

Deb's Cleaning Solutions

Items you will need

Vinegar
Household Ammonia
20 Mule Team Borax
Peroxide 3%
Isopropyl alcohol
Baking Soda
Lint Free Cloths (or if you have coffee filters they are lint free)

Spray Bottle Mixtures

(don't forget to label them with a permanent marker)

"Deb's Best Ever Window & Glass Cleaner Ever Made"

2 cups water
1 cup isopropyl alcohol
2 tsp ammonia

Vinegar

1 cup vinegar
2 cups water

Ammonia

2 table sp ammonia
1 cup water

Borax (20 Mule Team)/

1/2 cup borax
2 cups water

Peroxide

Full strength

Techniques & Uses

Baking Soda Solution

Use like a scouring powder
rub with damp sponge
rinse

Vinegar & Baking Soda Solution

removes film buildup in bathtubs
apply vinegar full strength to a sponge and wipe with vinegar 1st
Next use baking soda as would would scouring powder
rub with damp songe and rinse with clean water

Vinegar

removes most dirt without scrubbing and doesn't leave film

Vinegar & Salt

use the vinegar mixture and sprinkle salt on your sponge or cloth

Categories & Helpful Hints

Drain Cleaner

vinegar
pour 1 cup vinegar in will bubble 15 mi
flush with warm water

Built Up Soap Scum

apply vinegar full strength to a sponge and wipe with vinegar 1st
Next use baking soda as you would your old scouring powder
rub with damp songe and rinse with clean water
or
Vinegar HEATED
spray on and leave 15 min
and
For stubborn stains, use DRY steel wool on dry shower - Do NOT involve
water in using this method

Odors

Boil 1 tbs vinegar with 1 cup water - removes all smells

Windows

use undiluted vinegar - dry with soft cloth

Showers

after shower is clean, rub baby our lemon oil to keep shine and repel water

Porcelain

Borax & Water - make paste, rub well, then rinse

Chrome

use dry fabric softener sheets on a dry fixtuure

To My Family & Friends Who I Care Deeply

Take the Challenge

In my efforts to get rid of anything in my families life that caused health issues for me last weekend, I decided to search and find alternate solutions to the fact that we are using TOXIC chemicals daily to clean the place we live, and breathe which affect you when you use them.

What I found was amazing. With household products that I had in the back of the cupboards, I could clean my house safe, inexpensively, and get RID of all the chemicals taking up space in my cupboards. I also found, all of these products I used are natural disinfectants and will not harm you only make you better.

I started in my bathroom and when I saw how FAST it worked in cleaning with hardly any scrubbing and shined like you would not believe, you could not stop me. I went to the Kitchen next, and same thing

What truly amazed me was when I got to the Rec Room and the sliding glass doors that had not been cleaned for sometime. I cleaned the inside 1st and it went so fast with hardly any scrubbing I was done in minutes. Next step was to see how the outside of the sliding glass would (or should I say how long) it would take. This took all of about 5-10 minutes to clean 5-10 minutes to clean a double glass outside door. And it also shined!

Please take the challenge. You will feel better, your house will shine like never before, you will save tons of money, and you will rid yourself of all toxic chemicals that can harm you. After you are done with the challenge, throw all of the toxic chemicals in the garbage and share. it with your friends and family.

Deb Miles

"Connect, Conquer, Crusade"

