Natural Environmentally-Friendly Household Cleaners

Many people use a vast array of chemical-laden household cleaners and products around the home on a daily basis.What they may not be aware of is the fact that many of these chemicals can be damaging to their health when inhaled. Apart from the inhalation aspect, skin irritations often occur when coming into contact with many chemical cleaners. Many disinfectants contain phenol (aka carbolic acid) or cresol. These can attack the central nervous system, liver, kidneys, spleen, and pancreas. How can adding a load of chemicals to your home environment be good for your health and cleanliness. They may kill off the germs, sure, but human beings are gradually going to kill themselves off too, if they continue in this way. Many people aim to keep their homes a germ-free environment, but if our homes are kept so germ-free that our immune systems no longer have to work as hard, we run the risk of weakening our immune systems.Another chemical-laden (and one of the most dangerously toxic of all) household product is oven cleaner. I have never personally used the stuff, as I remember the fumes when my mother used it when I was a child, and that alone was enough to put me off for life! How right I was. Many oven cleaners release fumes which may affect the respiratory system, and contain ammonia and lye, which eat the skin. I prefer to use baking soda and water, sprinkled inside the oven and left overnight. In the morning a good scrub finishes it off a treat. It does a wonderful job. Also you don't get any chemical residue odour the next time you use the oven.Many artificial air fresheners release nerve-deadening agents, which can interfere with your sense of smell. Natural aromatherapy oils would be a much safer bet.In a time when respiratory illnesses such as asthma are at an all-time high, we should be looking to a more natural and gentle way of keeping our homes clean.



Using all-natural, non-toxic cleaning products around the home is the best defence against dirt and grime, while keeping our bodies healthy, being kind to the environment, and not tested on animals. Everyone's a winner.Many companies claim their products are 'natural' but it's best to check the labels, as they may only contain a few natural ingredients while still being laden Visit website with chemicals.Buying from a well-known ethical, cruelty-free company is the best way to go. Then, not only should their products be natural, safe and non-toxic, they should also be environmentally-friendly and not tested on animals.