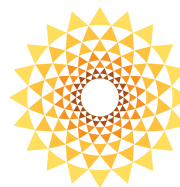


Anticancer Environment

NONTOXIC DIY CLEANING RECIPES



Anticancer
LIFESTYLE PROGRAM®

KITCHEN

Dish Soap

1 part Castile soap/10 parts water
Mix together

Glass Stovetop Cleaner

1 part water/1 part vinegar
Let sit 10 minutes, wash with general cleaner, rinse

Oven Cleaner

1 cup baking soda
Add enough water to make a loose paste
Spread around, let sit overnight
Wipe clean and rinse. Do not get down cracks
*For extreme cases, add ¼ cup washing soda

Burnt Pots and Pans

¼ cup baking soda
Boiling water
Let sit overnight
Lightly scrub and wash with dish soap

LAUNDRY

Laundry Detergent

1 cup Castile soap
¼ cup washing soda
Mix to one-gallon water
Use ¼ cup at a time
Pre-soak for dirtier items

Fabric Softener

¼ cup of white vinegar in rinse cycle
(never mix with bleach)

Static Cling

Use wool dryer balls or
Don't over-dry, use lower heat or
Hang dry

Castile soap is a vegetable oil-based soap originating from Castile, Spain. It's gentle yet effective.

GENERAL TIPS

Always Rinse
Use protective clothing and gloves
Mark bottles with ingredients
Store in safe places

BATHROOM

Toilet Bowl Cleaner

Pour 2-4 cups white vinegar into toilet bowl
Let sit 3 hours or longer
Scrub with brush, flush

Scouring Powder

¼ cup baking soda
1 teaspoon salt
For a paste: add 1 tablespoon Castile soap

Soap Scum

1 part vinegar/1 part water
Let sit a bit if possible
Rinse

GENERAL PURPOSE

All Purpose Spray Cleaner

¼ cup Castile soap to 1 quart water
Mix in spray bottle, rinse after cleaning
*Add more Castile soap for greasier jobs

Drain Cleaner

Remove stopper
First, attempt to pull out any hair or clog with long wire that is hooked at the end.
Pour ½ cup baking soda down the drain
Follow with ½ cup vinegar
Let fizz for at least 15 minutes
Follow with very hot water
Use plunger or snake if needed

Window/Glass/Mirror Cleaner

1 part vinegar/4 parts water
Spray and wipe clean

Floors

¼ cup Castile soap in bucket of warm water, rinse

Sanitizer/Disinfectant

70% Isopropyl Alcohol
Leave on for 1-5 minutes
Rinse