

DIY Kitchen Detox

10 Great Non-Toxic Kitchen Cleaning Recipes



By Whole Health Dana

This Kitchen Detox Guide is a result of my research and experimentation. Whole Health Dana makes no representation regarding this guide. I am not a professional product creator or chemist.

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Who Am I?

Hi There! My name is Dana from www.WholeHealthDana.com. I have a health and wellness blog that is dedicated to teaching people to make healthy choices that promote health and prevent disease.

I do this through gut healthy recipes made with whole, real food ingredients that do not come from a box, bag or jar.

I also promote the idea of reducing your toxic load by making all-natural Do-It-Yourself (DIY) personal care and cleaning products. The goal is to get the chemicals off of your body and out of your home by making non-toxic alternatives to store bought products.

Why Do I Care?

In 2013, I lost my husband to cancer. It was a very difficult time in my life. During my time of grief, I began looking for answers. I wanted to know what cancer is, what causes it and can it be avoided. What I discovered is that we live in a world full of chemicals. Many of them are in beauty products and cleaning products.

It is up to the immune system to identify toxins and remove them from the body. Over exposure to toxins can lead to an immune system that is over worked. An over worked immune system can eventually fail and that is when disease can form. In short, I avoid the chemicals and toxins that I can, so that my immune system will be better prepared to deal with the toxins that I cannot avoid.

It took great loss to open my eyes to the toxic world that we live in. I make my own products to reduce the amount of chemicals I come into contact with each day. I hope my story will inspire you to make changes that help prevent disease.

Your kitchen is a great place to start. Tackling the toxic cleaners under your kitchen sink is much easier than you might think. Today I am sharing some of my favorite recipes with you.

Why DIY Is Better Than Store Bought

So simply put, I think making my own cleaning products is better than store bought because I can get to control the ingredients. Many products on the market do not include all of the ingredients on the label. In fact you might be surprised to know that the law does not require manufacturers to provide a list of ingredients on cleaning products.

It is difficult, if not impossible for consumers to know what ingredients are actually in any given product. Approximately 14% of the 2500+ products tested by the Environmental Working Group (EWG) fully disclosed all of the ingredients on the label. More alarming than that, is many of the commonly used chemicals used in common household products can cause reproductive problems, worsen asthma, irritate skin and are also harmful to the environment. Some have also been linked to cancer. (3) There is also growing evidence that exposure to these chemicals can cause asthma in otherwise healthy individuals. (4)

There are over 80,000 chemicals approved for use by the Environmental Protection Agency (EPA). Of the most heavily used chemicals, only about 7% of them have complete data safety information available. 50% have partial safety data available and 43% of the most heavily used chemicals have no safety data available at all. (5)

According to the EPA, indoor air pollution (home and buildings) is far more significant than outdoor air pollution and Americans spend approximately 90% of their time indoors. For many, the health risks to are far greater from exposure to pollutants indoors than outdoors. The young, elderly and chronically ill, especially those suffering from respiratory/cardiovascular disease are most susceptible to the effects of indoor air pollution. (6) Volatile Organic Compounds are widely used in household products. All of these products can release organic compounds while in use and to some degree when they are stored. (7)

The EPA says that currently little is known about what adverse health affects occur from the levels of VOC's found in homes. Health effects may include: irritations to mucus membranes, headaches, nausea, loss of coordination,

damage to liver/kidney/central nervous system and some are known to cause cancer. (7)

It's quite shocking that we submit ourselves to unknown threats and give it no thought whatsoever. But that is changing as more and more people are looking for all natural alternatives to common store bought products. Congratulations, you are part of that movement!

Ingredients Used

Baking Soda: Is a natural abrasive for scrubbing and is known for being deodorizing as well as softening water.

Castile Soap/Bar: Some recipes call for bar soap. Many bar soaps that are designed for bathing are formulated with extra oils. Dr Bronner's or Kirk's castile soap work well.

Castile Soap/Liquid: Is a natural cleanser and degreaser. It is used in many DIY projects including all-purpose cleaners, scrubs and hand soaps. I use unscented.

Distilled Water: Use distilled water in all of our DIY projects if possible. Water from your tap contains bacteria and anything that contains water can potentially spoil, mold or grow bacteria.

Hydrogen Peroxide: Is used for its disinfecting and whitening properties.

Olive Oil: I use the same extra virgin olive oil that I cook with.

Rubbing Alcohol: Is a good pH neutral alternative for when vinegar is too acidic. It also helps preserve essential oils.

Vegetable Glycerin: Is used in DIY projects as a degreaser and emulsifier. I look for a brand that is made with non-GMO ingredients.

Washing Soda: Is a cleaner and water softener. It is available in the laundry department of most stores. You can also make your own but it will not be discussed in this guide.

White Vinegar: You will use a lot of vinegar for non-toxic cleaning projects. It is used for its cleansing, degreasing and anti-microbial properties. For cleaning I opt for plain white vinegar. If you want to avoid GMO's or vote with your dollars, organic white vinegar is great too. Do not be fooled by purchasing "cleaning vinegar" at the store. It is marketing hype.

Learn what products I use. Refer to my products guide on my website at:

www.wholehealthdana.com/diy-supplies

Essential Oils:

Lemon: Is commonly used in cleaning DIY projects for its refreshing smell and degreasing ability. It is antiseptic, antiviral, antibacterial and disinfecting as well. (1)

Melaleuca/Tea Tree: Is a favorite when it comes to cleaning for its antibacterial, antimicrobial, antiviral, antifungal, insecticide & antiseptic properties. (1,2)

Orange: Is used in DIY projects for its fresh, uplifting scent and its antiseptic properties. (1,2)

Peppermint: Is used in cleaning for its fresh stimulating scent and its antibacterial, antiseptic and antiviral properties. (2)

Rosemary: Is used in DIY projects for its disinfecting, antiseptic and antibacterial properties. It's also a great scent in your kitchen. (1)

Other Essential Oils that I love to use for cleaning are:

- Clove
- Grapefruit
- Lavender
- Lemongrass
- Lime
- Oregano
- Thyme

To learn what essential oils I use, refer to my contact information at the back of this guide. I am happy to answer any of your questions or help you choose oils for your home.

Equipment Needed:

Food Processor Or Cheese Grater - For grating soap for dish soap.

Glass Spray Bottles - Essential oils can be oxidized by heat & sunlight. Dark bottles are recommended. If you use clear bottles, store them in a dark cabinet when not in use. Essential oils can leach chemicals from plastic, so glass bottles are your best choice.

Pump Dispenser - For liquid dish soap. You can also reuse a squeeze top bottle.

Silicone Mold - For making garbage disposal refresher tablets. This is only necessary if you want fun shapes. You can use a tablespoon as well.

Glass Mixing Bowls

Funnel

Measuring Cups

Measuring Spoons

Mixing Spoons

Microfiber Towels

DIY Recipes In This Guide

All-Purpose Cleaner w/ Vinegar

All-Purpose Cleaner w/ Castile Soap

Granite Cleaner

Soft Scrub

Stainless Steel Cleaner

Super Counter Top Stain Cleaner

Garbage Disposal Tablets

Produce Wash

Wood Floor Cleaner

All-Purpose Floor Cleaner (Tile & Vinyl)

All-Purpose Cleaning Spray w/ Vinegar

This is great for degreasing and disinfecting surfaces.

Ingredients:

2/3 cup White Vinegar

1 cup Distilled Water

20 drops Citrus Essential Oil of Choice (See tips for suggestions)

16oz or Larger, Glass Spray Bottle

Preparation:

Combine all ingredients in a spray bottle and apply sprayer.

How To Use:

Shake well before each use. Spray on surface and wipe clean with a cloth.

Tips:

Vinegar should not be used on granite and other natural stone surfaces. You can double the recipe and use a 32oz spray bottle as well. Essential oils can oxidize from heat and sunlight so use a dark colored bottle or store in a dark space. I love using citrus oils for their degreasing powder and also for their emotional uplifting properties. I use lemon essential oil, wild orange essential oil or a combination of the two. Other options include grapefruit, lime and bergamot.

All-Purpose Cleaning Spray with Castile Soap

Often times, we over sanitize when we clean. Good old fashioned soap and water is good enough and effective most of the time. This is a great option.

Ingredients:

2 tbsp Liquid Castile Soap

1 2/3 cups Distilled Water

20-30 drops Essential Oil of Choice (See tips for suggestions)

16oz or Larger, Glass Spray Bottle

Preparation:

1. Add water FIRST.
2. Add essential oils SECOND.
3. All soap LAST so that it doesn't suds when you add the other ingredients. Apply sprayer.

How To Use:

Shake before each use. Spray on surface and wipe clean with a cloth.

Tips:

I use 20 drops Lemon Essential Oil & 5 drops Rosemary Essential Oil. You can double and use a 32oz spray bottle as well. Essential oils can oxidize from heat and sunlight. Use a dark colored bottle or store in a dark space.

Granite Counter Spray

Vinegar is acidic and should not be used on granite and other stone surfaces. This is a nice alternative.

Ingredients:

1/8 cup Rubbing Alcohol (70-90%)

1 tbsp Liquid Castile Soap

1 cup Distilled Water

1 drop Melaleuca Essential Oil

16oz or Larger, Glass Spray Bottle

Preparation:

Combine all ingredients in a spray bottle. Add soap LAST so it doesn't make a sudsy mess as you add the remaining ingredients. Apply sprayer.

How To Use:

Shake before each use. Spray on surface and wipe clean with a cloth.

Tips:

You can double and use a 32oz spray bottle as well. Essential oils can oxidize from heat and sunlight so use a dark colored bottle or store in a dark space.

Soft Scrub

This soft scrub is great for sinks, counters & ceramic surfaces. Avoid using it with granite and other stone surfaces.

Ingredients:

2/3 cup Baking Soda

2.5 Tbsp Liquid Castile Soap

Distilled Water

12 drops Essential Oil Of Choice – Optional (I like Melaleuca, Thyme or Citrus)

8oz Plastic Squeeze Bottle

Preparation:

- 1) In a glass bowl, add the baking soda, castile soap, essential oils if using and 1 tbsp distilled water. Stir to combine.
- 2) Continue to add distilled water, 1 tbsp at a time, until the desired soft scrub consistency has been achieved.
- 3) Pour into squeeze bottle and close lid until ready to use.

How To Use:

Squeeze scrub onto a damp sponge. Wipe surface and add more scrub as needed. Wipe clean or rinse with warm water.

Tips:

You can repurpose empty condiment bottles etc for an economical squeeze bottle. Dollars stores have good ideas a well.

Stainless Steel Cleaner

Ingredients:

White Vinegar

Olive Oil (about 1 tbsp)

Preparation:

No preparation is necessary.

How To Use:

1. Spray vinegar on stainless steel surface or apply vinegar directly onto a soft cloth. Use a soft cloth to clean the stainless steel surface and remove finger prints.
2. (Optional) To restore shine, pour a small amount of olive oil to a soft cloth and buff the stainless steel surface in a circular motion until the oil is rubbed in.

Super Stain Remover

You will marvel about how well this method works at removing dark stains on your laminate counter tops. It's like magic!

Ingredients:

Baking Soda

Hydrogen Peroxide

Preparation:

No preparation is necessary.

How To Use:

1. Wipe stained surface clean with soap and a wet cloth. Sprinkle baking soda lightly over your stained surface. Drizzle hydrogen peroxide over the area. In a circular motion, combine and rub the mixture completely over the stained area.
2. Let the mixture sit on the stained surface for 15-30 minutes.
3. Wipe clean using a wet cloth. You may have to do this a few times to remove the grainy residue left by the baking soda.

Tips:

Let the mixture sit on the stain for longer depending on how dark the stain is. Baking soda can be harsh, use gloves for rubbing around the mixture. On rare occasions, it might be necessary to do this twice.

Garbage Disposal Tablets

Every once in a while your garbage disposal gets that funky, not so fresh odor. You are going to love these!

Ingredients:

1 cup Baking Soda

1/2 cup Salt

1/4 cup Distilled Water

1/6 cup Liquid Castile Soap

15-20 drops Lemon Essential Oil

Silicone Soap/Candy Mold or Tablespoon

Jar or Bowl To Store Them In

Preparation:

1. Combine baking soda, salt, castile soap & essential oil in a mixing bowl. Stir.
2. Add 1 tbsp of water at a time. Stir with your hands until it is the consistency of damp sand. It should stay together when squeezed it into a clump.
3. If using a silicone mold, firmly press mixture into mold.
4. If you do not have a mold, press the mixture into a Tablespoon Measuring Spoon. Place formed mixture on parchment paper.
5. Let garbage disposal refresheners sit for at least 24 hours to dry.

How To Use:

Place in a jar or bowl near your sink so they are always handy. Throw 2 refreshers in the garbage disposal and turn it on.

Tips:

You can add more baking soda if you happen to add too much water.

Produce Wash Spray

Plain water and diluted white vinegar is effective at removing pesticide residue and bacteria. Making your own is much cheaper than expensive store bought options.

Ingredients:

½ cup White Vinegar

½ cup Distilled Water

1 tsp Vegetable Glycerin

5 drops Lemon Essential Oil

8oz or Larger, Glass Spray Bottle

Preparation:

Combine all ingredients in a spray bottle. Apply sprayer.

How To Use:

Spray produce and let sit for 3-4 minutes. Much of our produce is covered in wax (even organic). Wax can seal in pesticide and bacteria. To get a good clean, it is necessary to scrub produce thoroughly to remove it. Rinse well.

Tips:

Essential oils can oxidize from heat and sunlight so use a dark colored bottle or store in a dark space.

Don't use on mushrooms as the thin skin can absorb the flavor.

Hardwood Floor Cleaner Spray

This is a great spray for rooms that are not too large or for spot cleaning small areas.

Ingredients:

1 cup White Vinegar

1 cup Distilled Water

15 drops Peppermint Essential Oil

16oz or Larger, Glass Spray Bottle

Preparation:

Combine all ingredients in a spray bottle. Apply sprayer.

How To Use:

Spray directly on wood floor. Use a damp microfiber towel to scrub floor and buff dry with a dry microfiber towel.

Tips:

You can double the recipe and use a 32oz spray bottle as well. Essential oils can oxidize from heat and sunlight so use a dark colored bottle or store in a dark space.

All Purpose Floor Cleaner For Tile & Vinyl Floors

Ingredients:

1 cup White Vinegar

1 gallon Hot Tap Water

10 drops Lemon Essential Oil

Preparation:

Combine all ingredients in a bucket or sink. Swish water to disperse essential oil through out.

How To Use:

Mop like normal.

For hardwood floors, I use ½ cup vinegar and 5 drops of essential oil in one gallon of hot water.

I hope you have enjoyed the recipes included in this guide. Your kitchen might be full of toxic store bought products right now but you are on your way to a healthier, non-toxic kitchen. These 10 recipes are a good place to start in detoxing your kitchen.

Let's stay connected by visiting my blog at www.WholeHealthDana.com.

I can also be found on social media everywhere.

- www.facebook.com/wholehealthdana
- www.twitter.com/wholehealthdana
- www.Instagram.com/wholehealthdana
- www.pinterest.com/wholehealthdana
- www.blab.im/wholehealthdana
- www.periscope.tv/wholehealthdana

Or Search for Whole Health Dana on the periscope, blab, instagram & anchor app on your mobile device.

Where To Buy The Products Used In This Guide

To find out what products I use, recommend and learn where to purchase them, please visit my website at: www.wholehealthdana.com/diy-supplies

Where To Buy Essential Oils:

There are many brands of essential oils on the market. You can use whatever brand of essential oils you are most comfortable with. I personally use and recommend doTERRA Essential Oils. Please contact me if you would like to know more about doTERRA or if you would like help getting doTERRA essential oils for your own home.

Email me at WholeHealthOils@gmail.com



Where To Buy Glass Spray Bottles:

The most affordable way to obtain glass containers is to save bottles that you use in your home. For example, I save kombucha bottles, vinegar bottles and glass sparkling water bottles.

Target & Wal-Mart both sell a good variety of glass mason jars in the canning department.

You can also buy bottles & jars on the internet from sellers on Ebay and Amazon.

Check out my Ebay store at www.stores.ebay.com/RockyMtnBoutique. I have a great variety of Individual Glass Spray & Lotion Bottles; ranging from 1/2oz-16oz.



Sources:

1. <https://www.organicfacts.net/health-benefits/essential-oils/list-of-essential-oils.html>
2. Modern Essentials: Fifth Edition Page 90
3. http://www.ewg.org/guides/cleaners/content/spring_2016_update
4. http://www.ewg.org/guides/cleaners/content/cleaners_and_health
5. <http://www.chemicalindustryarchives.org/factfiction/testing.asp>
6. <https://www.epa.gov/indoor-air-quality-iaq/inside-story-guide-indoor-air-quality>