



Natural Remedies

By Lillie Havlik



Going green to clean.

Intoxication is always a component in all diseases. It is imperative that we desintoxicate, but it is easier not to get intoxicated. Two sources of toxins are cosmetics and cleaning products, especially all **parabens**, which produces cancer and it is forbidden in France and Japan, but unfortunately not in the US. So beware.

But there are many other chemicals in all brand name cleaning products that will produce or aggravate symptoms like urticaria, sinus infections, digestive disorders, hormone and chemical disorders and organ dysfunctions.

Just like the cleanest house is not the one that is cleaned the most but the one that doesn't get dirty as much, so our bodies are the healthiest and cleanest from toxins the less you are exposed to them. By all means avoid bleach (cancerigen) and all brand cleaning products.

After cleaning for 2 days with chemicals, you feel it in your bones, muscles and skin, You will feel nothing with this products. So here are some ideas on how to substitute them for more innocuous choices.

○ For WINDOWS AND MIRRORS.

Mix Vinegar, rubbing Alcohol, and lemon juice. Much better for your skin than Windex.

○ BATHROOMS, GROUT AND CERAMIC TILE. Mix Vinegar and Baking soda and use a brush. you can also use that hot steamer as advertised on TV.

○ INK ON CLOTHES. denaturalized alcohol, then wash

○ CARPET. Just laundry detergent, in your carpet shampooer. It will smell better too.

○ URINE and PET ODOR on CARPET. Mix vinegar (no water), rubbing alcohol, detergent, and a little baking soda. Or spread the baking soda on the carpet before shampooing, it will get both spots and odor. If the odor comes back just spray vinegar with baking soda.

○ KEYBOARDS, COMPUTERS DEVICES. Use rubbing alcohol.

○ MOLD, MILDEW on hard plank. Use a power washer. For small areas just detergent and a brush. Vinegar and baking soda kill all kinds of fungus too. Just avoid bleach.



Parlez Vous Francais?

Come Practice French on August the 25th, Wednesday, at 6:30 P.M. at Café Express at Market Street. Free group of friends. Email me for more info. LillieHavlik@yahoo.com.

The Universe always thanks you for everything you clean.