Cleaning “Green”

Toxicity. Do we really know what this means? Can you even say it ten times really fast? What ever it is we know it has become a way of life.It is a fact that we are exposed daily to an incredible array of toxins in our normal lives. They are “toxins” and each one has a certain degree of toxicity to it. Toxicity can be determined in a variety of ways.With an interest in a sparkling house you need to know a little bit about it to protect yourself, your family and anyone else whose house you clean.The next question then becomes how can you respond and what can you do?Well, you can do a lot as a dedicated house cleaner. First, limit your exposure. Read labels carefully. Use nontoxic cleaning products. Avoid using indoor pesticides.Secondly, limit the exposure of the people around you. Happily for you and your house there are plenty of effective, earth-safe cleaners that you can buy or make. Borax mixed with lemon juice will take out toilet-bowl stains. White vinegar is useful for disinfecting bathrooms and kitchens. Bon Ami, a borax-based powder cleanser sold in supermarkets and hardware stores for more than 50 years, safely cleans pots, pans, sinks, oven interiors along with other corroded surfaces.Using these alternatives will reduce the toxic load in your house and beyond. Using environmentally friendly cleaners will also safeguard your health and that of the community. It reduces air, water and ground pollution in the big picture.So why isn’t everyone doing it? The reality is, few people actually check labels. Start now. Take time to read the lable. Distinguish yourself as a “green cleaner.” You can start a trend. You can actually become a product toxicity home specialist.The first thing to know is that not all “green” products are created equal. Again, read. Catch the ones that have been prettied up with essential oils. Check labels for irritating chemicals such as chlorine, ammonia and artificial fragrances and dyes.Many people who “think green” are just ***Helpful resources*** now applying their philosophy to the dirt at hand. “Eco-friendly cleaning and laundry products are the next frontier of environmentalism,” says Marci Zaroff, former publisher of Macrocosm and CEO of Under the Canopy, an organic-fabric clothing company. “It’s an inexpensive, easy and effective way to protect our planet and commitment to life.”

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Hose Bros Inc
Address: 38 Comanche Cir, Millsboro, DE 19966, United States
Phone: (302) 945-9470
Website: https://hosebrosinc.com/
Hours: Monday - Sunday 8 AM to 5 PM