

Non-Toxic Recipes For a Healthier Home



From [air fresheners](#) to plastic containers, there are a lot of sources of household toxins in and around your kitchen, bedroom, and workspace. Today, let's ditch our addiction to toxin-laden household and personal care products with non-toxic recipes that will leave your home sparkling clean and smelling fresh — all without endangering the immune system and health of you and your family!

1. Non-Toxic Essential Oil Air Freshener

Mix and match different essential oils to enhance your mood and leave your car, living room, or bedding smelling fresh and clean (but without the artificial scents and chemicals in conventional air fresheners that are linked to cancer, allergies, and more). You can even swap out different oils to support the vibe you want in each room or time of day. For example, an energizing mint spray can help liven up your bathroom, while a calming lavender and vanilla spray can transform your bedroom into a cozy, soothing oasis.

1 cup distilled water

2 tablespoons vodka or rubbing alcohol (acts as an emulsifier and helps the scent disperse)

10-15 drops of your favorite essential oils (such as lavender, lemon, eucalyptus, or peppermint)

A small spray bottle

Start by thoroughly cleaning and drying the spray bottle to ensure it's free from any residue or impurities.

Pour the distilled water into the spray bottle, leaving a little space at the top to add the other ingredients.

Add the vodka or rubbing alcohol to the bottle. This helps to blend the essential oils with the water and also acts as a preservative.

Choose your desired essential oils and add 10-15 drops to the spray bottle. You can use a single oil or create your own unique blend. Experiment with different scents to find your favorite combination.

Close the spray bottle tightly and shake it well to mix all the ingredients together.

Your essential oil air freshener is now ready to use. Spray it around your home, office, or any other space you want to freshen up. Remember to shake the bottle before each use to ensure the oils are evenly distributed.

2. Non-Toxic Household Cleaner

This easy-to-make household cleaner naturally eliminates odor-triggering, disease-causing organisms like bacteria. It also does wonders for adding a sparkle to your countertops, cutting through bathroom grime, and even cleaning your windows and mirrors without leaving streaks!

1 cup distilled white vinegar

1 cup water

20 drops of essential oil (such as tea tree oil, lavender oil, or lemon oil) for fragrance (optional)

Find a clean spray bottle that can hold at least 2 cups of liquid. Make sure it's thoroughly cleaned and rinsed before using.

Mix equal parts of distilled white vinegar and water in the spray bottle. The vinegar helps to cut through grease and grime while also disinfecting surfaces.

If desired, add 20 drops of your preferred essential oil to the mixture. Essential oils can provide a pleasant fragrance and some additional antimicrobial properties. Tea tree oil is particularly effective against bacteria and viruses.

Close the spray bottle tightly and gently shake it to mix all the ingredients together.

Your non-toxic household cleaner is ready to use. Spray it onto surfaces like countertops, sinks, tiles, and bathroom fixtures. Let it sit for a few moments, then wipe clean with a cloth or sponge.

Please note:

- Avoid using this cleaner on natural stone surfaces like marble or granite, as the acidity of vinegar may cause damage.
- While vinegar is generally safe to use on most surfaces, it's always a good idea to test a small, inconspicuous area before using the cleaner on a larger scale.
- If you're sensitive to the smell of vinegar, the essential oils will help mask the odor. However, the vinegar scent will dissipate quickly once the cleaner dries.
- This non-toxic household cleaner is effective, eco-friendly, and safe for use around children and pets.

3. Non-Toxic Laundry Detergent

This natural recipe is hypoallergenic, non-toxic and unscented. It's versatile and will get our stubborn stains, all without the detergents, chemicals, scents, and dyes that often make conventional laundry detergent problematic for those of us who are sensitive to such ingredients. It's a more eco-friendly option that is gentle on your clothes and safe for your family.

- 1 cup washing soda (sodium carbonate)
- 1 cup baking soda
- 1 cup grated castile soap or soap flakes
- 20 drops of your preferred essential oil (optional, for fragrance)

Grate a bar of castile soap using a cheese grater or use soap flakes if available. Castile soap is a natural, vegetable-based soap that is gentle on the skin and environmentally friendly.

In a large bowl, combine the grated castile soap (or soap flakes), washing soda, and baking soda. Mix well until all the ingredients are evenly distributed.

If desired, add 20 drops of your preferred essential oil to the mixture for a pleasant fragrance. Essential oils like lavender, lemon, or eucalyptus work well for laundry.

Transfer the mixture to an airtight container for storage. Mason jars or recycled detergent containers work great for this purpose.

To use the detergent, add 1-2 tablespoons to each load of laundry, depending on the size and dirtiness of the load. You can adjust the amount based on your personal preference.

Note: This homemade laundry detergent is low-sudsing and suitable for both standard and high-efficiency (HE) washing machines.

More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. **Thymic proteins** are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins fall as you get older. **BioPro-Plus 500** offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining the above meals with healthy supplements.



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