

Detox Your World

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Detox your home during the credit crunch

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Let's face it -- when all around people are tightening their belts as the credit crunch bites, saving the planet is usually the last thing on people's minds. Is it possible to detox our home, go eco and save some cash in the process? I believe you can have your natural green cake and eat it (albeit imperfectly). It's the much quoted 'small change big difference' approach.

It may surprise you to know that the average home is more polluted than a busy street corner! So a good way to start reducing your carbon footprint and improve your health is to rid your home (and yourself) of synthetic chemicals. The great news is you'll save an awful lot of money too.

Most of us go off to the supermarket, spend a huge amount of money yet come back with little to eat; we have a trolley full of laundry detergents, fabric softeners, air fresheners and cleaning products for every different type of surface. I reckon it is possible to cut that shopping bill dramatically simply by getting out the lemons, bicarbonate of soda, some antibacterial tea tree oil, a microfibre cloth and of course a good dose of elbow grease -- the one crucially important ingredient that's been phased out over the years!

No-one ever throws away a lemon in my house, after it's thoroughly used up for juices, salad dressing etc., the mankiest bit of lemon will still shine a ceramic surface better than any commercial product. I also recommend lemon as a deodorant in an emergency but we'll save that one for another time! You can also use half a lemon or grapefruit as a kind of scouring mitt. Just add some household salt and scrub those grimy marks around the bathtub (or is that only in my house?) and lemon rind works well in the dishwasher to shine cutlery.

A great place to start reducing your carbon footprint is to ditch the commercial air fresheners, particularly those very scary plug-in ones that release synthetic chemicals and have been proven to cause headaches and irritability. Get yourself a plant spray and half fill it with water, add one or two drops of your favourite essential oil; tea tree or eucalyptus will smell fresh, lemon or grapefruit smell really 'zingy', and spritz around to your heart's content. If you need to remove odours from a room caused by smoking or re-decorating (I won't nag you about eco paints right now but yes they're essential if not cheap), then leave a ceramic bowl of bicarbonate of soda in the room and it will neutralise the odour. Similarly, if you have smelly feet (sorry for that thought), a sprinkling of bicarbonate of soda in your shoe will do the trick -- and it helps to wash your socks.

Talking about laundry products, it's really easy to tick the green box and save a huge amount of money too. I've been talking 'balls and nuts' for a while now and in case you're not yet in the know, that's laundry balls and soapnuts.

[Soapnuts](#) are amazing wonders of nature. They're technically berries and come



from the Sapindus Mukorossi tree and have been used in India and Nepal for washing for thousands of years. You simply put five or six soapnut shells into a little muslin bag or thin sock and put it straight into the drum. When they come into contact with water they create saponin (soap). You can try many natural products from [Janeysnaturalstore](http://Janeysnaturalstore.com).

About Janey

Janey Lee Grace is the author of Imperfectly Natural Woman, and runs a website and thriving holistic living forum at www.imperfectlynatural.com

