



Clean House Clean Planet

Karen Logan

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Librarian's note: This ISBN was previously used on another book.

Go green with this rollicking guide to eco-friendly cleaning alternatives that will help you save your health, your money, and your planet.

How many times have you said you're killing yourself trying to keep your house clean? You might have been joking, but you're closer to the truth than you think if you're using expensive commercial cleansers. Karen Logan, an environmentalist with years of experience developing and selling her own line of eco-friendly cleaning products, reveals the secret of using simple, ordinary ingredients—like baking soda, vinegar, soap, lemon juice, and salt—to make safe, inexpensive cleaners.

For instance, did you know:

- Olive oil is not only good as a salad dressing, but also as a furniture polish.
- Plain club soda works great as a window cleaner.
- You can make your copper-bottomed pots sparkle with just lemon juice and salt.
- Ordinary liquid soap and water will clean up those ants marching through your kitchen.

Clean House Clean Planet Details

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From Reader Review Clean House Clean Planet for online ebook

Lisa says

This book has some great recipes for homemade cleaning products, but it is rather confusingly organized. There is a lot of flipping back and forth - the author often refers the reader to other sections of the book for recipes. Also, while I like the quirky names for the cleaning products, the sheer number is a little overwhelming, especially since several of the recipes are nearly identical, except for the scent. But the two recipes I have tried - Go Spot Go stain remover and More Bubbles, Please bubble solution - thus far have worked like a charm.

Monique says

Useful, although I could have gotten what I need from this book in a few pages stapled together. I think it's overkill with too many recipes for the same purposes, but I suppose they had to have enough content to justify a whole book. It's out-of-date, the website to buy the containers is no longer up. I have been using vinegar, baking soda, and Bronner's soap on and off to clean for a few years, but never had 'recipes' before. I've made the Earth Scrub and I love it, and the squeegee seems to be making a big difference in my shower. I tried the vanilla extract on cotton ball air freshener and it didn't work at all (or maybe I was too stingy with my vanilla). I'm going to make a few other recipes (scented baking soda, club soda for glass, all purpose spray).

Marek says

If you want to get rid of all the toxic chemicals in your home from cleaners and find something safer, this is a great place to start. There are simple recipes that you can create all on your own, and they are safe enough for your little one to use, too! The two main ingredients are distilled white vinegar and baking soda. I hate the smell of vinegar, so there are some great scented vinegars and baking sodas you can use. I love this book and the recipes totally work great! Get rid of all the crap in your home and make it safer and greener!

Kerri says

I've made the toilet bowl cleaner-added a little too much vinegar and made a bit of a volcano, but worked pretty well. Have also used the club soda as window/mirror cleaner-works great! Easy to read, easy instructions to read and follow. Love that all the ingredients are simple, easy to find and inexpensive. Great resource! Will be trying more recipes.

Sleeping with Ghosts says

Me encantaría tenerlo, la limpieza es algo que me encanta por más que me deje de cama.

Carrie says

I love this book! There are lots of recipes for cleaning solutions that don't use harmful chemicals; all are rated to let you know the effectiveness. I highly recommend this book, and Alice's Wonder Spray in particular.

Rebecca says

This book isn't always easy to find, but it WAS easy to read. I learned so much about my household cleaners and it completely changed the way I do housework. Ironically, it has saved us money (not the reason I changed). I just wanted a healthier alternative and the noxious cleaners I found on sale everywhere gave me headaches or made me physically ill. If you want a clean but safe house for yourself, your children, your grandchildren, your pets - this is the book for you! As a bonus, it's made my cleaning a lot easier. It seems odd that cleaning with less toxic stuff would be easier, but it is. So I find myself cleaning a lot more often, since I don't have to dig out the rubber gloves and the gas mask and the radioactive suit... just kidding. If you're tired of waxy Windex, tired of plumbing problems with Drano, tired of nasty sprays and bleach spots on your clothes, tired of cabinets full of poisonous cleaners and calls to Poison Control, read this book!

Laura says

I think the most important thing this book did for me is get me to start really thinking about the impact my cleaning supplies have, not only on the planet, but on my own health. I have completely switched to non-toxic cleaners now, and my house is actually cleaner than when I used grocery-store stuff because I actually get excited about using the things I made. Her recipes are good, and I really like that if her recipe doesn't work as well as the "competition", she comes right out and tells you. It is really up to you to decide whether it's worth it to work a little harder scrubbing (in some cases) or to clean with chemicals. You can make an informed decision. The recipes do actually save me money, too - something I was skeptical about, because really, how often do you buy cleaning products? But all I have to buy for cleaning supplies now is stuff like vinegar and soap. The essential oils could add up if you wanted lots of different scents, but I get by fine with 3 oils (and you probably don't need that many). I highly recommend this book to anyone looking to get into a more environmentally-friendly lifestyle (and if you're not looking to be more environmentally friendly, what's wrong with you??)

Chana says

Great book for safe, non-toxic ways to clean your home. I plan to buy this book for my daughter who is expecting a baby as this is a marvelous way to keep the baby safe from dangerous chemicals and also to save money. It is good for the environment also. While reading this I was inspired to clean both of my bathrooms, the backroom floor and my silver all the non-toxic way. I'm very pleased with the results.

Heather says

Cleaning my shower wasn't very pleasant. Of course, I always put it off so it would take an hour of scrubbing, but unless it was summer and I opened all my doors and windows, the cleaner I was using made my lungs burn, and my eyes a little sore. After one particularly bad instance I felt dizzy after the big scrub, and since I had recently heard someone refer to cleaning using white vinegar, I went on the web in search of alternatives that were closer to my personal belief system.

After finding a lot of websites with great but random uses for vinegar, I also found the name of an eco-friendly cleaning book, so I started surfing Amazon and eventually came upon this little gem. It was touted as the best starter book, so I got it from the library and read it voraciously for a week. When I finished, I knew I wanted to keep it around as a reference, so I bought a copy from Powell's.

There are great recipes in here to cheaply and safely replicate all sorts of common brand-name household products. If you have five things in your arsenal (white vinegar, borax, castile soap, baking soda, lemon juice, and optional essential oils for scenting) you can make almost everything in this book. It's really easy.

The book has a section on the chemicals used in common household cleansers, including which types of cleaners particular chemicals are used for, and the toxic effects they have. I found out that the likely culprit for my burning lungs was hydrochloric and/or phosphoric acids, often used in tub and tile cleaners. "When exposed to these acids, some people feel wheezy, sneezy, or even suffocated by them. Spills and splashes can result in burns, permanent scarring, and even blindness." Yikes!

My favorite recipe is "Alice's Wonder Spray." It's an all-purpose cleaner made from borax, vinegar, castille soap, and warm water. It works just as well at cleaning my shower as the toxic chemical stuff I was using, but instead of getting lungs that burn, I get a breath of fresh air due to the peppermint essential oil I scent it with.

More difficult and obscure cleaning needs are covered as well. There is an oven cleaner (and tips for not getting your oven too dirty to begin with), rust remover, even silver polish, all without chemicals!

At the end of each recipe, the cost is compared to the name-brand of the same type of product. For "Alice's Wonder Spray," the cost of a name-brand all-purpose spray is \$2.69, while this costs 23 cents(!) to make.

Last spring I amazed one of my friends by cleaning out all the nasty coffee stains on the bottom of his sink by just using some baking soda. And if my kitchen starts smelling a little funky, I just set a cup of vinegar on the counter in the evening and by morning it's smelling right as rain again. The way I clean has drastically changed, for the better, because of this book.

Robyn Owens says

Change home cleaning products to safe, environmentally friendly products.

Zethu says

As someone who is new to living alone this book helped me to start off on the right foot. Green and clean. I personally chose this book because I have always found my mother's more homemade solutions to be more effective at making household chores more cheaper and easier. That being said this book added upon those I already knew and now I have the cleanest home among my peers. Not the toughest boast for a guy but I am proud of it! This book is a must-have for anyone looking to make a fresh start in their cleaning style or just looking to build a repertoire of cheaper or environmentally friendly tricks to housework.

Stacey Hoffer says

This was a really great book, full of helpful tips and easy recipes for a natural alternative to harsh cleaning solutions. I especially liked the author's efficacy ratings, which were really helpful in selecting which materials I wanted to purchase first.

After reading *What's Gotten into Us?: Staying Healthy in a Toxic World*, you tend to be a little more mindful about the dangers that certain toxins pose. Day to day choices really can make a difference!

Even if these cleanings solutions weren't environmentally conscious, they're financially conscious-- and some of them are even better than the product on the shelf. It might sound a little strange, but I'm really looking forward to trying out these new cleaning supplies.

Karen says

I give the cleaning recipes in the book 5 stars, the book itself is a clunky rambling 3, but it is well worthwhile. I'm saving money, I'm saving the planet, and, miracle of miracles, I actually enjoy cleaning now.

Erin says

A great reference book for anyone trying to detox their house from hazardous cleaning supplies. The ingredients are cheap and mostly around the house already (baking soda, vinegar, dishsoap, etc.) It offered the simple and easy to implement idea to write the ingredients of your homemade cleanser on the container so that as soon as you run out you can easily make it again (without having to find the book, look it up, etc.)
