

## Great Tips For Eco-Friendly Cleaning

If you are ready to change the way your family lives and breathes, then you need to seriously consider our eco-friendly cleaning tips in this article. Let's look at a shocking fact first: we breathe toxic substances every day at home without ever being aware of it. The average household contains enough chemicals to kill. In the US alone a child is accidentally poisoned every 30 seconds!

It is clear that unless we change the way we clean, we will never eradicate those dangers. With a few simple changes and the addition of *eco-friendly cleaning* products you can turn your home from a toxic wasteland into a serene heaven of health.

### Take a moment to consider these toxic statistics on household cleaning without eco-friendly cleaning practices:

- Women who work from home increase their death rate from cancer by 54% opposed to those who work away from home. The reason being; toxic chemicals in common household products.
- Commonly used household chemicals are largely responsible for birth defects, allergies, cancer and other health issues.
- Toxic chemicals are responsible for the large increase in children's brain cancer since the 1970s.
- Only 1% of toxins are legally required to be listed on product labels.
- Read more [shocking toxic facts here](#).

By looking at the facts above it is clear that using **eco-friendly cleaning** products and resources is going to tremendously increase our health. We will get rid of common allergies, sleep better at night and breathe easier knowing that by taking care of our health we increase our lifestyle.

### Make your home a pristine environment with eco-friendly cleaning supplies:

The following suppliers of eco-friendly cleaning supplies have made it their mission to remove toxic chemicals from our homes. Each of them prides themselves on using eco-friendly manufacturing processes and their products are toxic free.

- KD Gold
- Enjo
- Inspired Wellbeing
- EcoShop
- The Pure Shop
- Thexton
- Neco

### Use eco-friendly resources from your kitchen:

To go green and stop toxins in your home take a look in your kitchen cupboard. Chances are you will find many items that lend themselves to become eco-friendly cleaning staples for your home.

Common winners for this category are:

- **White vinegar:** Great for cleaning windows and stains, polishing bathroom and kitchen, as a deodoriser and disinfectant, as a natural fabric softener. Always use diluted and avoid using on marble. Test first on tile.
- **Bicarbonate of soda:** Also called baking soda, this kitchen product will make it easy to go green. Bicarb soda is a great deodoriser; place it into a container into your fridge or freezer to remove offensive smells. You can also use it to scrub kitchen sink counters as it replaces commonly used products such as Jif.
- **Lemon Juice:** Lemon is awesome if you want to clean copper or brass items. It also removes water stains and soap scum with ease while helping to polish many things in your home. If you use lemon in conjunction with olive oil you get a naturally made eco-friendly cleaning furniture polish. Place it into your garbage bag for a clean smell.
- **Cornstarch:** Cornstarch is great if you want to starch clothes. And it can be used to absorb oil and grease.
- **Tea tree oil and eucalyptus oil:** No household should be without either of those two Australian home staples. Both of them are not only great eco-friendly cleaning products that help to remove smells while being fabulous disinfectants, but they should also be in your first aid kit to aid insect sting treatment.

### **Eco-friendly cleaning is a must if you value your health:**

One of the most important aspects of sustainability is to preserve our health. If you always wanted to go green you can't look past eco-friendly cleaning solutions. With the eco-friendly cleaning tips in this article you should have more than enough ideas and motivation to remove the nasty stuff from your home and replaced it with the good stuff instead. What are you waiting for?