

# NEWS FLASH!!

**Toxic Chemicals are found in: Air Fresheners, Scented Laundry Products, Plug-Ins, Candles and Perfumes**



*Studies have shown that:* Laundry products, air fresheners, and scented products emit dozens of different chemicals. Most products tested gave off at least one chemical regulated as toxic or hazardous under federal laws, but none of those chemicals was listed on the product labels.

These chemicals have been linked to:  
***Asthma symptoms, Headaches, Diarrhea, Cancer, Depression, & Earaches***

**Instead, Try Green Alternatives like:**



## GREEN TIPS:

Boil cinnamon or put almond extract, vanilla, lemon or vinegar in water for a fresh scent in the home.



**Commercial air fresheners and products are expensive and often only mask odors instead of eliminating them.**

Here are recipes for cleaning and fresh scent in the home:

**Uses for Lemon:**



For **vacuuming**, squeeze a few drops of fresh lemon into the vacuum bag.

To repel **ants**, pour lemon juice in problem areas.

An equal amount of lemon juice and water added to a spray bottle is an effective **kitchen and bathroom cleaner** and can also be used on walls.

Lemon juice can be used as a general **degreaser**.

**Uses for Vinegar:**

Add  $\frac{1}{4}$  vinegar and  $\frac{3}{4}$  water in a spray bottle to use as an **all purpose cleaner**.

White vinegar poured onto pet urine mishaps on carpets, then blotted up with paper towel will **prevent staining and odor**.

Vinegar sprayed onto mold affected bathroom/shower tiles will **kill the mold**.

Spray vinegar around doorways and other problem areas to **repel ants**.

A small container of white vinegar on the stove **eliminates strong odors** in the kitchen or bathroom.



**Uses for Cinnamon:**



Sprinkle the bottom of a pan with cinnamon and let it warm on the stove (medium heat), to fill your house with the **scent** of baking.

Boil cinnamon in water to make a home made **air freshener**.

**Vanilla:**

A little bottle of vanilla and water in the bathroom can be used as an **air freshener**.



**Baking soda:**

Pour 1 part vinegar and 1 part warm water into a bowl, then add 2 parts baking soda to make a thick paste for **cleaning**. Apply and leave to dry, then scrub off.