**COMMON CLEANING PRODUCTS (GOOD AND BAD)**

**TOXINS ARE EVERYWHERE!**

Detergent – <https://www.inonaround.org/laundry-detergent/> top 3 of 10 of the BEST list

1. Attitude laundry detergent, 2) Branch basics laundry. Kit. 3) Dirty labs (unscented)

Truly Free is on the BETTER not best, list. I have tried the products. I am not impressed.

The worst brands are all of the known brands like Tide

Then there is the worst “Natural Brands” because they advertise as safe but are not. (like Ecos)

Cleaners – 1) That orange Stuff, Organic Super Concentrated Cleaner. Thatorangestuff.com. Great for carpet cleaning and general cleaning. Only ingredient is derived from orange skin. I purchase from them directly online. 2) Miracle Soap II – can be used for skin, hair, Dish Soap, etc. Best price is on Ebay. We use it for almost everything.

Dish Soap – worst is ­­­Dawn. It is the best for degreasing and my plumber recommended it. But it is toxic, so use gloves with it. Again, check ingredients.

Toothpaste – 12 ingredients to avoid. [Titanium Dioxide (TiO2)](https://experiencelife.lifetime.life/article/safe-toothpaste/#ti02)  |  [Triclosan](https://experiencelife.lifetime.life/article/safe-toothpaste/#triclosan)  |  [Sodium lauryl sulfate](https://experiencelife.lifetime.life/article/safe-toothpaste/#sulfate)  | [Fluoride](https://experiencelife.lifetime.life/article/safe-toothpaste/#fluoride)  |  [Artificial coloring](https://experiencelife.lifetime.life/article/safe-toothpaste/#coloring)  |  [Abrasive ingredients](https://experiencelife.lifetime.life/article/safe-toothpaste/#ingredients)  |  [Parabens](https://experiencelife.lifetime.life/article/safe-toothpaste/#parabens)  |  [Propylene Glycol](https://experiencelife.lifetime.life/article/safe-toothpaste/#glycol)  |  [Saccharin](https://experiencelife.lifetime.life/article/safe-toothpaste/#saccharin)  |  [Carrageenan](https://experiencelife.lifetime.life/article/safe-toothpaste/#carrageenan)  |  [Aspartame](https://experiencelife.lifetime.life/article/safe-toothpaste/#aspartame)  |  [Diethanolamine](https://experiencelife.lifetime.life/article/safe-toothpaste/#diethanolamine) Or you can make your own.

We have switched to Baking soda. You want to use food grade, like Bobs Red Mill. Arm and Hammer is great for a cleanser, but not for food.

Baking Soda and Vinegar are fantastic natural cleansers.

<https://www.tipsbulletin.com/vinegar/>

White vinegar is not just for culinary use anymore. This multi-tasker is a powerful all-purpose cleaner, disinfectant, and beauty aid. And the best vinegar for cleaning is distilled white vinegar.

<https://www.marthastewart.com/cleaning-with-baking-soda-8363193> 20 ways to use baking soda to clean and freshen your home

Cookware: <https://foodrevolution.org/blog/healthy-cookware/?frn_source=sfmc&frn_medium=email-blo&frn_campaign=blo-24&frn_content=healthy-cookware-article-v2&j=294910&sfmc_sub=17563710&l=137_HTML&u=4509409&mid=514008241&jb=358>.

Safest are stainless steel and ceramic. The link goes into great detail on which are best.

Hand soap and sanitizers: avoid any soap that says “antibacterial.” Lots of folks sell safe and effective products at events and fairs.

Hair dye: I use Herbatint

Bottom line. Read the ingredients in everything. Toxic ingredients hidden everywhere.