DO IT YOURSELF CLEANERS

Some manufacturers produce nontoxic cleaners by using natural ingredients that do not release harmful fumes or contain gluten. Their formulas are based on the same tried-and-true ingredients used for generations, and I've found that it's easy enough just to make your own. The formulas are easy to mix, and the ingredients are inexpensive. The only downside is they often require a little more elbow grease.

The following formulas are some of my favorites:

All-Purpose Cleaner

- 1 cup water
- ¼ teaspoon organic, gluten-free liquid dishwashing soap
- 1 tablespoon baking soda
- ½ teaspoon borax

In a spray bottle, mix together the water, dishwashing soap, baking soda, and borax.

All-Purpose Scouring Powder

- 1 cup baking soda
- 10 drops rosemary essential oil

In a can with a perforated lid, mix together the baking soda and rosemary essential oil.

All-Purpose Disinfectant

- 1 cup water
- 2 tablespoons Castile soap
- 1 teaspoon tea tree oil
- 8 drops eucalyptus essential oil

In a spray bottle, mix together the water, Castile soap, tea tree oil, and eucalyptus essential oil.

Glass Cleaner

- 1 cup water
- 1 cup vinegar
- 10 drops lemon essential oil

In a spray bottle, mix together the water, vinegar, and lemon essential oil.

Porcelain Polish

- 2 tablespoons cream of tartar
- ½ cup hydrogen peroxide

In a small bowl, mix together the cream of tartar and hydrogen peroxide.

Wood Floor Cleaner

- 3 tablespoons Castile soap
- ½ cup vinegar
- ½ cup black tea
- 2 gallons water

In a large bucket, mix together the Castile soap, vinegar, tea, and water.

Wood Cabinet Cleaner

- 2 cups water
- 2 tablespoons vinegar
- 1 tablespoon lemon oil

In a squirt bottle, mix together the water, vinegar, and lemon oil.

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