

Fresh Earth Life Presents

The Under-the-Sink Reset

Replace 3 Harsh Cleaners This Weekend



A calm starting point for women
who want an easier first step.



FRESH EARTH
LIFE

You're Not Behind.

You did not fail because you still have store-bought window cleaner under your sink.

Most of us were never really taught to question the products we grew up using. We just bought what our moms bought, what was on sale, or what smelled like clean.

This guide is not about doing it all perfectly. It's about doing three things differently, starting this weekend.

The 80/20 rule for your cleaning cabinet: Eighty percent of your exposure risk comes from a handful of products you use the most. So that's where we start. Just here. Just these three. You've got this.

A quick note before you start:

You don't have to throw everything out today. You don't have to buy anything new right now. Just read and see what resonates. When a product runs out, replace it with something better. That's the whole method.

In the next few minutes, you'll know exactly which 3 cleaners to look at first, what to use instead, and how to begin without spending a lot.

Want a personalized swap plan based on what's actually under YOUR sink? Take the free 60-second quiz:

[Quiz](#)

Finding Products That Work for You

Some product links in this guide may vary in availability depending on your country or region. If a specific item is unavailable where you live, use the ingredient, material, and safety guidelines throughout this guide to help you find the closest local alternative. The goal is progress, not perfection.

You've got this! Let's make your home a little lighter, one simple swap at a time.



Bleach-Based Sprays

What it is:

The heavy-hitting sprays most of us reach for when we want something to feel really clean.

Think anything that has bleach in it, store-brand bleach sprays, or the sharp-smelling cleaner you instinctively hold your breath around.

Why it's worth swapping:

When bleach mixes with other common household residues like ammonia, certain dish soaps, or even some food acids, it can produce chloramine gases and other irritating byproducts.

In a small kitchen or bathroom without great airflow, that adds up over time. For kids, pets, and anyone with asthma or sensitivities, it hits harder.

Here's what I looked into for you:

I went through different alternatives before landing on what actually works on tough kitchen grime without the fumes. The vinegar spray below is what I reach for now every single day.

START HERE:

White distilled vinegar + water (50/50) in a spray bottle. Add 10 drops of tea tree oil.

Under \$2 to make. Works on counters, sinks, and stovetops.

See the DIY recipe on page 6.

STEP-UP OPTION:

Branch Basics Concentrate

One bottle replaces almost everything in your cabinet. Fragrance-free, plant-based, and made with more transparent ingredients.

Can't find this brand locally? Look for concentrated cleaners with fragrance-free formulas and clearly labeled ingredients.



NEXT UP: #2

Synthetic Fragrance Cleaners

What it is:

Any cleaner that lists "fragrance" or "parfum" as an ingredient and smells like a lavender field or fresh linen closet.

Think of the common multi-surface sprays with strong floral smells. If it smells like a spa, please check the label.

Why it's worth swapping:

"Fragrance" on a label is a trade secret. Companies aren't required to disclose what's inside that ingredient.

It can contain dozens of synthetic chemicals, some linked to hormone disruption and respiratory irritation. This one surprised me most because it hides behind something that smells pleasant and harmless.

Here's what I looked into for you:

This was the hardest swap emotionally because I associated that smell with clean.

It took a few weeks to readjust, but now when I smell those products, I notice how strong they are. Here's what made the transition easy: I gave myself permission to smell nothing for a while. And then I added my own scent back in, on my own terms.

START HERE:

Add lemon or eucalyptus essential oil to your DIY spray from page 6.

You get the clean smell without the synthetic load.

Tip: Look for 100% pure essential oils with clearly labeled ingredients. Some products marketed as "essential oil blends" may contain added fragrance or synthetic ingredients.

STEP-UP OPTION:

Seventh Generation Free and Clear

Fragrance-free, dye-free, and made with more transparent ingredients. Works great on most surfaces.

Can't find this brand locally? Look for fragrance-free, dye-free cleaners with transparent ingredient labels.



LAST ONE: #3

Antibacterial Dish and Hand Soaps

What it is:

Anything labeled "antibacterial" at the dish or hand soap station.

Some contain triclosan, which has been banned in some products but still shows up in others, and some use quaternary ammonium compounds, which are designed to kill bacteria on contact.

Why it's worth swapping:

Regular soap cleans by lifting and rinsing bacteria away.

Antibacterial additives are designed to kill, and repeated exposure to those compounds is being studied for effects on hormone function and antibiotic resistance. Research continues to show that plain soap and water work well for everyday handwashing.

Here's what I looked into for you:

Switching dish soap felt like the smallest change with one of the biggest daily impacts, because we use it constantly. Hands in it every day. Here's what I landed on after trying a few: something simple, unscented, and concentrated enough that one bottle lasts for months.

START HERE:

[Yoken Organic Castile Liquid Soap](#)

Unscented and highly concentrated. Dilute 1:3 with water.

This size lasts for months and works well in several simple DIY cleaning routines.

STEP-UP OPTION:

[Dr. Bronner's 64 oz Unscented Castile Liquid Soap](#)

Highly concentrated, versatile, and a good long-term value for everyday cleaning routines.

Can't find these brands locally? Look for unscented castile soap with minimal, clearly labeled ingredients.



THE ONE DIY YOU ACTUALLY NEED

All-Purpose Cleaning Spray

Makes one 16 oz spray bottle. Costs under \$3. Takes 2 minutes.

INGREDIENTS

- 1 cup distilled white vinegar
- 1 cup distilled water
- 15 drops tea tree essential oil
- 10 drops lemon essential oil (optional, adds a clean scent/cuts grease)
- A clean 16 oz glass or BPA-free spray bottle

HOW TO MAKE IT

Pour everything into the bottle. Put the lid on. Shake gently before each use. That's it.

USE IT ON

Countertops, stovetops, bathroom surfaces, outside of appliances, sinks.

SKIP IT ON

Natural stone (marble, granite): vinegar is too acidic. Use plain castile soap and water instead.

This is not a miracle. It's just simple, it works, and you know every single thing that is in it. I use it every day. Tea tree oil has long been used in simple, natural cleaning routines for its cleansing qualities, while lemon oil helps freshen surfaces and cut through grease naturally.



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Your Weekend Swap List

THREE THINGS TO RETIRE

When they run out, or right now if you're ready:

- ☐ Bleach-based all-purpose spray
- ☐ Any cleaner with "fragrance" or "parfum" in the ingredient list
- ☐ Antibacterial dish soap or hand soap

EASY SWAPS THIS WEEK

Budget options:

- ☐ Distilled white vinegar (big jug, any grocery store)
- ☐ Tea tree essential oil (100% pure, clearly labeled ingredients)
- ☐ Seventh Generation Dish Soap Free and Clear

STEP-UP OPTIONS (when you're ready):

- ☐ Branch Basics Concentrate
- ☐ Seventh Generation All-Purpose Free and Clear
- ☐ Dr. Bronner's Unscented Castile Soap

Can't find these exact products locally? Focus on the ingredient standards listed above and choose the closest available option.

Your personalized swap plan:



What's Next

YOU'RE ALREADY AHEAD

If your cleaning cabinet feels lighter now, wait until you see what's happening in your kitchen.

The Fresh Earth Kitchen Guide walks you through the every day food products, cookware, and storage habits worth a second look, with the same no-overwhelm, budget-first approach you just experienced here.

The Fresh Earth Kitchen Guide
3 Simple Swaps for What Touches Your Family's Food
Coming soon.

KEEP GOING AT YOUR OWN PACE

There's no timeline here. No test. No one is watching.

The whole point of Fresh Earth Life is that you get to move at whatever pace actually works for your life.

REMEMBER:

- This doesn't have to be expensive.
- You don't have to do everything.
- Just start with the one you use most.



WANT MORE HELP?

I'm here when you're ready.

Sometimes you just want someone to look at your specific situation and help you with exactly where to start. That's what 1:1 coaching is for.

Book a call with Fresh Earth Life and let's talk about what's going on in your home:
calendly.com/freshearthlifecoaching

Or reach me directly at hello@FreshEarthLife.com



Rooting for you always,

A stylized line drawing of a flower above the name 'Cristina' written in a cursive script.

Follow along for more simple swaps.

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