

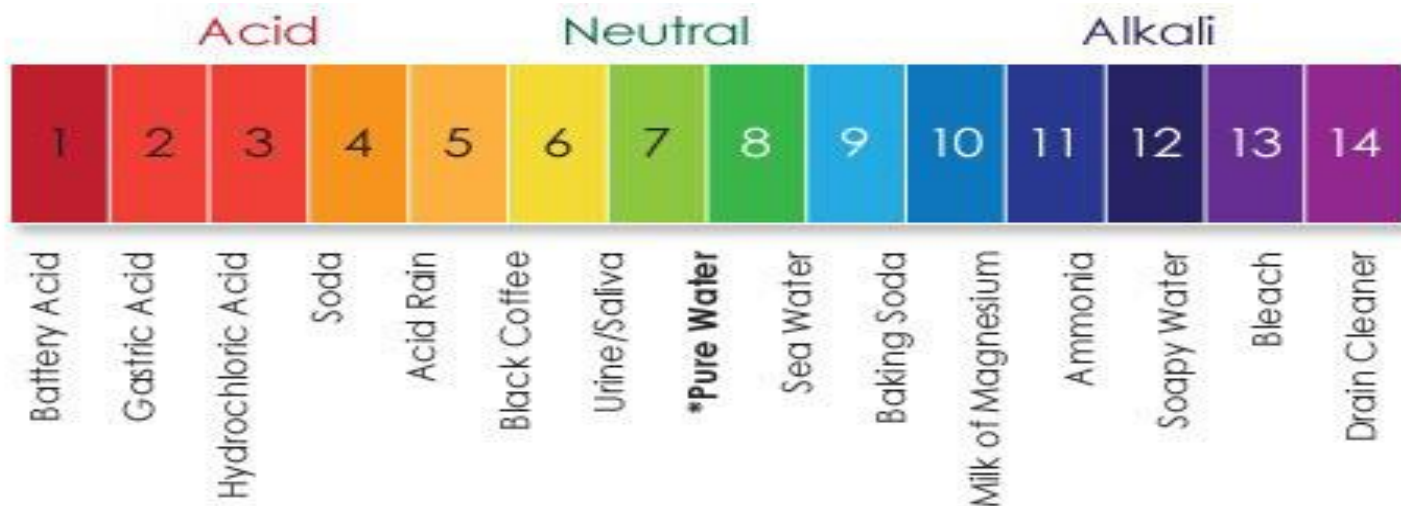
Cheap Natural Cleaners That Work!

By Renee Lea-Currie, Ph.D.

October 3, 2015



A recent study announced this week shed light on how the environmental factors can make losing weight harder. Synthetic scents and chemicals in many household cleaners, soaps and detergents are a major source of respiratory, skin reactions but also now weight loss problems as well. No one wants to sabotage making better eating choices by slathering our bodies and homes in synthetic chemicals that fuel frustrations with our health. For many centuries natural cleaners have been known and are effective in keeping a house clean and bodies smelling pleasant without harmful chemicals that cost more than they should. Baking soda, washing soda (made from plant ash and limestone), lemon juice and vinegar are effective cleaning agents that cost little and work better than toxic commercial products. They have all been scientifically proven to kill bacteria and viruses. Many people also do not realize Original Milk of Magnesia (magnesium hydroxide) makes a great cheap natural deodorant due its ability to kill odor causing bacteria in armpits and feet. Salt is a natural abrasive that helps clean dishes and bathrooms with almost no scrubbing. Add the power of baking soda and Oxyclean Free (solid peroxide) and you have a cheap effective Power Powder Cleaner (PPC) for dishes, cleaning bathrooms and laundry booster. God has given us the knowledge of ways to stay hygienic, but we must now re-learn these methods to live well and share the good news of his return (and be good stewards).



	Baking Soda	Washing Soda
--	--------------------	---------------------

Chemical Name	Sodium Bicarbonate	Sodium Carbonate
Chemical Formula	NaHCO ₃	Na ₂ CO ₃
pH	8.1	11.0
Cost	\$0.50 per lb.	\$1.75-2.50 per lb.
Appearance	Clumpy, powdery	Grainy, dull color
Safe to consume	Yes	No
Cosmetic uses	Whiten teeth, deodorant,	Clothes dyeing
Medical uses	Antacid	---
Household uses	Cleaning, Room deodorizer, Odor absorber in refrigerators and freezers, fruit/veggie wash	Water softener, laundry detergent for stubborn stains
Safe for the environment	Yes	Yes

U S E B O H M C A Q R E R D L	acidic
D O D A Z X W Z A H B V E K S	alkaline
A D R Z L K H H M W M O Z D E	ammonia
A I S E N G A M F O K L I M S	bacteria
X U A Z S F A R A D H W R W U	baking soda
R M Q D S O E I I F I A O Z R	basic
V C L E O Y D S N E O T D A I	basic
I A S E A S E A N O B E O S V	deodorizer
N R R R M A G I A A M R E X N	disease
E B P O S O L N S S Y M D E H	lemon
G O D E D A N I I X H V A Y V	love
A N I Q K O C N D K T L A S P	milk of magnesia
R A L L O X P R E L A C S H P	odor
K T A C I D I C W L A B A Q U	pH scale
R E B A C T E R I A J T Z L Z	prayer
	salt
	soda ash
	sodium bicarbonate
	sodium carbonate
	super washing soda
	vinegar
	viruses
	water

How to turn baking soda into washing soda

Place in glass dish and bake at 400 for 1 hour. Stir occasionally. That's It! ©