

8. To brighten colored clothing

- Add 1 cup vinegar to the water along with your detergent.
- Wash as normal

9. Room deodorizer

- Add some 70% alcohol to a spray bottle
- Add a few drops of your favorite essential oil.
- Shake and spray. Smells so nice! I like peppermint or tea tree oil to give the room a fresh smell.

10. Stainless steel cleaner

- Add 1 TBSP Borax and 3 squirts of dish detergent to a sink of water.
- Wash as normal and rinse. It will leave a shine on all your stainless steel pots & pans and countertops.

11. Carpet/Upholstery stain cleaner

- Spray the stubborn stain with 100% vinegar from your spray bottle. Allow to set for 1-2 minutes.
- Add 2 TBSP Borax to 1 cup hot water.
- Dip a nail or cleaning brush in the Borax/water solution and rub over the stain. Once dry, the stain will be gone without pesky light patches. Great for crayon and potty training accidents.

The Take Back Tour is a health ministry which features inspirational, practical tips for healthy shopping, kid approved real recipes (KARR), free sample links and coupon downloads to help us support those companies that provide REAL foods.

To sign up to receive these weekly inspirational real-world tips on healthy shopping and eating (on a budget), contact me at takebacktour@yahoo.com or leave a message at (336) 343-7175.

THE TAKE BACK TOUR FEATURES:

So Free Sundays Soda Free

NFF Mondays No Fake Food

Take Back Tuesdays

Water time Wednesdays

3M's Thursdays Make Mine Meatless

TGIF Fridays

Thank God I'm Free [from guilt when I slip up]

Friendship Fridays

Wellness Walk (annual spring event)

KARR= Kid Approved Real Recipes

Take Back Your Health Grocery Shopping Tours

Freebies & coupons

Beauty Secrets of the Bible workshops

Money saving health tips

Take the Royal Challenge

Renee Lea-Currie has a Ph.D. in Nutrition from UNC-Greensboro and is the Director of Cell Biology for Zen-Bio, Inc in Research Triangle Park, NC. Renee is also the Health Leader for Philadelphia Seventh Day Adventist Church, 629 Cameron St. Burlington, NC and a founding member of the Healthy Alamance Faith Based Initiative Task Force.



Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith
A Health Ministry of the Philadelphia 7th Day
Adventist Church, Burlington, NC

TAKE BACK the GREEN

Cheap, natural cleaning recipes that work!

By Dr. Renee Lea-Currie

<http://www.thetakebacktour.com/>

June 2008 By Dr. Renee Lea-Currie

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Take back the GREEN in your life. By using all natural products in our homes, we save the environment. If you have small children or are sensitive to all the highly scented, expensive products in stores, these are great. An added bonus is that these products are dirt cheap and save us money **GREEN**.

Here are some of my favorite recipes for cleaning **GREEN** and saving **GREEN**. Please pass these along to your friends and family.

YOU WILL NEED:

spray bottles (check the \$1 section of many stores)

isopropyl alcohol * (70% white alcohol in the first aid section)

baking soda (store brand is ok)

white distilled vinegar (store brand is ok)

bleach (store brand is ok)

table salt (with or without iodine; store brand is ok)

Borax in the laundry aisle (DO NOT USE IN EYES or YOU WILL BECOME BLIND!)

This is a different grade of sodium tetraborate that is not suitable for ocular use)

earth friendly **dishwashing liquid**

(BioKleen, Seventh Generation, ECOS, Method, Dr Bronner's liquid castile soap)

Spray bottles from the travel size items section

* NOTE: Some isopropyl alcohol is not considered an environmentally friendly GREEN product. It is a by-product of petroleum. Some are made from grain. Check the label.

1. **Bathroom stain cleaner**

Add your favorite liquid soap (1-2 squirts) to a dish of warm water.

- Dip your cleaning cloth of sponge into the soapy water.
- Remove and squeeze out water. Add a generous amount of table salt to the cloth and rub stubborn bathroom tub stains. It comes off EASILY and QUICKLY.
- Alternately you can add salt to your tub or sink, then rub away with a wet warm to hot cloth. It leaves a great shine to your bathrooms.

2. **Liquid laundry softener recipe**

(this was submitted by the yahoo user group Mom's Time Out Corner)

- 1 cup white vinegar
- 1 cup baking soda
- 2 cups water
- Pour over a sink slowly into a bottle as the vinegar (acid) and the baking soda (base) will fizz. Kids love making this.
- You can reuse an empty liquid fabric softener bottle and double the recipe.
- Cover and shake to mix.
- Use 1/4-1/2 cup in your laundry's final rinse cycle for a cheap GREEN saving environmentally friendly fabric softener. Don't forget to shake to mix just before using. THIS WORKS GREAT!

3. **Window cleaner**

- 1 cup isopropyl alcohol
- 1 cup water
- 1-2 tablespoons white vinegar
- Mix and store in a spray bottle. Use as you would any window cleaner

4. **Quick kitchen cleaner** (kid and food friendly)

- Place some white vinegar in a spray bottle.
- Use to spray and disinfect kitchen counters, tables, high chair trays, etc. The smell goes away once it dries. It is also food and kid safe.
- Spray directly on your hands then wash with your favorite soap. Works great to remove garlic/onion smells.

5. **Easy Peasy Fruit/Veggie Wash**

- Add fruits or vegetables to equal amounts white vinegar and water.
- Soak 5-10 minutes, then rinse with water.

6. **Renee's Pick Fruit/Veggie Wash**

- Add 5 squirts of a natural earth friendly dishwashing liquid (ECOS, BioKleen, Seventh Generation, Method, Dr Bronner's liquid soap to an empty container
- Add to 3/4 cup White distilled vinegar
- Add 3/4 cup Water
- Shake to mix. Soak and wash fruits/veggies for 5 minutes.
- Rinse with water.

7. **Disinfectant spray**

- Add 70% isopropyl alcohol to a spray bottle.
- Use to disinfect door knobs, toys, etc. It is a great substitute for expensive disinfectant sprays. 70% alcohol can kill viruses, bacteria, molds and fungi.