



Household Cleaning (Self-Sufficiency)

Rachelle Strauss

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Green cleaning is becoming increasingly popular, as eco-savvy consumers strive to do their bit for the environment. Most conventional shop-bought cleaning products are packed full of chemicals, many of which are harmful to the environment and your health, let alone your wallet. You may be pleasantly surprised to discover that your kitchen cupboard already stocks many harmless alternatives that will transform your home into a clean and fresh smelling haven. Lemons, salt, vinegar, baking soda and club soda are just some of the natural ingredients used to clean the kitchen, bathroom, bedroom, floors and more. Most of us don't realize just how harmful shop-bought cleaning products can be. A look at the toxic chemicals used in conventional products will help you make an informed decision, and the hints and tips and green recipes dotted throughout couldn't be easier to make or use and the results are truly amazing.



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