning solutions using
natural and non-toxic ingredients

Table of Contents

The Importance of Non-Toxic Cleaning	3
Getting Started with DIY Non-Toxic Cleaning	4
Simple Cleaning Recipes for Various Areas of the Home	5
Understanding the Basics	6
Bathroom Cleaning	7
Kitchen Cleaning	8
Laundry and Fabric Care	9
Advanced DIY Cleaning Techniques	10



The Importance of Non-Toxic Cleaning

The products we use to clean our homes become part of the environment we live in every day. Many conventional cleaning products contain ingredients such as ammonia, bleach, synthetic fragrances, and certain preservatives that can contribute to unnecessary chemical exposures or irritate the skin, eyes, or respiratory system. Choosing simpler, non-toxic alternatives is one practical way to reduce those exposures and support a healthier home.

Reducing environmental toxin exposure is one of the seven foundational strategies of the Bredesen Protocol, and small choices—like the cleaning products you use—can become part of an overall lifestyle that supports long-term brain health.

Making your own cleaning products is also good for the environment. Simple ingredients like white vinegar, baking soda, Castile soap, and hydrogen peroxide can replace many commercial cleaners, helping reduce plastic waste, packaging, and unnecessary chemicals released into the environment.

Another benefit is cost. Homemade cleaners are often less expensive than commercial products, require only a handful of ingredients, and work well for many everyday cleaning tasks.

Small changes add up. By choosing simple, effective cleaning products, you can reduce unnecessary chemical exposures, save money, and create a healthier home—one step at a time.

If you're interested in getting started with DIY, non-toxic cleaning, there are a few basic things you'll need to get started.

Getting Started with DIY Non- Toxic Cleaning

Equipment needed for DIY non-toxic cleaning

Spray Bottles: You'll need a few spray bottles for storing your homemade cleaning solutions.

Microfiber Cloths: Microfiber cloths are great for cleaning various surfaces around your home. They're reusable and machine washable, making them an eco-friendly option.

Scrub Brushes: Depending on the type of cleaning you're doing, you may need a few different scrub brushes for different surfaces.

Mixing Bowls & Measuring Cups: You'll need a few mixing bowls and measuring cups for mixing your cleaning solutions.



Ingredients needed for DIY cleaning:

White Vinegar: Vinegar is a versatile ingredient that can be used for cleaning various surfaces around your home. It's also a natural disinfectant and can be used to kill bacteria and germs.

Baking Soda: Baking soda is another versatile ingredient that can be used for cleaning different surfaces around your home. It's great for removing stains and odors.

Lemon Juice: Lemon juice is a natural degreaser and can be used for cleaning surfaces like countertops and stovetops.

Castile Soap: Castile soap is a natural, plant-based soap that can be used for making various cleaning solutions.

Simple cleaning recipes for various areas of the home

All-Purpose Cleaner: Mix equal parts white vinegar and water in a spray bottle. Add a few drops of your favorite essential oil for a pleasant scent.

Glass Cleaner: Mix equal parts white vinegar and water in a spray bottle. Spray the solution onto your mirrors or windows, and use a microfiber cloth to wipe them clean.

Floor Cleaner: Mix $\frac{1}{4}$ cup of castile soap with a gallon of warm water. Use a mop to clean your floors as usual.



Tips for storage and organization of homemade cleaning products

Label Your Cleaning Solutions: Label your spray bottles with the name of the cleaning solution and the date it was made.

Store Your Cleaning Solutions in a Cool, Dry Place: Avoid storing your cleaning solutions in direct sunlight or hot areas like the attic.

Reuse Containers: Rather than buying new spray bottles every time you make a new cleaning solution, reuse old containers that you already have on hand.

Keep Your Cleaning Supplies Organized: Use a caddy or a basket to keep your cleaning supplies organized and easily accessible.

Understanding the basics

All-purpose cleaners are some of the most versatile cleaning products available, and with a few simple ingredients, you can make your own at home. The basics of all-purpose cleaners include ingredients that have natural cleaning properties and are safe for use in your home. The most common elements include vinegar, baking soda, lemon juice, and Castile soap.

Vinegar is a natural disinfectant that effectively removes grease and grime from surfaces. Baking soda is an excellent abrasive that can help remove stains and odors. Lemon juice is a natural degreaser, and Castile soap is a natural, plant-based soap that can make various cleaning solutions. You can create an all-purpose safe, effective cleaner with these ingredients.

When using homemade all-purpose cleaners, it is essential to use them safely and effectively.

Here are some tips to keep in mind:

- Avoid using acidic cleaners like vinegar on stone surfaces, as they can damage the surface.
- Always test a small area before using a new cleaner to ensure it will not react with your surface.
- Keep all cleaning solutions out of the reach of children and pets.
- Label your homemade cleaning solutions so you know what they are and when they were made.

All-purpose homemade non-toxic cleaners are a great way to keep your home clean without exposing yourself or your family to harmful chemicals. With a few simple ingredients and some basic equipment, you can make a range of effective cleaners for all areas of your home.





Bathroom Cleaning

The bathroom is one of the most important areas of the home that requires regular cleaning to maintain proper hygiene. However, commercial bathroom cleaning products are often loaded with harmful chemicals. Fortunately, non-toxic homemade bathroom cleaning products are easy to make and safe and effective alternatives to commercial cleaning products.

Here are some simple and effective recipes for homemade non-toxic bathroom cleaners:

- **Toilet Bowl Cleaner:** Pour 2 cups of white vinegar and then 1 cup of baking soda into the toilet bowl. Let it sit for 15-20 minutes before scrubbing it with a toilet brush. Flush the toilet to rinse.
- **Shower and Tub Cleaner:** Mix 1/2 cup of white vinegar with 1/2 cup of Sal Suds. Apply the solution to the shower or tub using a spray bottle or a sponge. Let it sit for 3-5 minutes before scrubbing with a soft-bristled brush. Rinse thoroughly with water.
- **Tile and Grout Cleaner:** Mix 1/2 cup of baking soda with 1/4 cup of hydrogen peroxide and 1 tablespoon of dish soap. Apply the solution to the tile and grout using a spray bottle or a sponge. Let it sit for 5-8 minutes before scrubbing with a soft-bristled brush. Rinse thoroughly with water.
- **Mirror and Glass Cleaner:** Mix equal parts white vinegar and water in a spray bottle. Spray the solution onto the mirror or glass surface and wipe with a clean cloth or newspaper.

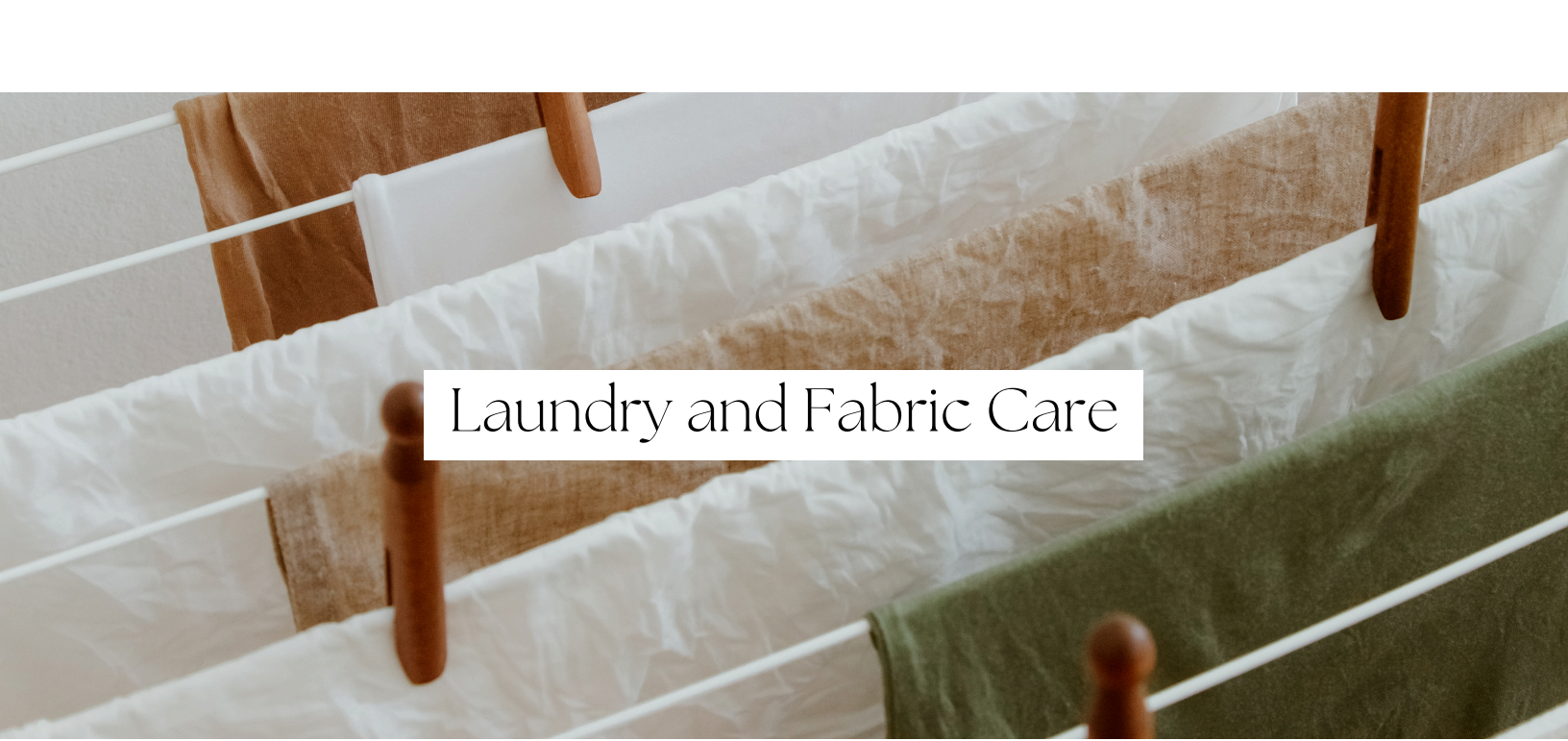


Kitchen Cleaning

Cleaning the kitchen with homemade non-toxic cleaning products is not only better for the environment, but it is also better for your health. Here are some tips to consider when cleaning your kitchen with non-toxic homemade cleaners:

Here are some simple and effective recipes for homemade non-toxic kitchen cleaners:

- **All-Purpose Cleaner:** Mix 1 cup of white vinegar, 1 cup of water, and 10-15 drops of essential oil in a spray bottle. Shake the bottle before each use and spray onto surfaces. Wipe with a damp cloth.
- **Grease Cutter:** Mix 1 cup of warm water with 1/3 cup of white vinegar, 1/8 teaspoon of dish soap, and 1 teaspoon of baking soda. Apply the solution to greasy surfaces with a sponge or cloth and wipe clean with a damp cloth.
- **Stainless Steel Cleaner:** Mix 1/2 cup of olive oil with 1/2 cup of white vinegar. Add 10-20 drops of citrus essential oil. Spray onto stainless steel surfaces and wipe clean with a microfiber cloth.
- **Oven Cleaner:** Mix 1 cup of baking soda with a small amount of water to form a paste. Apply the paste to the inside of the oven, avoiding heating elements. Let it sit for a few hours or overnight, then wipe it clean with a damp cloth.



Laundry and Fabric Care

Cleaning your clothes with homemade non-toxic laundry products is not only better for the environment, but it is also better for your health.

Here are some tips to consider when doing your laundry with non-toxic homemade products:

- Sort your laundry by color, material, and level of dirtiness.
- Pretreat any stains with a non-toxic stain remover before washing.
- Wash your clothes in cold water to save energy and reduce the risk of shrinking or fading.
- Use a gentle and non-toxic laundry detergent that is safe for your skin and the environment.
- Add natural fabric softener to your laundry to make it soft and fresh.
- Dry your clothes on a clothesline or a low-heat setting in the dryer to save energy and reduce the risk of shrinking or damaging the fabric.

Basic Laundry Detergent: Mix 1 cup of washing soda, 1 cup of baking soda, 1/4 cup of Epsom salt, and 25 drops of essential oil in a large bowl. Store in a glass jar and use 1-2 tablespoons per load.

Here are some simple and effective recipes for homemade non-toxic fabric softeners:

Vinegar Fabric Softener: Mix 1 cup of white vinegar with 20-30 drops of essential oil in a spray bottle. Spray onto clothes before putting them in the dryer.

Baking Soda Fabric Softener: Add 1/2 cup of baking soda to your laundry during the rinse cycle.

Wool Dryer Balls: Use 3-4 wool dryer balls in the dryer to help soften clothes and reduce static.

Non-toxic homemade cleaning solutions can be a great alternative to commercial cleaning products that often contain harmful chemicals. However, sometimes simple homemade solutions are insufficient to remove stubborn stains and tackle tough grime. Let's discuss advanced DIY cleaning techniques to help you clean even the most stubborn stains and grime.

Advanced DIY Cleaning Techniques

Carpet Stain Remover: Mix 1/4 cup of white vinegar, 1 tsp of dish soap, and 1 cup of warm water in a spray bottle. Spray the mixture on the stain, let it sit for 5-10 minutes, then blot with a clean cloth.



Tips for Cleaning Uncommon Surfaces and Materials

Leather: Mix equal parts of lemon juice and cream of tartar to create a paste. Apply the paste to the leather, let it sit for a few hours, then wipe it away with a damp cloth.

Silk: Mix 1/4 cup of white vinegar and 1/4 cup of water in a spray bottle. Spray the solution on the silk, then gently blot with a clean cloth.

Brass: Mix 1/2 cup of white vinegar and 1 tsp of salt in a bowl. Apply the mixture to the brass, let it sit for a few minutes, then rinse with water.

Granite: Mix 1/4 cup of rubbing alcohol and 2 cups of water in a spray bottle. Spray the solution on the granite, then wipe it down with a clean cloth.



Hi, I'm Rosanne.

I'm a National Board-Certified Health & Wellness Coach and ReCODE 2.0 Certified Health Coach. The Bredesen Protocol is the foundation of my coaching practice, and I enjoy helping people turn its recommendations into changes that fit their everyday lives.

Non-toxic cleaning is one small piece of the bigger picture, and I hope these recipes give you an easy place to start.

Warmly,
Rosanne O'Connor

www.rosanneoconnor.com

hello@rosanneoconnor.com