



# Your Home . . . A Chemical Free Sanctuary

Your definitive guide to replacing household cleaners with ionized water.

by Dr. Peggy Parker



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# Introduction

This book is the result of the many questions I have received through the years. As a doctor of natural medicine, I strongly advocate the reduction and dependence on hazardous chemicals in the environment, especially in our homes.

These chemicals place a burden on the fragile eco-systems on this planet we call home as well as the eco-system inside your body. You see, the greater the burden of detoxification we place on our body, the more difficult it is to maintain healthy cells.

The great news is that high quality ionizers provide effective and affordable solutions to reducing or eliminating caustic and cleaning chemicals from your home and even your yard.

Now, if that were not enough, each product you eliminate has a far reaching positive result for our planet. It is estimated that 90% of all plastic ever manufactured is still in existence in the environment . . . Sadly the remaining 10% has been burned—contributing to the destruction of the protective ozone layer. So each plastic bottle that you no longer purchase reduces the burden of plastics in the environment.

As wonderful as that is there is more . . . Since every product sold has to be shipped from the manufacturer to a warehouse to a retailer, you have effectively reduced the amount of fossil fuel used in transportation . . . And so the long term ramifications continue . . .

Each product you eliminate means that you have reduced the chemical burden in our water supply . . . this alone has far reaching positive effects.

If all these were not reason enough to fully utilize your ionizer, you can also save a bundle of money every month!

I want to offer my sincere thanks to each of you who make the commitment to replace even one chemical cleaner in your home by following the suggestions you will find on the pages of this booklet . . .

Dr. Peggy Parker

# Household Tips

We would all like to view our homes as sanctuaries or havens of rest and safety. Ironically it is often the opposite. It is often one of the most hazardous places we spend time. The vast majority of the products on the market designed to clean our homes, our clothes, our bodies and even our yards are among some of the most toxic substances legally produced.

But there is great news! Most of these products can be replaced with water . . . Not just any water, but the highest quality ionized water! The tips contained in the next few pages will provide you with economical and environmentally responsible ways to fully utilize your water ionizer!

## Supplies

You will need a few storage containers, ideally glass containers, but a few large plastic spray bottles for cleaning can be helpful. I generally keep a 1/2 gallon glass jar in my sink to collect the discharge water, just remember to move the jar when you stop producing water to maintain the pH level.

## General Laundry

Replace your laundry detergent with 1 liter of pH 11.5 ionized water. For chemical free, clean laundry, simply pour Strong Alkaline Water into the detergent dispenser in your washing machine.

Since laundry detergent is a soap, its purpose is to break down the oils that trap dirt in the fabrics of our clothes. The chemical reactions between the dirt and the soap attracts the dirt and oils which are supposed be removed through rinsing. However, soap is not easily rinsed out, and as it lingers in your rinse water, the oils and dirt are re-deposited on your clothes. This leaves behind stains, odors (often masked with perfumes) and a film that creates a dingy appearance.

Very alkaline water, pH 11.5, has the ability to do



what no soap product can do, it totally emulsifies oil on contact. This releases the dirt and allows it to be thoroughly rinsed away. Because there is no soapy residue to be redeposited on your clothes, your laundry will be cleaner, brighter and your fabrics will last longer. Imagine all the benefits of using pH 11.5 ionized water to replace your laundry detergent . . . It is much less expensive, there are no harmful chemicals to irritate your skin or to harm the environment, no plastic bottles to build up in landfills, all of that plus fresh, clean clothes!

## Stain Removal

Stains can be divided into 2 basic categories, oil based and protein based stains. Each type requires a different approach to removal. Unlike harsh chemicals that can harm fabrics, remove or fade colors water has the advantage of cleaning without damaging fabrics.

Oil based stains are best addressed as soon as possible with pH 11.5 ionized water. The emulsification property of this water lifts the oils out of the fabric. Pre-treat the stain by either spraying the area until saturated or actually soaking the garment in pH 11.5 ionized water at least 20 minutes. Following pre-treatment immediately with either hand washing or machine washing will produce better results.



Protein based stains are best addressed with pH 2.5 ionized water. This water acts as a mild hydrochloric acid and effectively breaks down protein structures without removing or fading colors. Thoroughly saturate the stain or soak in a basin of pH 2.5 ionized water. Colors remain bright and whites are whiter.

Soaking your load of whites in a basin filled with pH 2.5 ionized water overnight will remove the odors from athletic socks, t-shirts and work clothes while removing the dingy film that keeps whites from looking bright and fresh. After soaking it is best to put them through a rinse cycle in the washer before continuing with the instructions for General Laundry.

## Creating Fresh Smelling Laundry Without Harsh Chemicals

Fresh smelling laundry is always associated with clean laundry. But in the case of traditional laundry products those “fresh” smells we have associated with cleanliness are nothing more than harsh chemicals that can irritate your skin, introduce petrochemicals into your body, create a burden on the environment and are associated with a build up in your clothes dryer which can actually start a fire.

The first step in producing great smelling laundry is to thoroughly clean it by following the General Laundry and Stain Removal directions.

To add another layer of fresh smells to your sheets, towels and clothes, add 2 drops of a pure essential oil of your choice to 1/4 cup pH 11.5 ionized water. The intense alkalinity of this water effectively disperses the essential oil so that the water is completely infused with the scent of the oil.

Soak an old wash cloth in the water and place in the dryer with your freshly washed laundry and dry as usual.

Essential oils are a great way to add a scent to your clothes without the use of harsh chemicals.

Lavender is a great choice for sheets, pajamas and socks. A citrus scent like grapefruit or sweet orange oil are great choices for your clothes. The scent is faint but fresh.

Store excess water in a small jar and simply place the cloth in the jar to revitalize before adding to your next load. This is a very cost effective and environmentally responsible choice for freshly scented laundry.



# Flooring

This is a simple job for pH 4-6 ionized water. Saving the discharge water from your drinking water or producing freshly made pH 4-6 ionized water is a great step in creating clean floors.

## Hardwood, Tile, Vinyl and Laminate Floors

Hardwood floors are beautiful and easy to care for with these tips. If you have been a fan of distilled white vinegar in cleaning you will be very happy with the results you get when using pH 4-6 mildly acidic water. It has the same sheeting action without the offensive odor. It strips the soapy film left by traditional cleaning products leaving a remarkable shine.



Tile, vinyl and laminate floors can also benefit from the pH 4-6 mildly acidic water as well. Begin by thoroughly cleaning the floor with the type of floor cleaner recommended for your particular flooring. Follow cleaning by rinsing with pH 4-6 mildly acidic ionized water. The results speak for themselves!

## Rug and Carpet Cleaning

Rugs and carpets are notorious for retaining odors from pets, cooking, food spills and much more.



Traditional cleaning methods use a combination of steam and detergent. The problem, just like laundry detergent, is that the dirt and oils trapped in the soap are re-deposited on the carpet if

not thoroughly rinsed. Even worse the soap residue actually attracts more dirt and oils, so that clean carpet doesn't stay clean long.

Following the same procedures as outlined in the section on Stain Removal for Laundry will result in great spot treatment.

Pet odors can be eliminated with pH 2.5 Strong Acid Water without removing or fading the color of the carpet or rug. This is especially important in hand woven Persian rugs.

Overall cleaning is easily accomplished with a steam cleaner and pH 11.5 ionized water. Begin by properly pre-treating any stains and then fill the water canister as directed with pH 11.5 ionized water. To add a fresh scent to your carpets, add 10 drops of your favorite essential oil to the final rinse water. You now have clean carpets without the harsh chemicals.

## Bathrooms

The cleaning products for this room in the house are generally among the harshest and most hazardous substances allowed on the market. Yet every stubborn problem we encounter



in the bathroom is easily and effectively addressed with high quality ionized water! It couldn't be more simple or better for your family than this!

Soap scum on tile can be a real problem. Here are 2 tips for that problem, first switch to an organic body wash as outlined in my Water Protocols book under the Protocols for Various Skin Conditions section. Body wash is better for your skin and does not leave that nasty soap scum. Now for the second tip, keep a spray bottle

filled with pH 2.5 ionized water handy to spray after each shower to remove that nasty film.

Hard water spots and rings are both unsightly and often quite difficult to remove. Soak the area in pH 2.5 ionized water, scrub with a soft brush and your bathroom will sparkle! Lime scale build up in your shower heads can easily be removed as well. Detach the shower head and soak in a basin of 2.5 water for at least 30 minutes, scrub with a medium bristle brush and all traces will be gone without any harsh chemicals.

## Cleaning and Disinfecting Tubs, Sinks, Showers and Toilets

Generally speaking, most surfaces in your bathroom are among the most “germ” laden in your entire house. So the best place to start your cleaning is by disinfecting all surfaces.

This is accomplished quickly and easily with an overall spray of pH 2.5 ionized water. It has

been demonstrated that the oxidizing properties of pH 2.5 ionized water kills all microbes within 30 seconds of contact. Once you have done the initial spray then the actual cleaning can begin.



All tile surfaces, chrome are most effectively cleaned with pH 2.5 ionized water. Spray the areas down, follow with a soft bristled brush or rag then dry with a lint free towel.

Windows, mirrors and glass shower doors are a snap to clean with pH 4-6 ionized water. It works much like distilled white vinegar in its sheeting action. Spray surfaces down then wipe dry with a lint free towel.

To give your bathroom a fresh scent, make a room spray from pH 11.5 ionized water and your favorite essential oil. Mix 3-4 drops of essential oil with 2-4 oz of pH 11.5 ionized water in a spray bottle with a fine mist setting. When you have finished cleaning the bathroom, simply mist the air and any fabric surfaces since they hold the scent longer.

# Kitchens

Kitchens are often referred to as “the heart of the home.” Our families and friends always seem to gather here. So it makes sense that we want to make this area of food preparation, eating and entertaining a safe and comfortable area.

As in the case of bathrooms, kitchens are often filled with hazardous cleaning chemicals. And just as in the case of cleaning and disinfecting bathrooms, every kitchen surface can be effectively cleaned with high quality ionized water.

## Solid Surface Countertops

Granite, laminate, tile, glass, stainless steel and even butcher block surfaces all benefit from disinfection with pH 2.5 ionized water. Begin by removing all debris and spills. Oil based spills can be easily cleaned with pH 11.5 ionized water while protein based spills can be easily cleaned with pH 2.5 ionized water. Wipe all surfaces down and then apply a light spray of Strong Acid Water to all surfaces. If you have chosen a very fine mist no drying is necessary.



## Stainless Steel Appliances

Stainless steel appliances are beautiful, but they often show lots of fingerprints and readily streak when cleaned with typical kitchen cleaners. The soapy residue left from these cleaners dulls the surface and attract even more oils. The best way to keep your stainless appliances shiny and resistant to fingerprints is to spray them first with pH 11.5 ionized water to remove any traces of oil, dry thoroughly, then mist with pH 2.5 ionized water to disinfect, then spray with pH 5.5 ionized water and dry thoroughly with a lint free cloth. This process works well for both small and large stainless kitchen appliances as well as stainless steel sinks.

## Porcelain Sinks

To remove stains from Porcelain Sinks liberally apply pH 2.5 ionized water to the stains, cover with a cloth saturated in pH 11.5 ionized water and allow to sit overnight. If any stain remains, create a mild abrasive paste by mixing sea salt or baking soda with just enough of the pH 2.5 ionized water to dampen. Apply to the stain and scrub with a medium bristle brush.



## Cabinets, Faucets, Exhaust Fan, Oven and Walls

Whether you have metal or wooden cabinets, brushed nickel or chrome faucets, painted or stainless exhaust hoods, gas or electric ovens, painted or stained walls cleaning them until they are sparkling clean has never been easier! To remove all fats, oils, dirt and grime spray them with pH 11.5 ionized water then wipe them down with a soft cloth. Next spray with pH 4-6 ionized water and dry with a lint free towel.

## Refrigerator and Freezer

Spills and unpleasant odors are inevitable anywhere fresh or frozen food is stored. To keep your refrigerator and freezer clean and odor free it's important to both disinfect to remove the bacteria that causes the odor and then clean thoroughly to effectively remove all traces of the odors. To remove protein based spills wipe down with pH 2.5 ionized water. When all traces of spills have been removed, using a bottle of pH 2.5 ionized water, spray all surfaces, top and bottom of shelves, inside and outside of the drawers, then wipe with a clean cloth and dry with a towel!



# Bedrooms

If the kitchen is “the heart of the home” our bedrooms are our sanctuaries . . . A place of rest, repose and respite . . .

We actually spend more time in our bedrooms than any other single room in the house. So it's logical that we want our bedrooms to be as fresh and chemical free as possible. While it may take a bit of thought the end results are definitely worth the effort.



## Room Sprays

Whether you are going for fresh or romantic . . . whether you are a Rose, a Violet, an Apple or even an Ivy, there is a perfect scent for every room and every mood. This is never more evident than in your bedroom. Choose your favorite essential oil and mix 5-6 drops of oil in 1/4 cup pH 11.5 ionized water and pour into a spray bottle with a fine mist setting. A great way to keep your closets, drapes, rugs, pillows and duvet covers fresh is a weekly mist with your signature room spray. Lavender is a great choice to promote restful sleep, while citrus and mint are invigorating, spicy cinnamon promotes passion and rose is the essence of love.

## Linens

Follow the suggestions in the General Laundry section. Adding essential oils to the drying cycle is a great way to set the stage for a restful night's sleep. A great tip for storing linens is to spray a few sheets of paper towels with your favorite room spray, allow them to dry and place between the folds of your sheets and towels before storing in your linen closet.

To keep your mattress, pad, blankets and pillows fresh and clean mist them with pH 2.5 ionized water as an anti-microbial. A fine mist is adequate. Allow them to fully dry then follow up with a light misting with your room spray. Now your fresh linens will stay fresh even longer.

## Closets and Drawers

To keep your clean clothes smelling fresher longer spray seasonally wipe out drawers and wipe down shelves with pH 2.5 ionized water to deodorize and kill the bacterial and fungal microbes that promote musty odors. A weekly or monthly mist with your favorite room spray will provide a faint but fresh scent every time you open a drawer or a closet door.

## From Baby Toys to Diaper Pails

Babies smell so sweet . . . of course until that moment they don't . . .

Surfaces in your precious baby's room are some of the most important to keep clean, disinfected and chemical free! Yet we are encouraged to use harsh chemicals like detergent, bleach and sanitizing wipes to clean everything from diapers to toys.

This is where a little preparation can save you lots of time energy and money, all while safely and effectively cleaning everything in your baby's room.

A baby's immune system is still delicate and under development. Constant assaults by hazardous chemicals can delay or even impair this all important system. So taking steps to remove these health hazards has long lasting ramifications. Every nursery should have 4 glass spray bottles with very finemist settings in different colors and clearly labeled.

### Spray Bottle #1

Bottle number 1, a spray bottle filled with pH 2.5



ionized water. Use this to spray diaper changing surfaces, the inside of diaper pails, crib rails, toys and the myriad of other things a baby would put into its mouth. Spray the changing table after each use, the crib and toys at least one time per week. Also immediately spray down those protein based stains before tossing the clothes into the hamper. Mist all drapes or curtains and rugs weekly. To ensure the highest level of antimicrobial properties, replace this water every 2-3 days.

## Spray Bottle #2

Bottle number 2, a spray bottle filled with pH 4-6 ionized water. This water is perfect for spraying down painted furniture surfaces, follow by wiping down with a soft cloth to keep the entire room clean and bright.

## Spray Bottle #3

Bottle number 3, a spray bottle filled with pH 11.5 ionized water. Spray this water on all oil/fat based stains on your baby's clothes before tossing into the laundry hamper.

## Spray Bottle #4

Bottle number 4, a spray bottle filled with a mixture of pH 11.5 ionized water and 3-4 drops of essential oil of lavender. Just before bedtime, spray baby's sheets, bumper pads and blankets with a light mist of this sleep enhancing mist. Lavender is well known to create states of relaxation and enhance deep, restful sleep. All upholstery fabrics, drapes and rugs also benefit from a quick spray every week to keep baby's room smelling fresh.



# Miscellaneous Cleaning Projects

Replacing chemical cleaning products is as easy as turning on your faucet. It's easy to determine which pH of water produced by your high quality water ionizer will be up to the job. Start by determining what you want your product to accomplish, then think about the unique properties of each water.

The unique characteristics of pH 2.5 ionized water

- disinfects
- deodorizes
- breaks down proteins
- brightens

The unique characteristics of pH 4-6 ionized water

- strips soapy residue
- creates a sheeting action
- shines surfaces

The unique characteristics of pH 11.5 ionized water

- emulsifies fats and oils
- lifts dirt
- cleans like soap without leaving a soapy residue
- restores a bright finish
- repels dirt

## Cleaning Windows, Mirrors and Glass

Windows, mirrors and glass can all be shiny and streak free when polished with pH 4-6 ionized water. Using a spray bottle with a fine mist setting will always provide better results. (If you are cleaning glass with lots of fingerprints it is helpful to start with pH 11.5 ionized water to remove the oils. Spray and wipe down with a soft cloth then continue with the following instructions.)

Fill a spray bottle with fresh pH 4-6 ionized water, wipe with a soft, lint free cloth. Follow with a completely dry lint free cloth to be



certain that the surface is thoroughly dry. This step also polishes the surface and makes it more resistant to the oils in the skin that leave fingerprints.

## Dusting and Conditioning Wood and Wicker

Dusting and conditioning wood surfaces is easily accomplished with a combination of pH 11.5 ionized water and a bit of lemon or orange oil. In a spray bottle mix 1/4 cup pH 11.5 water and 1 teaspoon lemon or orange oil and mix well. Set the mister to a medium setting. Lightly spray the surface and wipe with a soft, lint free cloth. The best results are obtained when you use a second cloth to completely dry and polish the wood. To clean wood trim around windows, doors and baseboards, dampen the cloth with the spray and wipe down.



## Cleaning Upholstery

Spot cleaning upholstery is a breeze. Once again, consider the source of the stain. Using a small basin of either pH 2.5 or pH 11.5 ionized water a cloth, sponge or brush, saturate the stain then blot up the excess water with a cloth or dry sponge. Air dry completely and repeat if necessary.



## Outdoor Furniture

Our outdoor living spaces remind us to relax, to enjoy nature and our friends and families. However our outdoor furniture is assaulted in many ways . . . it is exposed to dust, rain and the ravages of sun, wind and cold temperatures. These harsh elements tend to quickly oxidize wood and metal while dust breaks down the fibers in fabric cushions and umbrellas rather quickly. So keeping up with nature can be a bit of a challenge. Here are some suggestions to stay ahead of the curve . . .

When necessary the fastest way to begin the cleaning process is to use a bucket of pH 11.5 ionized water a large sponge, a medium bristle brush and a soft cloth. Use the Strong Alkaline Water liberally to remove dirt, dust and oily residue from all metal, wood and glass surfaces. Rinse thoroughly.

For glass surfaces spray with pH 4-6 ionized water and polish with a soft lint free cloth.

The final step for your metal and wood surfaces is to apply a final spray made from 1 cup pH 11.5 ionized water and 3 Tablespoons lemon or orange oil. Mix thoroughly and pour into a spray bottle with an adjustable spray set to medium. Shake the bottle frequently if the oil begins to separate. Spray the surfaces and allow to penetrate for 5-20 minutes. Apply spray to a soft cloth and polish all sides of your furniture. The Strong Alkaline Water penetrates the wood while the oil seals and protects both wood and metal.



## Caring for Indoor and Outdoor Plants

Many indoor plants as well as outdoor shade loving plants grow best in an acid based soil. Their natural woodland habitat is rich in composting leaves and decaying wood. So to keep these plants healthy and thriving water them with pH 4-6 ionized water. Once a month water with a mix of equal parts pH 2.5 ionized water and pH 4-6 ionized water. This maintains a slightly acidic soil.

Plants that thrive in full sun as well as members of the succulent family prefer a more neutral pH soil. Regularly water these plants with pH 4-6 ionized water. Once a month water with a mix of equal parts pH 4-6 and pH 9.5 ionized water. This regime helps to maintain a more neutral soil pH.

Bulbs of all kinds prefer a slightly alkaline soil. To maintain the proper pH, water regularly with a mix of equal parts pH 4-6 and pH 9.5 ionized water.

Acid loving bushes like Rhododendrons and Azaleas benefit from a monthly application of pH 2.5 ionized water during the growing season.

Most indoor plants thrive on regular watering with pH 4-6 ionized water. However there is another step you can take to grow healthy plants. Heating the house during winter months dries out the air causing plants to suffer dehydration. One way to protect the leaves is to mix 1/2 cup pH 11.5 ionized water with 2 tablespoons sweet almond oil, fill a spray bottle and mist the leaves. Wipe with a very soft cloth. This gives a layer of protection from dehydration while removing dust and providing a healthy looking shine. Repeat every 8-10 weeks.

Enhancing germination of vegetable and flower seeds can be attained by soaking seeds for 6-8 hours in pH 11.5 ionized water before planting. You will find that most seeds will begin to sprout during that soak. Plant the seeds according to package directions and water with pH 9.5 ionized water until seedlings break through the soil.





On the pages of this booklet, Dr. Parker clearly outlines effective solutions for disinfecting, cleaning and deodorizing every surface in your home without the use of harsh chemicals!

**Now you can rest assured knowing that your family is protected from bacteria and viruses . . .**

Now you can effectively and inexpensively clean everything from your clothes to your carpets, upholstery, linens and even your baby's toys using ionized water!



@Pottery Barn

**. . . and shielded from common household cleansers that have been linked to an array of health hazards!**



@Tracy Hebdler

Living chemical free never smelled so fresh!

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