

Your *Healthy* Home



By Marcelle Pick, OB/GYN NP



Hi There!

Did you know industrial chemicals, additives, and preservatives have two significant effects on our endocrine (hormonal) system? They either block hormones (and so are called “endocrine disruptors”) or they mimic the effect of estrogen (and are dubbed “xenoestrogens”). Many toxins—in the environment, in home cleaning products, and in our personal-care products—have specific, problematic effects on our hormones. Fortunately, once you know how to avoid them, you can go a long way toward cleaning up your immediate environment and reducing your toxic burden.

This guide has been designed to help you bring natural ways of cleaning into your home. I know it can be daunting to think about all environmental toxins in our world and it can seem even more daunting to find ways to avoid them. But I want you to be aware of these issues because I believe you can change things. You can change the products you use to clean your house. You can change the products you use to put on your hair and face and skin. You can change the food you put in your body and the water you drink to quench your thirst. You can change the way your liver detoxifies toxins and estrogens. And you can join with other concerned people and help clean up our world. All it takes is awareness and the will to change—in whatever small, personal way makes it easiest for you to get started.

Best in health,

Marcelle

DID YOU KNOW!?

- Within 26 seconds after exposure to chemicals such as those found in cleaning products, traces of these chemicals can be found in every organ in the body.
- More than 1.4 million Americans exposed to household chemicals were referred to poison control centers in 2001. Of these, 824,000 were children under 6 years.
- At any given time, there is 3.36 million tons of household hazardous waste to contend with in our country.
- The Average American Uses about 25 Gallons of toxic, hazardous chemical products per year in their home...A major portion of these can be found in household cleaning products.
- The toxic chemicals in household cleaners are three times more likely to cause cancer than air pollution.
- When combined, chemicals are even more dangerous. Deadly fumes result from mixing ammonia with bleach (both found in many household products) creating lethal "mustard gas"!
- In the past 50 years more than 75,000 chemicals have been introduced into the environment. Today 300 synthetic chemicals are found in the bodies of humans. Even newborn babies have synthetic chemicals passed on from their mothers.

Vinegar... Who knew it Had such a variety of uses?



- Is your drain clogged? No worries! Pour a ½ Cup Baking Soda and 1 Cup Vinegar down the drain. Let it set. Once it stops bubbling, rinse with hot water.
- Stinky Trash can? We have just the thing! Soak a piece of bread in vinegar and place at the bottom of your trash can overnight. Remove in the morning and no more *stink!*
- All Purpose Cleaner Recipe: In an empty spray bottle add 1/3 parts vinegar, fill the rest with water and add a few drops of your favorite dish soap. Give it a little shake and you're ready to get cleaning!
- Are your cut flowers wilting too quickly? Add a ½ tsp Apple Cider Vinegar for each cup of water in your vase and it will allow the flowers to last longer!
- Pots and Pans with tough stains? Have no fear... vinegar is here! Place your pan on the stove, add 1 to 2 cups of vinegar and equal amount of water. Turn up the heat and let the mixture boil for 5 minutes.
- Does your washing machine have buildup? Pour 2 cups of vinegar into your washer and run a quick cycle with nothing in it. It's as good as new when done!
- Tacky water rings on your wood furniture? Mix 1-part white vinegar and 1-part olive oil. Dip a soft cloth in the mixture and rub onto the affected area (with the grain), then wipe with a dry, clean cloth. Watermarks GONE!
- Is that bumper sticker you removed leaving a nasty gooey mess? Rub the sticky area with a rag soaked in vinegar and sticker mark will disappear!
- Has a mysterious spot showed up on your carpet? Not to worry! Just spray the affected area with a little vinegar and blot with a damp cloth.
- Has your microwave taken on a life of its own? Pour ¼ cup vinegar and 1 cup water into a microwave safe bowl. Microwave for 5 minutes and wipe clean.

Recipes for *Natural* Cleaning Throughout the house

Hardwood Floor Cleaner

- ½ Cup White Vinegar
- 1 Gallon Warm Water
- 2-3 Drops Lemon Essential Oil

*Use your favorite mop to wipe floors clean, then let air dry.

Mirror & Window Cleaner

- ¼ Cup White Vinegar
- 2 Cups Water
- 12 Drops Lemon Essential Oil

*Combine in spray bottle and use on Mirrors and Windows. Wipe dry with clean cloth or newspaper.

Bath & Shower Cleaner

- Baking Soda
- Castile Soap

*Sprinkle Baking Soda liberally on porcelain fixtures and rub with wet rag. Add a little Castile Soap for added *cleaning power!*



BONUS

Shine up your chrome! Rub a half of lemon over chrome areas in your kitchen and bathroom. Wipe with a dry clean cloth and watch them SHINE!

All Natural Sparkling Toilet Squares



All-Natural Cleaning & Deodorizing *Sparkling Toilet Squares*

Looking to eliminate germs and odor left in your bathroom, and not just cover them up? Here is an all-natural way to deodorize your toilets!

Supplies & Ingredients

½ Cup Baking Soda

½ Cup Citric Acid

½ Cup Borax

Water in a spray bottle

Gallon zip-lock bag

25 Drops of your favorite essential oils

Mold of your choice (ice cube trays are our favorite mold to use!)

Directions

1. Place all dry ingredients into the gallon zip-lock bag. Seal the bag closed, and knead to combine ingredients.
2. Open the bag and spray 2-3 times with water and close the bag again. Mix and knead again, until all the moisture is absorbed. Repeat this step a few times.
NOTE: Don't overdo it with the water!
3. You will know when your mixture is ready because when you squeeze the bag, your mixture stays clumped together. It should roughly be the same consistency as pie dough.
4. Add 25 drops of your favorite essential oils to the mix and knead again.
5. When it's just the right consistency, pack the mixture into desired mold.
6. Let the bombs dry for a day or two and then unmold. The bomb might be fragile at first, but will harden more over the next few days.
7. Store your bombs in a glass jar with a tight fitting lid until you're ready to use!

To Use

Drop one *Sparkling Toilet Square* into the toilet and wait for the fizzing to stop. The power cleaning ingredients will be released into the bowl, both deodorizing & cleaning. Flush and you're done! (you shouldn't need to use a toilet brush, but some tough stains may require a little scrubbing.)

Natural Fruit & Veggie Wash

Let's think about pesticides for a minute – pesticides are designed to kill pests. This means that they are toxic. When you ingest a pesticide, your body's response system must be working well in order to move this pesticide through your body and out without causing damage. That's quite a job! If you are unable to purchase fruits and vegetables which haven't been treated with pesticides or herbicides, here are two suggestions for removing these chemicals:

Fruit & Veggie spray:

1 tablespoon of baking soda
1 tablespoon of lemon juice
1 cup of water

Put all the ingredients into a spray bottle and shake gently to mix. Be careful because the mix may foam up. Spray on veggies and fruit and allow it to sit for 2-5 minutes, then rinse produce under cold water. Keep the spray refrigerated when not using it. It will stay fresh for about a week.

Fruit & Veggie soak:

Fill a clean sink or bowl with water. Add ½–1 cup of white vinegar and 1 tablespoon of salt. Swish the mixture around with your hands. Allow your produce to soak for 20 minutes, then rinse well.

Packaging – beware of fruits and vegetables packaged in plastic. The off gases from the plastic packaging can deplete the nutrients in the food as well as add toxins.

Preparation – lightly steaming your vegetables is the best way to maintain nutrients! Microwaves and plastics add potentially harmful toxins to these foods. Toxins which can cause havoc in a body struggling to stay in balance.





Natural Cleaning with Tea Tree Oil

Tea tree oil is one of the most commonly researched essential oils. It is derived from a shrub called *Melaleuca alternifolia* and is native to Australia. Tea Tree is an amazing, chemical-free essential Oil. The oil itself has been used for generations to kill off bacteria, relieve muscle aches and so much more!

1. Minty Fresh All Purpose Cleaner

To make your own non-chemical, all-purpose cleaner, mix 4-5 drops of Tea Tree oil with 2 Tbsp. of vinegar and 1 Tbsp. Borax. Pour your mixture into a clean 12-ounce spray bottle and fill it up with warm water.

2. Ant Repellent

Seek out the line of ants and follow it to the point of entry. Place a few drops of Tea Tree oil onto the line to keep the ants from coming back through the same point of entry. You can also deter roaches from entering your home by diluting Tea Tree oil with water in a spray bottle and wiping your counters down with the mixture.

3. Toothbrush & Mouth Guard Cleaner

Bacteria loves to congregate in moist places so cleaning your toothbrush and/or mouth guards is very important! Just mix 12 drops of Tea Tree oil with 1 cup of water and swish your toothbrush and/or mouth guard around in the solution. Rinse with water and allow to dry before using.





Natural Uses for Coffee Grounds

Did you know the USA consumes more than of 400 million cups of coffee per day? Everyday people discard coffee grounds - some use them in compost piles, but many are taken to landfills! Here are some unique ways to use your left over coffee grounds, after you finish your Cup o' Joe!

4 Natural Uses for Coffee Grounds

1. Pest Repellent

Are bugs and critters getting after your garden? Sprinkle used coffee grounds around your plants to protect them from ants, snails and slugs! Mixing dried orange peels with your coffee grounds in the garden will most likely keep away mammals such as cats and rabbits! You can also use rosemary instead of coffee grounds and orange peels to keep the animals away.

2. Fertilize Your Garden

Do you have azaleas, hydrangeas, rhododendrons, camellias, roses, or other acid-loving plants in your garden? If so, then used coffee grounds is the perfect fertilizer for you! Mix your used grounds with old grass clippings, dead leaves or dry straw to neutralize the acidity. Spread your mix around these plants. The used coffee grounds add nitrogen and potassium to the soil as well as a boost of magnesium! Just remember this fertilizer mix is lacking phosphorous and calcium so it isn't great for encouraging blooms and fruiting. You would need to add lime or wool ash if you are looking to create a complete fertilizer with your old coffee grounds.

3. Caffeine for... Carrots?

Do you love carrots? If so, then you will LOVE this! Add some coffee grounds when planting carrots which will give them energy right from the start! Your garden will product bigger and better carrots with the added bonus of deterring pests that want to munch on your carrots before you get the chance to!

4. Absorb Food Odors

Are unpleasant odors lurking in your refrigerator or freezer? Used coffee grounds can act a lot like baking soda when it comes to absorbing odors! Fill a little container with your used coffee grounds and place it in the fridge or freezer. Leave it there for a few weeks and when you remove it, the smell is gone!

To learn more ways to
make your home *healthy*,
visit

www.marcellepick.com

