

# Green Clean Formulas

## Dishwashing Liquids

1. Choose a plant based surfactant soap with either no fragrance to which you can add a couple drops of essential oils of your choice or contains fragrance that is plant based from real essential oils.
2. Castile soap, 2 tablespoons per sink full of water. Add a couple drops of the essential oil(s) of your choice for an aromatherapeutic effect and/or to enhance cleaning/disinfecting.
3. Mix together 1 cup each baking soda, borax and washing soda, keep in a jar or container. Add 1 heaping tablespoon of mixture along with your soap choice to a sink full of water. Your soap will go further and you'll need less.

## Dishwasher Soap

1. Mix 1 cup borax, 1 cup baking soda, 1/4 cup non-iodized salt, 1/4 cup citric acid and 30 drops of essential oil, citrus oils add degreasing qualities . Mix well, grind in blender if there are chunks. Use 1 tablespoon in each dispenser cup.
2. Variation: add 1 cup washing soda to the above blend for additional cleaning power.
3. Rinse Aid: at end of wash cycle, add 1 cup white vinegar and continue with a short rinse only cycle. Very helpful in preventing spotting and scum buildup, especially in hard water areas.

## All Purpose Cleaners- to clean countertops, appliances, showers and toilets

1. 2 teaspoons washing soda (sodium carbonate), 2 teaspoons borax, 1/2 teaspoon natural liquid soap (surfactant), 1/4 teaspoon essential oil, I like citrus and evergreen oils, and 4 cups warm distilled water in spray bottle, shake well to mix and dissolve.
2. 1 teaspoon castile soap or 4 drops plant based liquid soap, 1/4 teaspoon essential oil, 1/4 cup white vinegar, 2 teaspoons borax, 4 cups warm distilled water in spray bottle, shake well to mix and dissolve.

## Cleansing Powders/Scrubs

1. Mix equal parts borax and baking soda, stir in 5 drops essential oil per cup. Rinse with white vinegar and hot water.
2. Mix 1 cup baking soda, 2 teaspoons cream of tartar and 1/8 cup borax. Stir in 5 drops of essential oil per cup. Rinse with white vinegar and hot water. This is good for white/light hard surfaces such as porcelain sinks.
3. For a soft scrub mix just enough castile or plant based liquid soap into 1 cup baking soda, 1 teaspoon citric acid and 10 drops essential oil to make a soft paste of frosting consistency. Store in a jar.

## Disinfecting Cleansers

1. Place 3% hydrogen peroxide in an opaque spray bottle. For moldy surfaces allow to sit one hour before wiping. For extra disinfecting first spray with white vinegar, then spray with peroxide.
2. Mix 2 cups white vinegar to 2 cups distilled water,
  - a. Increased kill variation: add 8 teaspoons water soluble tea tree essential oil (available at BerkanaWay) or 4 teaspoons regular (a 2.5% dilution), note if using regular you will have to shake repeatedly during use to keep essential oil in suspension.
3. For an essential oil only spray, you will need to use a 5% dilution of tea tree oil for best broad spectrum effectiveness. This is useful in sick rooms and for cleaning up after children. Use of water soluble essential oils available from BerkanaWay is advisable for even dispersion.
4. Mix 2% dilution of tea tree essential oil and 20% ethyl alcohol into distilled water. Use of water soluble essential oils available from BerkanaWay is advisable for even dispersion.
5. Ozonate(create O3 with an ozone generator, available at BerkanaWay) a jug or sink of water for appropriate time for volume and use this to disinfect with. The lifespan is about 20 minutes before

the 3rd oxygen molecule oxidizes so this needs to be made as needed. Excellent for destroying toxins and deodorizing too.

#### Oven Cleaners

1. Mix 2 cups baking soda, 1/2 cup non-iodized salt, 1/4 cup washing soda (sodium carbonate), 2 teaspoons plant based liquid soap and 20 drops essential oil. Combine with distilled water to make a thick paste. Apply to oven floor and walls and let set overnight. Spray with white vinegar, wipe and rinse well.

#### Fruit & Vegetable Cleaner

1. Spray first with white vinegar spray, scrub and rinse. Follow with 3% hydrogen peroxide spray. Rinse again.
2. Rinse and scrub under running water. Then fill sink with water to cover items and use an ozonator (ozone generator to create O<sub>3</sub>, see more under Green Clean Ingredients) to ozonate the water and clean food of bacteria, viruses, fungi and toxins. Highly recommended for immune challenged and sensitive persons.

#### Toilet Bowl Cleaners

1. Add 1 cup borax and 1/2 cup white vinegar to toilet bowl, swish with brush around entire bowl. Let sit overnight. In morning scrub and flush.
2. Variation: add 10 drops tea tree oil to the above

#### Drain Cleaners

1. Pour 1/2 cup baking soda down drain, follow with 1/2 cup white vinegar, this will bubble vigorously. Wait 15 minutes then pour 4 quarts boiling water down drain to clear residue. Do not use in disposals.

#### Glass Cleaners

1. 1 cup white vinegar mixed with 3 cups distilled water. You may add a few drops (up to 20) of an essential oil, favorites are citrus. Wipe with newspaper or microfiber to buff clean
2. For extra grime fighting or to remove a wax build-up left from commercial cleaners add 1 teaspoon natural liquid soap to the above.
3. Variation: substitute 1/4 cup grain alcohol (ethyl) for part of the water.

#### Wood & Linoleum Floor Cleaners

1. Dust weekly with a 100% cotton dust mop. Spritz to dampen the mop with a mixture of 1/4 cup white vinegar to 1 quart distilled water.
2. 1/4 cup white vinegar mixed in 1 gallon lukewarm water. Use a 100% cotton mop or terry cloth towel. Do not use microfiber, it will eventually wear away the finish.
3. Variation: You may add a few drops of essential oil to enhance cleaning and deodorizing effects. Lavender is a nice choice.

#### Hard Floor (vinyl, tile) Cleaners

1. 1/4 cup white vinegar and 2 tablespoons borax mixed into 1 gallon hot water. If the floor has a sealant use 100% cotton vs microfiber.
2. 1/8 cup castile soap and 1/8 cup white vinegar mixed into 1 gallon hot water.
3. Variation: You may add a few drops of essential oil to enhance cleaning and deodorizing effects. Lavender is a nice choice.

#### Dusting

1. Wood furniture- mix 1 pint linseed (flax), walnut, olive or hemp oil, 5 drops essential oil such as lemon and 1/4 cup white vinegar in spray bottle. For delicate items or small areas, spritz on 100% cotton cloth to use.

2. Hard surfaces that do not have a coating or finish, use a microfiber dustcloth. It can be dampened with water or your all-purpose cleaner as needed.
3. For delicate items and surfaces with a coating or finish, use a 100% lambswool or cotton cloth. Dampen cotton cloth with a bit of water only if needed to remove grime.

## Laundry

### Detergents/Soaps

- a. My first choice is to use a plant based surfactant laundry soap designed for this duty that is free of fragrances. I use bleaches and boosters as needed and use white vinegar in the rinse cycle for softening. Add 5-10 drops of essential oils like lemon eucalyptus or geranium to the soap in the dispenser cup and your clothes will have a light subtle clean scent. Add two teaspoons of tea tree or eucalyptus if you need to kill dust mites. The biggest impact on my clothes washing was the purchase of a front-loading machine, specifically the Samsung silver-care which uses silver (think colloidal silver) as a disinfectant option as opposed to hot water wash or bleach. So in addition to saving water, it also saves energy used for heating water, and the pollution of bleach .
- b. 1 cup washing soda, 1 cup borax 1 cup soap flakes or shredded vegetable based soap. Mix ingredients together and use 1/4-1cup per load depending on load size and machine type. For soft water you may want to reduce the washing soda and borax to 1/2 cup each.

### Bleaches

- a. Use white vinegar, borax, or a safe non-chlorine bleach like Oxo Brite, amount depends on load size and type of machine, but generally 1/4-1/2 cup.

### Boosters

- a. Add 1/4 cup washing soda, borax or white vinegar to machine along with usual detergent

### Fabric Softeners

- a. Add 1/4-1/2 cup white vinegar to the rinse cycle.
- b. I don't encourage the use of dryer sheets and the fragrancing of clothes which often simply is covering an unclean state and degrades to a funky smell. Using essential oils in the washer helps with cleaning and deodorizing without leaving an overwhelming scent. The choice of detergent, boosters and the machine itself will determine the real cleanliness of the clothes.

## Air Fresheners/Purifiers

1. Zeolite mineral is a safe natural way to eliminate odors and deactivate toxins in garbage and compost pails, litter boxes and animal bedding, and mildewed areas. Used to absorb outgassing from carpet, furniture, paint, in cars, etc. Application may range from a tablespoon to several ounces and it comes in powder to pea gravel size.
2. Pure essential oils from plants work as odor eliminators and air purifiers and can also be chosen for their scent. Using in a diffuser or in a spray mist bottle are two ways to employ these.
3. An ozonator (O3 generator) will destroy toxins and mold/mildew and will get rid of odors at the source.
4. Setting out small bowls of baking soda will help remove odors from a room. Add lemon peel for a fresh scent.
5. Plants can remove toxins from the air and help to purify it. Several indoor houseplants have been studied for their effectiveness, including spider plants and philodendron.
6. Open the windows!

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