



WHERE SISTERS GATHER

Recipe Natural Castille Liquid Hand Soap

Natalie Wise



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The Wellness Mama 5-Step Lifestyle Detox Katie Wells, 2020-02-04 Katie Wells author of The Wellness Mama Cookbook and founder of Wellness Mama finally shares the secret of how she manages six kids a company and a career without sacrificing a healthy lifestyle with this step by step comprehensive guide to clean natural living By following her simple detox plan you'll be able to implement a system for better living by reducing toxic exposure transforming your diet and regaining control over your health Katie provides practical tips for slowly incorporating this rewarding lifestyle into an already busy schedule giving you the option to choose what area of life you'd like to work on first You can detox your body with whole foods and natural medicines clean up your beauty regime with all natural moisturizers cleansers hair products and makeup get rid of toxic household products that include bleach ammonia and acids try a digital detox for you and your family or learn how to de stress by adopting healthier sleeping habits and finding time for yourself The Wellness Mama 5 Step Lifestyle Detox is the natural answer to matters of home nutrition and motherhood with over 150 homemade versions of essential household and personal products like Citrus Fresh All Purpose Cleaner Unscented Liquid Laundry Detergent Lavender and Honey Face Wash Mineral Foundation Lemon Cinnamon Cough Syrup Chamomile Calming Balm

Homemade Cleaners Mandy O'Brien, Dionna Ford, 2014-01-07 A comprehensive guide to natural cleaners that completely disinfect polish and freshen without the dangerous toxins Toxic chemicals are found in almost all commercial cleaners the very products people buy to make their homes hygienic and healthy The recipes in Homemade Cleaners use common affordable ingredients that not only get every room in the house sparkling and germ free but are also safe for families and the environment The green cleaners in this invaluable guide are all that is needed to keep a purified home without using harsh chemicals that can cause everything from skin irritation to central nervous system damage Using nontoxic materials like vinegar baking soda and even vodka Homemade Cleaners focuses on every floor wall window and

appliance and includes methods for absorbing odors information on air purifying plants a primer on basic chemistry a checklist of essential supplies and tips for cutting down on waste Natural Cleaning Pam Farley,2022-11-15 Protect your health reduce waste and be a better steward of the Earth by making the switch to natural cleaning products with these 43 easy recipes A clean house should not come at the expense of your health Common household cleaners are not kid friendly or pet friendly or lung friendly or skin friendly Store bought cleaners that contain bleach and ammonia drain cleaners toilet cleaners and more are the cause of thousands of household emergencies each year These harsh cleaners and artificial fragrances can irritate your eyes and lungs and exacerbate allergies and asthma Not to mention how all these chemicals and packaging materials are affecting the environment Bottom line your home and the planet are simply safer without them Most people think natural cleaners either don't work are difficult annoying to make involve a lot of exotic expensive ingredients that are too hard to find all of the above The truth is you can clean every room in your house curtains carpet toilet tile grout whatever without ever touching another bottle of Clorox In this book you'll learn why these cleaners work how to stock your home with a few basic ingredients you can grab as needed and why you shouldn't use some of the DIY cleaning recipes you see online You'll also learn How to safely and naturally clean every surface in your home from stainless steel appliances to moldy showers Which natural cleaning ingredients should never be mixed and why How to customize your cleaners with essential oils Why you should use distilled water instead of tap water There's even a recipe for cleaning dog toys Make the switch to non-toxic DIY cleaning solutions now *National Geographic Complete Guide to Natural Home Remedies* National Geographic,2014 Discover over a thousand natural remedies for a variety of ailments including hiccups painful joints chapped lips and headaches The book also provides helpful tips for healthier living including how to fall asleep practice basic meditation clean vinyl floors and add nutritional value to foods The Natural Cleaning Handbook Natalie Wise,2020-09-01 Make sanitizers soaps and all your personal hygiene needs to kill germs and keep you virus free These days dangerous viruses can suddenly become rampant and bacteria can adapt to become antibiotic resistant so we must be extra vigilant about our health The Natural Cleaning Handbook keeps you clean naturally with homemade products that are healthy for you and your family Start with the basics and work your way into every corner of your home from tile grout to shower mold how to clean lampshades to how to clean water bottles Germ killing recipes for cleaning nearly every surface in your home from the carpet to stuffed animals include Hand sanitizing spray gel and foam Antibacterial hand and surface wipes Air purifying spray Liquid hand soap And so much more You'll also learn storage and organization secrets to keep your home clutter free how to manage your time and budget and why some old-fashioned remedies are still the modern organic ways to keep home Now is the time to get started *Natural Homemade Beauty* Basmati, From Basmati.com your source for sustainable healthy living With lots of natural beauty recipes you can make in your kitchen this book will keep your skin glowing and the Earth happy Soaps moisturizers deodorants perfumes lipsticks eyeshadows shampoos conditioners the recipes in this book

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