

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Eco-friendly spring cleaning

This year homeowners can do their spring cleaning with safer, time-tested ingredients they already have in their cupboards and closets, while avoiding toxic products that cause indoor air pollution, endanger children and disrupt the environment.

The typical home contains 3-10 gallons of hazardous materials, and uses and stores more than 60 hazardous household products.

Toxic chemicals are found in such ubiquitous products as glass cleaners, metal polishes and toilet bowl cleaners.

Health effects of ingredients in common household products include respiratory problems, eye irritation, cancer and disruption of the endocrine system.

Fortunately, most homeowners already have safer ingredients in their homes that can be used to make simple, economical and effective cleaners. Ingredients such as vinegar, baking soda, salt and lemon juice are found in most homes and have been proven effective as cleaning ingredients for generations.

Home cleaning recipes such as those found at www.blisstree.com can reduce environmental impacts associated with the manufacture, packaging and shipment of commercial products. In addition, home cleaning recipes use ingredients which are safe to buy in bulk, are greatly reduced in price compared to “conventional” cleaning products, and ounce-for-ounce go a lot farther than commercial products. For example, it only takes a half-cup of vinegar to make a quart of simple, all-purpose cleaner.

Cleaning to protect the environment and your health is a noble undertaking that your body and your children will one day thank you for. We all need to do our part to stop the use of toxic products that harm our bodies and pollute our air and water.