

For a long time, I have wanted to write a newsletter to provide information to my clients about home cleaning and recipes for cleaning. I am surprised at how much basic knowledge of our grandmothers has been lost over the years of television commercials and clever marketing techniques. Today, many of us don't know what Borax and Washing Soda are and why our grandmothers used these products. We may have made life simpler by buying ready-made products but we've lost some knowledge in the process. This newsletter will hopefully give us back that information, bring it into our homes again and make it common knowledge.

Due to requests for information on carpet stains, this first newsletter deals with carpet cleaning.

All the Best in Health, Allison Sletcher.



Earth Concerns Newsletter

Volume 1

CARPET CLEANING

RULE 1 **SPEED!**

Cleaning the stain while it is still fresh makes cleaning easier. This rule becomes more important with spills that bleach out the color out of your rug. eg. dog urine

RULE 2 **TEST**

Test all carpet and upholstery cleaners/stain removers (including commercial brands and environmental products) on a hidden area of the rug or carpet for color fastness.

RULE 3 **MAINTAIN!**

Once a year steam cleaning is highly recommended with the use of non toxic soap. eg. NATURE CLEAN's Carpet & Upholstery Cleaner. The high temperature of steam cleaning kills dust mites, fleas, and other organisms. Earth Concerns Cleaning does not provide carpet cleaning as a service. Toronto is still in need of carpet cleaning businesses that use non-toxic products. When renting steam cleaning machines, try using Nature Clean's Carpet Cleaner instead of products provided. Try 1 cup of Nature Clean product for the 4 gallon tank of water and watch for over-foaming. Reduce amount of product if foaming is a problem.

been implicated in a study of the high incidence of cancer found in women working in the home.

All the ingredients listed are considered hazardous waste: chlorinated materials form other compounds that break down slowly in the ecosystem and become pollutants stored in the fatty tissue of animals. Petroleum based products are non-renewable resources that are slow to break down in the environment and contaminate air and water.

Reminder: Very little research has been done on chemicals in household cleaners. We have covered some of what is known. There is much more unknown than known about chemicals found in household products and their affect on us. []

UNDERSTANDING INGREDIENTS:

BAKING SODA

absorbs odors, cleans and gently scours.

BORAX

kills mold, disinfects and deodorizes. Because borax is caustic, wear gloves while handling. Consumed orally in large doses Borax is toxic and lethal. Keep out of reach of children.

CITRUS PEEL

is a natural solvent, flea deterrent, and cleaner. Linalool and d-limonene found in citrus peel is responsible for killing the flea in all stages from egg to adult.

LEMON JUICE

an acidic cleaner that cuts grease, tarnish, dirt, mineral buildup and freshens air.

SALT

is colorfast while absorbing stains and inhibiting bacterial growth.

Vegetable-Oil-Based Liquid SOAP

a simple, safe soap that biodegrade quickly. without phosphates, dyes, scents and unnecessary harmful ingredients.

VINEGAR

white vinegar is an acidic cleaner that cleans alkaline dirt, preventing mineral deposits, rust stains and cleaning coffee and tea spills.

WASHING SODA

cuts grease, oils, and dirt. Because washing soda removes natural skin oils, wear gloves while handling to avoid skin irritation.

ZEOLITE POWDER

100% non toxic natural absorber of chemicals, smoke and pollutants. Because it is a negatively charged mineral in its native state, it naturally absorbs pollutants.

WHAT TO AVOID:

COMMERCIAL SPOT REMOVERS may contain:

p-hydroxybenzoic acid, oxalic acid, naphtha, benzene, perchloroethylene or trichloroethylene, sodium hypochlorite, hydrofluoric acid, aromatic petroleum solvents, aliphatic hydrocarbons, chlorinated hydrocarbons, other petroleum hydrocarbons.

COMMERCIAL CARPET CLEANERS may contain:

ammonia, perchloroethylene, naphthalene.



WHY:

All the ingredients above are harmful to health and the environment. Some are carcinogenic, suspected of being carcinogenic, neurotoxic, central nervous system depressants, build up in fatty tissues, cause respiratory, kidney and liver distress.

Neurotoxins and central nervous system depressants, such as Naphtha, Naphthalene, and Perchloroethylene, cause headaches, confusion, inability to concentrate, and symptoms associated with mental illness. Ammonia, Benzene, Chlorine, Perchloroethylene have



Earth Concerns CARPET STAINS

All Purpose Stain Remover

CLUB SODA
Rub into stain and clean up with sponge.

Basic Salt & Vinegar

Blend 1/8 cup SALT & 1/4 cup VINEGAR in a bowl. Rub on with sponge. Let dry and vacuum.

Basic Soap & Vinegar

Put 1 teaspoon vegetable-oil-based liquid SOAP (Nature Clean All Purpose Cleaning Lotion) 1/4 cup VINEGAR, and 1/2 cup WATER in a jar. Shake well and rub into rug with sponge.

Basic Vinegar

Mix 1 part VINEGAR to 1 part WATER and rub into spot with a sponge. Rinse well with water.

Disinfectant

Mix 1 cup CORNMEAL, 1 cup BORAX, and 1/2 cup BAKING SODA. Sprinkle over area and rub in with cloth. Let sit for few hours or overnight, then vacuum.

Coffee Stains

Rub CLUB SODA into stain. Sprinkle with SALT. Let rest for minutes, rinse with damp sponge.

Colorfast Cleaner

Put in bowl 1/4 cup SALT, 1/4 cup BORAX, 1/4 cup VINEGAR and blend to paste. Rub paste into carpet stain and leave for hours. Vacuum thoroughly.

Foam Cleaner

Whip 1/4 cup vegetable-oil-based liquid SOAP (Nature Clean All Purpose Cleaning Lotion) with 3 Tablespoons or more WATER in a bowl with an egg beater. Rub the foam into spot. Rinse well.

Mud on Rug

Rub SALT on the mud. Let rest for an hour, then vacuum well.

Nature Clean Product

Ready made, easy to apply. Comes with application brush and full instructions.

Odor Absorber

BAKING SODA (or ZEOLITE powder) sprinkled over stain or entire rug. Let sit overnight and vacuum. Good for perfume and chemical spills.

Wet & Messy

Absorb with CORN STARCH or CORNMEAL. Pour on stain and let rest before vacuuming.

Earth Concerns Cleaning Service

environmentally safe
non-toxic
allergy free



Bonded & Insured
Quality & Reliability
References Available

(416) 535-9397

Resources/References:

- Check Properties for Environmental Contamination by Hank Goldberg. Orlando Business Journal Feb 4'94 p30.
- Clean and Green by Annie Berthold-Bond. Clean Your House Safely & Effectively without Harmful Chemicals by Randy Goldberg.
- Danger Zone by Robin Harvey. The Toronto Star May 13'96 p.C1.
- Nontoxic, Natural & Earthwise by Debra Lynn Dadd.
- Poisoning Our Children by Nancy Sokol Green.
- Sustaining the Earth by Debra Lynn Dadd.

Quick Reference Guide: applies to clothes as well as carpets. Don't forget to test in a hidden area before using.

Berries: VINEGAR or SODA WATER.

Blood: CLUB SODA.
CORNSTARCH & WATER paste.
CORNMEAL & WATER paste.

Butter: WASHING SODA & WATER past.

Chewing Gum: Freeze with ICE.

Chocolate: BORAX & WATER paste.
WASHING SODA & WATER paste.

Coffee & Tea: VINEGAR & WATER solution.
CLUB SODA.

Food: CLUB SODA.

General: Soak in MILK & VINEGAR.

General: 1 part VEGETABLE GLYCERIN to 2 parts Veg-oil-based SOAP (Nature Clean All Purpose Lotion). BORAX & VINEGAR paste. WASHING SODA & WATER paste.

Grass: VINEGAR.

Grease: Absorb with CORNMEAL, BORAX SALT, or CORNSTARCH. Pure POTATO BROTH. WASHING SODA & WATER paste.

Ink: LEMON JUICE.
MILK, VINEGAR & CORNSTARCH solution.

Lipstick: WASHING SODA & WATER paste

Mold & Mildew: BORAX & WATER paste. VINEGAR & WATER solution. Rub with LEMON JUICE & SALT.

Mustard: VEGETABLE GLYCERINE.

Paint: WASHING SODA & WATER solution. MILK
Hot VINEGAR

Red Wine: see Berries!
WHITE WINE

Rust: LEMON JUICE
LEMON JUICE & SALT paste.

Wax (crayon): WASHING SODA & WATER paste.