

# CLEANING PRODUCTS

## THE HEALTHY HOME CLEANING GUIDE





# BIO-COMPATIBLE KITCHEN SOLUTIONS

## Cleaning Products

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# INTRODUCTION

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## **How to Clear the Air, Protect Your Hormones, and Still Have a Spotless Home**

The scent of “fresh lemon” or “spring breeze” from a just-cleaned kitchen may feel satisfying, but for most homes, that fresh smell is actually a chemical cocktail. Conventional cleaning products are one of the largest sources of volatile organic compounds (VOCs) indoors. These compounds evaporate into the air you breathe, linger on surfaces, and bind to dust – making their way into your body through your lungs, skin, and even the food you prepare.



## **The Hidden Hormone Disruptors in Your Cleaning Closet**

Many VOCs are more than just irritants – they can disrupt your hormones, the chemical messengers that control everything from mood and metabolism to fertility and immune function. Ingredients like synthetic fragrances, phthalates, and certain preservatives are known endocrine disruptors. Over time, repeated exposure can throw your system off balance, contributing to fatigue, mood swings, thyroid issues, reproductive challenges, and more.

### **A Clear Path to Safer, More Effective Cleaning**

This guide is designed to help you eliminate toxic cleaners without sacrificing performance. You'll discover truly clean

brands that work in real homes – including in challenging conditions like hard water – and learn simple swaps for every room. We've done the vetting for you, so you can skip the hours of label reading and "greenwashing" confusion.

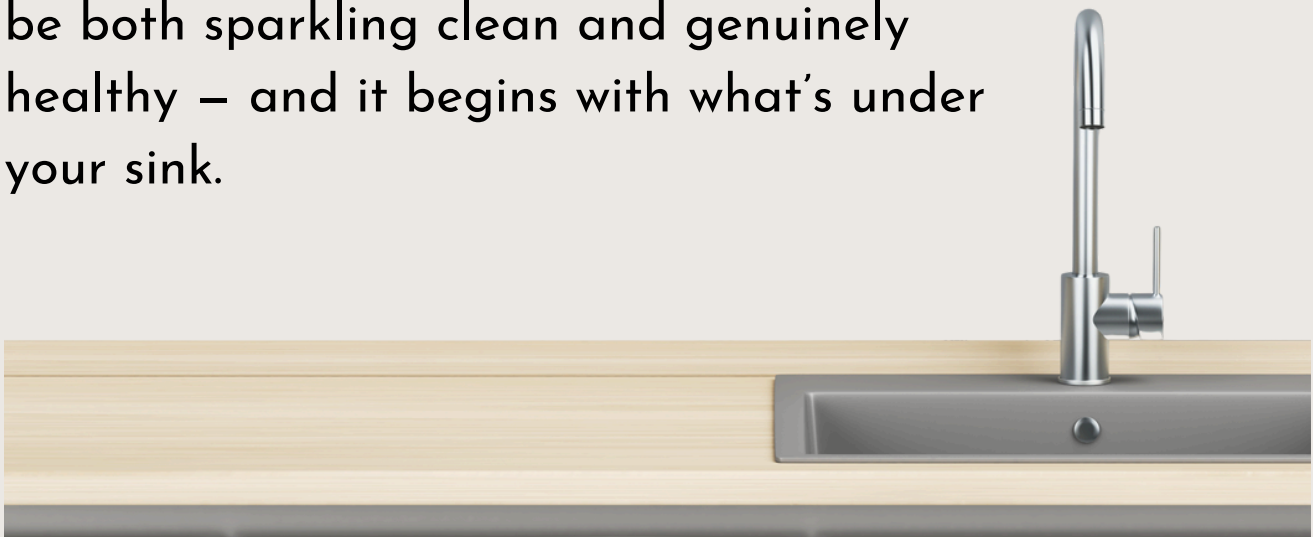




## From Everyday Essentials to Time-Tested Classics

From everyday dish soap to laundry care, from degreasers to floor cleaners, you'll find products here that are safe, effective, and a pleasure to use. We'll also cover tools, appliance tips, and natural DIY boosters like borax – the kind of multi-tasking staple your grandmother swore by, now backed by modern science.

Whether you're overhauling your entire home or replacing one product at a time, this guide will show you exactly where to start and what to choose. Your home can be both sparkling clean and genuinely healthy – and it begins with what's under your sink.



# TRULY FREE

**Truly Free** is our favorite cleaning products company on the market. Their products work well even in hard water conditions, which many non-toxic cleaning products do not. Their ingredients are clean and their products really deliver. We're kicking things off with a selection of our favorite products from their lineup.

**Dishwashing Pods:** Not actually pods but a powder you scoop into your dishwasher – and it's fantastic. Truly clean, with no scent at all (unlike many so-called "non-toxic" brands we've tested).

**Dishwasher Soap**



# Other Cleaning Products

We also like **Thieves by Young Living** for their clean ingredients and essential-oil-scented home products. They work well if you don't have an issue with hard water. The **all-purpose household cleaner** may seem pricey, but it's concentrated – one bottle, when diluted, can last 1-2 years. ➡

**Household Cleaner**

## **Sponges/Dish Scrubs:**

- Chainmail Dishcloth
- Dishwashing Loofah Sponges
- Cellulose and Coconut Husk Sponges



## **Stain Remover**

**Cleaning Glass and Large Stainless Steel Appliances:** Forget sprays, just use water and a microfiber cloth like this that will leave a streak free finish and last you for years ➡

**Microfiber Cloth**

**Upholstery Cleaner:** Non-toxic, zero off gassing, super effective; this upholstery cleaner is great for your home and your car. ➡

**Upholstery Cleaner**



# BIDET



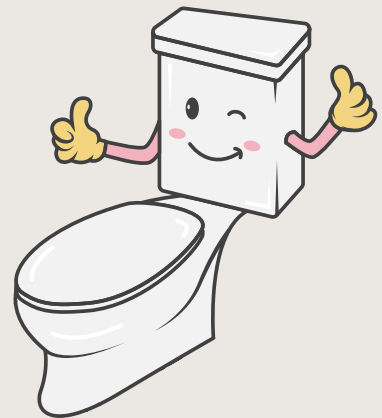
BIDET OVER TP!

Toilet paper is ironically one of the most toxic products in a home. If you want to get the full scoop on everything that's wrong with toilet paper check out this video . . .

But suffice it to say that you're better off using **a bidet**.

Here are our picks:

- **Super affordable bidet**, great customer service:  
<https://amzn.to/4h7rJJL>
- **Toilet with built-in bidet** more luxe model:  
<https://amzn.to/44mi27z>
- **Toilet Paper: Reel brand** is non-toxic <https://amzn.to/4hz4OqS>;  
**Caboo** is okay also  
<https://amzn.to/4kGyCod>



# Borax

## The Magic of Borax:

This workhorse of a naturally occurring mineral is great for everything from laundry to pest control.



## BORAX IN LAUNDRY:



### 1. Boost Detergent Power

Add  $\frac{1}{2}$  cup of borax to the washer drum before clothes and detergent. It helps whiten whites, brighten colors, and fight odors.

### 2. Tackle Hard Water

Borax softens hard water, making your detergent work better. Just add  $\frac{1}{2}$  cup to each wash cycle.

### 3. Per-Soak for Stains

Dissolve  $\frac{1}{2}$  cup of borax in 1 gallon of warm water. Soak stained or heavily soiled clothes for 30-60 minutes before washing.

# BORAX FOR HOME CLEANING:



## 1. All-Purpose Surface Cleaner

Mix 2 tablespoons of borax with 2 cups of hot water in a spray bottle. Shake until dissolved and use to clean counters, sinks, and tiles.

## 2. Toilet Bowl Cleaner

Sprinkle  $\frac{1}{4}$  cup of borax into the toilet bowl. Let sit for 15-30 minutes (or overnight for tough stains), then scrub and flush.

## 3. Mold and Mildew Remover

Make a paste with 1 part borax and 1 part water. Apply to moldy surfaces like grout, scrub with a brush, and rinse thoroughly.

## 4. Floor Cleaner

Dissolve  $\frac{1}{2}$  cup of borax in a bucket of warm water. Mop tile or vinyl floors as usual. (Not recommended for wood floors.)

## 5. Garbage Can Deodorizer

Sprinkle a layer of borax in the bottom of your trash can to absorb odors and moisture. Rinse and reapply as needed.

## 6. Carpet Freshener

Combine  $\frac{1}{2}$  cup of borax with a few drops of essential oil (optional). Sprinkle lightly over carpets, let sit for 15-30 minutes, then vacuum.



# BORAX FOR PEST CONTROL:



## 1. Ant Killer

Mix 1 part borax with 1 part sugar. Place small amounts near ant trails or entry points in shallow lids or on cardboard. Keep away from pets and children.

## 2. Cockroach Control

Combine equal parts borax and sugar or flour. Sprinkle lightly in areas where roaches hide—under sinks, behind appliances, and along baseboards.

## 3. Flea Carpet Treatment

Lightly sprinkle borax on carpets and let sit for a few hours (or overnight), then vacuum thoroughly. Repeat weekly as needed. Do not allow pets or kids on treated areas until cleaned.

## 4. Mice Deterrent

Sprinkle borax around the perimeter of rooms or near entry points. Mice dislike the smell and texture, which can help deter them.

## 5. Outdoor Pest Barrier

Create a thin line of borax powder along windowsills, doorways, or foundation cracks to keep crawling insects from entering your home.

# Fabric Softeners

A word on traditional **fabric softeners**: Standard fabric softeners don't actually soften your clothes. They create an illusion of softer clothes by coating the fabrics in a thin layer of waxy substance that retains toxic fragrances longer and makes the clothes feel smoother.



## 3 Reasons to Avoid Fabric Softeners



1. **Toxic Ingredients:** Most contain synthetic fragrances, phthalates, and quaternary ammonium compounds (quats), which are linked to respiratory issues, skin irritation, hormone disruption, and possible neurotoxicity.
2. **Air Quality Impact:** Volatile organic compounds (VOCs) released during drying degrade indoor air and contribute to chemical buildup on clothes and skin.
3. **Clothing and Washing Machine Damage:** Fabric softeners leave a waxy residue that reduces absorbency (especially in towels), traps dirt and toxins in your clothes, and builds up over time, shortening fabric and washing machine lifespan.

## Reset Your Laundry: Stripping Away Years of Residue



After years of fabric softener use, it would be wise to **strip your towels**, bedding, and clothes (the **non delicate pieces**) to get rid of the toxic wax build up and everything that's been getting trapped in there. Here's how:

- Fill a bathtub or large container with hot water—enough to fully submerge the laundry (you can also use your washing machine for this)
- Add the following to the water:
  - 1 cup of borax
  - 1 cup of baking soda
  - 1 capful of a non-toxic laundry detergent (Truly Clean or Thieves)
- Mix the solution thoroughly so the ingredients dissolve and spread evenly.
- Add your laundry, and stir occasionally to keep the fabrics moving and help lift buildup. Let everything soak for 4 to 6 hours or even overnight.
- Once soaking is complete, drain the tub and transfer the clothes to your washer.
- Run a full cycle with *only water*—no additional detergent needed.



# What to use instead of **Fabric Softeners**:



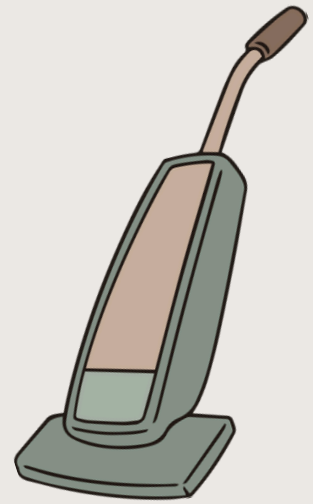
- **Wool dryer balls** - add to the dryer to soften clothes and reduce static naturally  
<https://amzn.to/42JTfch>
- **Lavender Satchets** in the dryer will have subtle aromatherapy effects <https://amzn.to/44q1R9b>
- **1/4 cup white vinegar in the rinse cycle** - helps break down detergent residue and soften fabric
- **Baking soda in the wash** - can help deodorize and soften naturally
- **Truly Free dryer angels** if you prefer a stronger essential oil scent. Not as effective for eliminating static. Can be combined with wool dryer balls.  
<https://amzn.to/4m0kEy6>



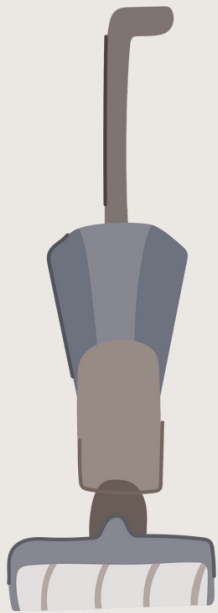
# CLEANING APPLIANCES

## Vacuum Cleaner

Vacuums with hepa filters in a sealed bag system are ideal. We like Miele models like this: <https://amzn.to/4iu5f6u>



## Wireless Electric Mop



This mop makes cleaning easier and more pleasant (we use a different cleaning solution [one of our all purpose cleaner recommendations above] for the water tank than what comes with this appliance since there's limited transparency on the solution the brand provides). Tineco combines mopping and vacuum functions to allow for a faster and more thorough floor cleaning (it will not replace an actual vacuum for your rugs or carpeting however!) <https://amzn.to/4k3O6S5>