

all natural carpet cleaning solution

All Natural Carpet Cleaning Solution: A Comprehensive Guide

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Summary: This guide provides a comprehensive overview of all-natural carpet cleaning solutions, covering DIY recipes, application techniques, pre-treatment methods, stain removal strategies, and crucial considerations for maintaining clean, healthy carpets without harsh chemicals. It addresses common pitfalls and emphasizes the importance of proper ventilation and safety precautions.

Introduction:

Are you tired of harsh chemicals in your carpet cleaning products? Do you want a healthier home environment for your family and pets? Then you're in the right place! This comprehensive guide will delve into the world of all-natural carpet cleaning solutions, empowering you to achieve sparkling clean carpets without compromising your health or the environment. We'll explore effective DIY recipes, best practices for application, and common mistakes to avoid. Choosing an all-natural carpet cleaning solution is a significant step toward creating a more sustainable and healthier home.

H1: Why Choose an All-Natural Carpet Cleaning Solution?

Commercial carpet cleaners often contain harsh chemicals like volatile organic compounds (VOCs), phosphates, and synthetic fragrances that can contribute to indoor air pollution, triggering allergies and respiratory problems. An all-natural carpet cleaning solution, on the other hand, utilizes plant-based ingredients, minimizing these risks and creating a safer environment for you, your family, and your pets. Furthermore, choosing a sustainable approach aligns with environmentally conscious living, reducing your carbon footprint.

H2: DIY All-Natural Carpet Cleaning Solutions: Recipes and Techniques

Several effective all-natural carpet cleaning solutions can be easily made at home. Here are a few popular recipes:

Baking Soda and Vinegar Solution: This classic combination is highly

effective for general cleaning and odor removal. Mix 1 cup of baking soda with 2 cups of warm water to create a paste. Apply to the carpet, let it sit for 15-20 minutes, and then vacuum thoroughly. For stubborn stains, pre-treat with a solution of equal parts white vinegar and water.

Castile Soap and Water: Dilute a few tablespoons of liquid castile soap (like Dr. Bronner's) in a bucket of warm water. Use a clean sponge or cloth to gently apply the solution to the carpet, working in small sections. Rinse with clean water and blot thoroughly with a clean towel.

Essential Oil Blend: Add a few drops of your favorite essential oils (like lavender, tea tree, or lemon) to your chosen cleaning solution for a pleasant aroma and added antimicrobial benefits. Remember to test a small, inconspicuous area first to ensure there's no adverse reaction.

H3: Pre-Treatment for Stains and Spots

Addressing stains promptly is crucial for effective cleaning. Before applying your all-natural carpet cleaning solution, pre-treat stains using the following techniques:

Blot, Don't Rub: Always blot spills and stains immediately with a clean cloth or paper towel to absorb as much liquid as possible. Rubbing will only spread the stain.

Baking Soda Paste: For fresh stains, apply a paste of baking soda and water directly to the stain, letting it sit for several hours before vacuuming.

Vinegar and Water: A solution of equal parts white vinegar and water can effectively lift many stains, particularly those from coffee, juice, or wine.

H4: Application Techniques for Optimal Results

Section Cleaning: Clean your carpet in sections to avoid overlapping wet areas, which can lead to lingering dampness and potential mold growth.

Ventilation: Ensure adequate ventilation by opening windows and doors to allow the carpet to dry thoroughly.

Blot, Don't Scrub: Gently blot the carpet with a clean cloth to remove excess moisture after cleaning. Scrubbing can damage the carpet fibers.

H5: Common Pitfalls to Avoid When Using All-Natural Carpet Cleaning Solutions

Over-Saturation: Avoid over-saturating the carpet with cleaning solution, which can lead to prolonged drying times and potential mold growth.

Improper Drying: Insufficient drying can lead to lingering odors and the growth of mold and mildew.

Ignoring Pre-Treatment: Failing to pre-treat stains can make them more difficult to remove.

Using Wrong Materials: Avoid using abrasive brushes or harsh scrubbers which can damage the carpet fibers.

H6: Maintaining Clean Carpets Between Deep Cleans

Regular vacuuming is crucial for maintaining clean carpets. Use a high-quality vacuum with strong suction to remove dust, dirt, and allergens. Spot clean spills immediately to prevent stains from setting.

H7: Safety Precautions

Always test any cleaning solution on a small, inconspicuous area before applying it to the entire carpet. Wear gloves to protect your hands from potential irritation. Ensure adequate ventilation while cleaning and drying.

Conclusion:

Adopting an all-natural carpet cleaning solution is a smart and healthy choice for your home and the environment. By following the techniques and recipes outlined in this guide, you can achieve sparkling clean carpets without resorting to harsh chemicals. Remember to prioritize pre-treatment, proper application, and thorough drying for optimal results. Enjoy a cleaner, healthier, and more environmentally friendly home!

FAQs:

1. Can I use an all-natural carpet cleaning solution on all types of carpets? While most all-natural solutions are safe for various carpet types, always test a small area first to ensure there are no adverse reactions, especially with delicate or antique carpets.

1. How often should I deep clean my carpets with an all-natural solution? The frequency depends on foot traffic, but generally, deep cleaning every 6-12 months is recommended.

1. What if my all-natural solution doesn't remove a stubborn stain? For stubborn stains, consider professional carpet cleaning, or try a stronger all-natural solution like a paste of baking soda and hydrogen peroxide (use cautiously).

1. Can I use an all-natural carpet cleaning solution on pet stains? Yes, but you may need to pre-treat with an enzyme cleaner before using your all-natural solution to break down pet urine and eliminate odors effectively.

1. How long does it take for the carpet to dry after cleaning? Drying time

depends on factors such as ventilation, humidity, and the amount of solution used. It could take several hours or overnight.

1. Are all-natural carpet cleaning solutions effective against all types of dirt and grime? While highly effective for many types of dirt and grime, some particularly stubborn or oily stains may require more aggressive cleaning methods.
1. Are there any risks associated with using DIY all-natural solutions? Minimal risk, but always test in a small, inconspicuous area and ensure proper ventilation to avoid any potential reactions or mold growth.
1. Can I use this method to clean rugs? Yes, the same methods and solutions are generally applicable to rugs, although some delicate rugs may require specialized cleaning methods.
1. Where can I buy the ingredients for these all-natural carpet cleaning solutions? Most ingredients like baking soda, white vinegar, and castile soap are widely available at grocery stores and online retailers.

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all natural carpet cleaning solution: Little House Living Merissa A. Alink, 2021-02-23 The immensely popular blogger behind Little House Living provides a timeless and “heartwarming guide to modern homesteading” (BookPage) that will inspire you to live your life simply and frugally—perfect for fans of The Pioneer Woman and The Hands-On Home. Shortly after getting married, Merissa Alink and her husband found themselves with nothing in their pantry but a package of spaghetti and some breadcrumbs. Their life had seemingly hit rock bottom, and it was only after a touching act of charity that they were able to get back on their feet again. Inspired by this gesture of kindness as well as the beloved Little House on the Prairie books, Merissa was determined to live an entirely made-from-scratch life, and as a result, she rescued her household budget—saving thousands of dollars a year. Now, she reveals the powerful and moving lessons she’s learned after years of homesteading, homemaking, and cooking from scratch. Filled with charm, practical advice, and gorgeous full-color photographs, Merissa shares everything from tips on budgeting to natural, easy-to-make recipes for taco seasoning mix, sunscreen, lemon poppy hand scrub, furniture polish, and much more. Inviting and charming, Little House Living is the epitome of heartland warmth and prairie inspiration.

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foreword by bestselling author Joel Salatin *The Pioneer Woman Cooks* meets *100 Days of Real Food*, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen. - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, *The Prairie Homestead Cookbook* shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

all natural carpet cleaning solution: Clean My Space Melissa Maker, 2017-03-07 The wildly popular YouTube star behind Clean My Space presents the breakthrough solution to cleaning better with less effort. Melissa Maker is beloved by fans all over the world for her completely re-engineered approach to cleaning. As the dynamic new authority on home and living, Melissa knows that to invest any of our precious time in cleaning, we need to see big, long-lasting results. So, she developed her method to help us get the most out of our effort and keep our homes fresh and welcoming every day. In her long-awaited debut book, she shares her revolutionary 3-step solution: • Identify the most important areas (MIAs) in your home that need attention • Select the proper products, tools, and techniques (PTT) for the job • Implement these new cleaning routines so that they stick Clean My Space takes the chore out of cleaning with Melissa's incredible tips and cleaning hacks (the power of pretreating!) her lightning fast 5-10 minute "express clean" routines for every room when time is tightest, and her techniques for cleaning even the most daunting places and spaces. And a big bonus: Melissa gives guidance on the best non-toxic, eco-conscious cleaning products and offers natural cleaning solution recipes you can make at home using essential oils to soothe and refresh. With Melissa's simple groundbreaking method you can truly live in a cleaner, more cheerful, and calming home all the time.

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these economical, practical methods are perfect for anyone looking to reduce their use of plastic and throwaway products. Nancy shares her tried-and-tested recipes for all-purpose cleaners, replacements for harmful chemicals that will keep both your home and the planet clean and green for future generations.

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all natural carpet cleaning solution: **Big Green Purse** Diane Maceachern, 2008-02-28 Read Diane McEachern's posts on the Penguin Blog. Protecting our environment is one of the biggest issues facing our planet today. But how do we solve a problem that can seem overwhelming-even hopeless? As Diane MacEachern argues in *Big Green Purse*, the best way to fight the industries that pollute the planet, thereby changing the marketplace forever, is to mobilize the most powerful consumer force in the world--women. MacEachern's message is simple but revolutionary. If women harness the power of their purse and intentionally shift their spending money to commodities that have the greatest environmental benefit, they can create a cleaner, greener world. Spirited and informative, this book: - targets twenty commodities--cars, cosmetics, coffee, food, paper products, appliances, cleansers, and more--where women's dollars can make a dramatic difference; - provides easy-to-follow guidelines and lists so women can choose the greenest option regardless of what they're buying, along with recommended companies they should support; - encourages women to spend wisely by explaining what's worth the premium price some green products cost, what's not, and when they shouldn't spend money at all; and - differentiates between products that are actually green and those that are simply marketed as ecofriendly. Whether readers want to start with small changes or are ready to devote the majority of their budget to green products, MacEachern offers concrete and immediate ways that women can take action and make a difference. Empowering and enlightening, *Big Green Purse* will become the green shopping bible for women everywhere who are asking, What can I do?

all natural carpet cleaning solution: **Low Tox Life** Alexx Stuart, 2018-06-27 Ever stopped to read the list of ingredients in the products you use every day? In *Low Tox Life*, activist and educator Alexx Stuart gently clears a path through the maze of mass-market ingredient cocktails, focusing on four key areas: Body, Home, Food and Mind. Sharing the latest science and advice from experts in each area, Alexx tackles everything from endocrine-disruptors in beauty products to the challenge of going low plastic in a high-plastic world, and how to clean without a hit of harmful toxins. You don't need to be a fulltime homesteader with a cupboard full of organic linens to go low tox. Start small, switching or ditching one nasty at a time, and enjoy the process as a positive one for you and the planet.

all natural carpet cleaning solution: *The Wellness Mama Cookbook* Katie Wells, 2016-12-27 A compilation of 200 simple, delicious recipes using all-natural ingredients; meal plans; time-saving tips; and advice that will take the guesswork out of dinner, from the creator of the popular Wellness Mama website. With six kids, a popular blog, and no free time, Katie Wells, knows firsthand how

difficult it is to cook a healthy, homemade dinner every night. Faced with her own health challenges, and also concerned about the frightening statistics on the future health of her children's generation, Katie began to evaluate the foods she was eating and feeding to her family. She became determined to find a way to create and serve meals that were wholesome, easy to prepare, budget-friendly, and family approved. The recipes and practical advice Katie offers in *The Wellness Mama Cookbook* will help you eliminate processed foods and move toward more healthy, home-cooked meals that are easily prepared—most in thirty minutes or less. The recipes focus on whole foods that are free of grains and refined sugars and without harmful fats, but are still delicious and full of flavor. With a variety of slow-cooker and one-pot meals, light lunches, dinners, and desserts, you'll be eating better in every way in no time at all. Recipes include Sesame Chicken with Sugar Snap Peas, Sweet Potato Crusted Quiche Lorraine, Beef and Zucchini Stir Fry, and Chewy Chocolate Chip Cookies, as well as recipes for bone broths, fermented foods, and super food drinks and smoothies. Katie also shares pantry-stocking advice, two weeks of meal plans for at home and on-the-go, shopping lists, and more. This is the ultimate cookbook that readers need to incorporate healthy eating knowledge into their daily practices.

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2014-03-18 As seen in Real Simple, Shape Magazine, and on Oprah.com Cleaning products that save money--and the planet! Forget about chemical cleaners and pricey green products--all you need are a few simple kitchen staples to make your whole house sparkle! The Organically Clean Home features 150 easy-to-make recipes for cleaning products filled with all-natural ingredients you can trust (and actually pronounce!). From dishwasher detergent to antibacterial wipes, America's favorite cleaning blogger Becky Rapinchuk guides you through the steps needed to make these everyday necessities--without spending a fortune. Complete with simple instructions for packaging and storing your homemade cleaners, you'll enjoy turning each room into a beautiful and toxic-free space with fresh-scented products like: Lemon and clove hardwood floor cleaner No-bleach laundry whitener and brightener Peppermint glass and mirror wipes Lavender and lemon bathroom disinfecting spray Citrus foaming hand soap With The Organically Clean Home, you'll save hundreds of dollars every month--and have a clean, healthy home that you and your family can feel good about.

all natural carpet cleaning solution: Make Your Place Raleigh Briggs, 2018-07-21 10th Anniversary Edition with a new introduction! Now in hard cover! Raleigh Briggs teaches us how to craft a sustainable domestic life without relying on smelly, toxic, expensive consumer products. And it's not as hard as we may think! This hand written and drawn book of charming tutorials is both fun and accessible. It's full of simple skills that anyone can and should learn. From creating healthy tinctures and salves to concocting all-natural cleaners and body products to gardening basics, this book is great for anyone looking to live more simply, create a comfortable nest, and truly do it yourself.

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and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice- Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether— these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with The Blender Girl—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

all natural carpet cleaning solution: The 15-Minute Clean Lynsey Crombie, 2021-06-01 What if you could always have a sparkling clean and organized home by just spending 15 minutes per day on your housework? The 15-Minute Clean will teach you how to do just that. Cleaning has never been easier than with TV's Queen of Clean, Lynsey Crombie, and her guide to your new daily cleaning routine. No more mess, no more hours of chores on the weekend - just one 15-minute session per day that you will power through in a flash - leaving you to enjoy the rest of your day. Once you adopt your daily 15-Minute Clean, you'll never look back. Create your own quick and easy daily routine Declutter and organise your home without a fuss Create more time for loved ones Soothe your soul with a tidy and calming environment Never spend a weekend on chores again

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all natural carpet cleaning solution: Detox Your Home Sara McFall, 2019-12-06 Mamas, let's make our homes healthy and safe together. Let me help you make the process to go natural in your home affordable, easy and fun! As a new mom in 2009, I was shocked to learn about the toxins in my home and how they can harm my family and pets. I was determined to make my home safe but felt really overwhelmed at the thought of changing over everything - I wanted a guide, someone to hold my hand walk me through the process! This book includes everything you need to know, organized in simple action steps, to clean out the toxins from your home and make it safe for you and your especially your kids. WITH THIS BOOK, YOU'LL BE ABLE TO: --> Get rid of the toxins in your home once and for all, without the stress and overwhelm --> Make your own recipes (more than 80 of them) OR buy safe products (if you're not into DIY) --> Empower yourself with knowledge about the toxins in our products and how to avoid them --> Feel confident as you create a safe and natural home for you and your loved ones --> Clean out the toxins step by step - go at your own pace! THIS BEAUTIFUL, COLORFUL AND EASY TO READ BOOK INCLUDES: --> More than 80 DIY recipes using simple ingredients like baking soda, vinegar and essential oils --> Shopping lists for each area of your home for those recipes --> Lists of SAFE store-bought products to purchase if you're not a DIY person --> Research on the toxins in our products and how they affect our health. WHY DOES ANY OF THIS MATTER? Because our governments are not protecting us from toxins in our products and food. The last time the FDA passed a chemical regulations act was in 1976 and they haven't updated it since! More than 150,000 chemicals have been introduced to the market since then that have not been tested for safety. Chemicals are considered innocent until proven guilty - many of them aren't banned until people start getting sick. We are quite literally, human experiments and this affects the smallest amount us the most - our children. Toxins abound in our cleaning products,

bath and body products and cosmetics. More than 232 chemicals are found in the cord blood of infants! Most companies will use the cheapest ingredients they can source and manufacture, not giving much thought to our health and safety, especially that of our children. Is it any wonder that we are seeing more children with compromised health? ADD, ADHD, so many with food allergies, eczema, behavioral disorders - it's time to take the power back in your hands and empower yourself with knowledge so we can raise healthy families! Even our pets are affected by these chemicals as they walk on our floors that are sprayed with toxins and they enter their bodies through their paws. Written and designed by Sara McFall, founder of MyMerryMessyLife.com and The Merry Messy Moms Show podcast. Sara is a mom of four and has been a professional blogger since 2011. She is passionate about helping moms detox their homes, bodies and minds so they can thrive. She also owns a thriving business with Young Living Essential Oils and an Etsy shop called mymerrymessylife. You can find her at www.mymerrymessylife.com.

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all natural carpet cleaning solution: Healthy Tipping Point Caitlin Boyle, 2012-05-01 Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of *Operation Beautiful*. In *Healthy Tipping Point*, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: • Get Real: Challenge negative-thought patterns to create space for success • Eat Clean: Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for foodies on the go • Embrace Strength: Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, *Healthy Tipping Point* provides the drive to thrive.

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visitors from the US and Canada. Follow Jake as he explores the animal world through this new 64-page book. He takes you on a world wide journey of his own collection, and introduces you to other amazing animals from the four corners of the globe. Find out what a cow's tooth, a rabbit's rib and a duck's quack look like and much, much more besides.

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all natural carpet cleaning solution: *The Naturally Clean Home, 3rd Edition* Karyn Siegel-Maier, 2021-03-30 In this updated edition of her best-selling book, *The Naturally Clean Home*, Karyn Siegel-Maier brings together the formulas for home cleaning solutions that readers have trusted for years with new information and ingredients updated to today's green standards. A new introduction shines a light on the antiseptic properties of essential oils, addressing different grades of oil and their effectiveness against bacteria and viruses, as well as updated safety precautions and cost. Updated recipes eliminate Borax (banned as a food additive in the US and from cosmetic and cleaning products in the EU) from ingredient lists, replacing it with safe substitutes that include citric acid powder, hydrogen peroxide, diatomaceous earth, cornstarch, washing soda, and baking soda. New recipes show readers how to make easy, nontoxic, environmentally friendly substitutes for popular cleaning products, including molded laundry and dishwasher tablets. Packaging updates emphasize the use of glass containers for homemade cleaning products, to diminish environmental impact of plastic waste.

all natural carpet cleaning solution: *The Hands-On Home* Erica Strauss, 2015-09-29 A fresh take on modern homemaking, *The Hands-On Home* is your go-to manual for DIY homecare and living more sustainably. From cooking, canning, and preserving to making your own nontoxic home and personal care products, author Erica Strauss offers instruction and inspiration for tackling at-home projects on your own. In this book, you will learn how to: • Organize and stock your kitchen for easy meal preparation, and then whip up simple but satisfying recipes the whole family will love (Choose-Your-Own-Adventure Granola, Forager Spring Greens Soup, and Simple Crispy Chicken with Roasted Lemon Pan Sauce). • Use basic food preservation techniques such as water-bath canning, pressure canning, and lacto-fermentation along with a handy year-long food preservation calendar of what to put up when. Preserving recipes are organized seasonally and include Rhubarb Syrup, Pressure-Canned Chicken Broth, Korean-Spiced Turnips, and Cranberry-Pear-Walnut Conserve. • Create your own home care and personal care products—from Fizzy Bath Bombs and Refreshing Peppermint Foot Scrub to Nontoxic Laundry softener. With less focus on consumerism and more on saving time and money, *The Hands-On Home* will help you create a home you love with simple resources and easy-to-learn skills.

all natural carpet cleaning solution: *Natural Solutions for Cleaning & Wellness* Halle

Cottis, 2017-02-07 The Ultimate Guide for a Naturally Clean Home and Healthy Body Transform your house into a toxin-free home with this valuable and practical guide. Halle Cottis goes beyond using vinegar and baking soda and provides powerful recipes to clean your entire house from the inside out. With ingredients such as salt, rubbing alcohol and castile soap, you can create indoor cleaners like the All-Purpose Disinfectant Cleaner, Powder and Liquid Laundry Detergent and Streak-Free Window Cleaner; and outdoor solutions, like Natural Garden Pesticide, Heavy-Duty Grill Cleaner and Screen Cleaner. Halle uses turmeric, coconut oil and epsom salt to create concoctions that alleviate common ailments such as headaches and migraines, swimmer's ear, cough and sore throat, and ease even the more difficult-to-treat health conditions such as eczema, poison ivy and poison oak, digestive system troubles and emotional issues like PMS, anxiety and seasonal depression. Aside from reducing the amount of harsh and toxic cleaners and medicines in your home, you can rest easier knowing you're saving both time and money with this wide range of 140 natural solutions.

all natural carpet cleaning solution: *The Human Sponge* Rosa G., 2008-03-05 This book is designed not to control your thoughts, neither was it design to capitalize on your mind. It is simply put together for a workbook, to be use in references to spiritual strategy. Therefore, by all means have a good sense of purpose in exercising your own mind. Changed lives prove ministry. Consideration read Proverbs 25:25-28. The Human Sponge has references to the flesh, greed, and curiosity. The Human Mind knows nothing in and of itself. Therefore, what we become depends on what we accept into the mind.

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