



## Eco-Cleaning

### Household tips for you and the environment

Expert Advice from Shefinds.com



Whenever you use chemicals to clean, they leave behind residue that's not good for you or your family. Don't panic, though. There are household cleansers out there that contain no chemicals yet work really well. Plus, there are products that will help you get rid of the yucky, unhealthy residue from the other stuff. Not only are you being good to yourself and your home, but these products are great for the environment.

### Whole House — Allergies Start With Your Floor

Allergy sufferers and the chemically-sensitive alike owe a lot of their problems to the stuff that collects on the floor. For carpets, your best bet is a great vacuum with a good HEPA filter. Dyson's DC15 The Ball All Floors Vacuum is pricey, but worth it. If you don't need an upright, we suggest the goClean canister Wet/Dry Vac. Both are amazingly powerful and the HEPA filter will keep allergens out of your (nose) hair. (Save 10% on both with the coupon TGTSAVE3.)

Though they're not as maligned for holding on to dust and mites, wood, linoleum and tile floors are allergen-breeding culprits as well. Wood floors get the royal treatment from Method's wonderfully almond-scented Wood for Good floor care.

Keep your floors, walls, countertops, tiles, and just about every other surface in the house, meticulously clean and invest in an Advanced Vapor Technologies Ladybug steam cleaning system for both heavy duty and light maintenance cleaning. Using only the natural power of steam (no chemicals, no soaps, no additives) and its amazing attachments, the Ladybug cleans and sanitizes surfaces with a minimum of fuss. It's the ultimate in eco-clean.

After you finish cleaning, keep every room smelling great without blocking your outlets. Bamboo Fragrance Sticks are very trendy at the moment. Place a diffusion set in each room for a long-lasting, light scent.



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### Kitchen and Bath — No Noxious Fumes

It's important to keep a lid on germs in both the kitchen and the bathroom.

Seventh Generation products are made from natural, non-toxic, biodegradable, vegetable-based surfactants and are some of the best for tough cleaning jobs. For heavy duty kitchen stains from stove to counter top, we like the Natural Citrus Cleaner and Degreaser. It uses the power of citrus to cut through tough stains, but doesn't give off the noxious fumes strong chemical cleansers do. In the bathroom, take on your toilet with their Natural Mint Toilet Bowl Cleaner — no acids or caustics here.

When it's time to do the dishes, Seventh Generation's dishwasher detergent and liquid dish soap get the job done effectively and naturally without putting harmful phosphates or chlorine into the water supply.

We also love Method. They also utilize natural surfactants that work by absorbing dirt rather than chemically degrading it. And their design sense can't be beat — when is the last time a dish liquid bottle could pass for abstract art? In the bathroom we like their Tub & Tile cleaner. It will clean hard water stains, soap scum, and even the bleach and ammonia residue other cleansers leave behind. That'll keep it from finding its way onto your skin (yuck).

Method's All Purpose Cleaner is great for quickly cleaning kitchen and bathroom surfaces. It comes in a variety of natural scents to make everything smell as clean as it looks. (We like lavender the best.) If you're sensitive to scents, go with Seventh Generation's Free and Clear All Purpose Cleaner.



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