**ROACHES**

Technical-grade boric acid or borax

*Sprinkle in cracks.*

**MICE**

Use snap traps for mice.

*D-CON and other pesticides are harmful to you and your family. Sticky traps are also unadvisable, as they lead to a slow and painful death for mice.*

**FLIES**

- Honey
- Yellow Paper

*Coat yellow paper with honey for homemade flypaper. Keep organic waste from the kitchen in tightly closed containers.*

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**7 KEY PRINCIPLES TO A HEALTHY HOME**

**Keep It:**

1. **Clean**

*Reduce allergens and dust particles*

- Remove shoes before entering your home
- Place a commercial-grade quality doormat at every entrance

2. **Safe**

*Be aware of the most common dangers in your home*

- Check carbon monoxide detectors, smoke/fire alarms, and fire extinguishers regularly.
- Create a fire escape plan with all residents

3. **Free of Contaminants** - Be aware of substances in your home that could make you sick

- Dispose of harmful cleaning products/chemicals and replace them with non-toxic alternatives
- Test your home for radon and carbon monoxide

4. **Well ventilated** - Ventilation expels moisture and odors and keeps your home dry and mold-free

- Open windows to fully ventilate your home regularly
- Use extra ventilation when using glues, paint, and other harmful chemicals

5. **Dry and Mold Free** - Too much water in the home causes mold and structural damage

- Run exhaust fans while showering and cooking
- Make sure your home has proper drainage. Extend downspouts 5 ft. away from home and check gutters for blockages

6. **Pest-Free** - Insects and rodents can trigger allergies and asthma and spread disease. Pests seek out food, water and hiding places

- Seal exterior gaps with copper mesh or weather stripping
- Eliminate all water and food sources around the house, including pet dishes and bird feeders

7. **Well-Maintained**

*Maintenance ensures the vital systems in your house are in good shape and running efficiently.*

**Inside the home**

- Take care of minor repairs before they become large problems
- Check the flues, filters and vents of your heating systems to ensure they are clean and connected properly

**Outside the home**

- Check the caulking around windows and door frames (inside and out)
- Clean gutters and downspouts quarterly

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**OPTIONAL ADDED FRAGRANCES**

- **Essential Oils** - Natural plant derived oils that aid cleaning and leave a fresh scent (Lavender, Rosemary, Mint or Sage)
- **Tea Tree Oil** - Natural oil that eliminates mold and mildew
- **Lemon Oil** - For fresh scents and furniture glow
- **Thyme** - A perennial herb from the mint family
- **Lemon Grass** - Lemongrass is a tall tropical grass. The fresh stalks and leaves have a clean lemon-like odor
**AROUND THE HOUSE**

**ALL PURPOSE CLEANER**
- 1 cup of water
- 1/2 cup of white distilled vinegar
- 1/2 cup of rubbing alcohol (70% isopropyl)
- 2-3 drops of soap
- To scent, add 10 to 15 drops of an essential oil
- Mix ingredients in a 16 oz spray bottle

**GARBAGE CAN DEODORIZER**
Sprinkle a handful of baking soda over garbage each time new trash is added.

**AIR FRESHENERS**
- LEMON - 1 tsp baking soda, 2 cups hot water & 1 tsp. lemon juice Dissolve solution and pour into a 16 oz. spray bottle and spray as you would an air freshener.
- CLOVES AND CINNAMON - 2 to 3 tbsp. cloves & 2 to 3 cinnamon sticks. Wrap cloves and cinnamon in a cheesecloth, boil in water
- VANILLA - 1 to 2 tbsp. pure vanilla Place in small saucer and set in room.

**DISINFECTANT SPRAY**
- 2 cups water
- 1/4 cup white distilled vinegar
- 1/4 tsp tea tree oil
- 1/4 tsp lavender oil
- Mix ingredients in a 16 oz. spray bottle

**GLASS CLEANER**
- 1/8 to 1/4 cup white distilled vinegar
- 2 cups warm water
- Mix ingredients together in a 16 oz. spray bottle. Apply. Use newspaper to dry glass.

**DISHWASHER SOAP**
- 1/4 cup soap flakes
- 2 cups hot water
- 1/4 cup glycerin
- 1/2 tsp. lemon essential oil
- Dissolve soap flakes in cool to lukewarm water. Stir in the glycerin and the essential oil, leave to cool. As it cools, it will form a loose gel. Stir with fork and break up the gel and then pour into a narrow-necked bottle.

**MICROWAVE OVEN CLEANER**
- 1/4 cup baking soda
- 1 tsp white distilled vinegar
- 5-6 drops thyme, lemongrass or lemon essential oil
- Mix all ingredients to make a paste. Apply to the walls and floor of the microwave with a soft cloth or sponge. Rinse well and leave the microwave door open to air-dry.
- To loosen caked on debris, microwave 2 cups water for 5 minutes and wipe clean.

**TUB AND TILE CLEANER**
- 2 tbsp. white distilled vinegar
- 1/2 cup hot water
- 20 drops of tea tree oil
- Mix baking soda and soap. Add water, then add vinegar and oil. Store in an 9 oz. spray bottle and shake before using. Rinse thoroughly to avoid leaving a residue.

**SEPTIC TANK MAINTENANCE**
- 1 cup baking soda
- 1/4 to 1/2 tsp. vegetable oil-based liquid soap (Dr. Bronner’s, Murphy’s Oil, castile soap, or Mrs. Meyer’s Clean Day soap)
- 3 tbsp. white distilled vinegar
- 2 cups hot water
- Mix ingredients together in a spray bottle. Spray. Scrub. Wipe clean **WEAR GLOVES**

**IN THE KITCHEN**

**IN THE BATHROOM**

**OVEN CLEANER**
- 1 quart warm water
- 1 cup baking soda
- 2 tsp. borax
- 2 tsp. liquid soap
- Mix one cup of baking soda with enough water to make a paste. Apply it to your oven surfaces, and let it stand for a short while. Use a scouring pad for scrubbing the surfaces.

**GREASE CLEANER**
- 1/2 tsp. washing soda
- 1/4 to 1/2 tsp. vegetable oil-based liquid soap (Dr. Bronner’s, Murphy’s Oil, castile soap, or Mrs. Meyer’s Clean Day soap)
- 3 tbsp. white distilled vinegar
- 2 cups hot water
- Mix ingredients together in a spray bottle. Spray. Scrub. Wipe clean **WEAR GLOVES**

**SCOURING POWDER**
- 1 cup baking soda
- 1/2 cup of vegetable oil soap (Dr. Bronner’s, Murphy’s Oil, castile soap, or Mrs. Meyer’s Clean Day soap)
- 2 tbsp. white distilled vinegar
- 1/2 cup hot water
- A few drops of tea tree oil
- Mix baking soda and soap. Add water, then add vinegar and oil. Store in an 9 oz. spray bottle and shake before using. Rinse thoroughly to avoid leaving a residue.

**DRAIN CLEANER**
- 1 cup baking soda
- 1/2 cup of vegetable oil soap (Dr. Bronner’s, Murphy’s Oil, castile soap, or Mrs. Meyer’s Clean Day soap)
- 2 tbsp. white distilled vinegar
- 1/2 cup hot water
- A few drops of tea tree oil
- Mix baking soda and soap. Add water, then add vinegar and oil. Store in an 9 oz. spray bottle and shake before using. Rinse thoroughly to avoid leaving a residue.

**MOLD KILLERS**
- White Distilled Vinegar - scrub mold with sponge and vinegar
- Tea Tree Oil - Rub over mold and then scrub away
- Detergent - Vegetable oil soap (Dr. Bronner’s, Murphy’s Oil, castile soap) and water—scrub with sponge….or…
- 1 cup white distilled vinegar, 1/2 cup hydrogen peroxide, and 1 cup water
- Wait at least one hour before rinsing.

**TOILET BOWL CLEANER**
- Borax
- Lemon juice
- Mix ingredients together to make a paste, let stand in toilet bowl for 2 hours, scrub. **WEAR GLOVES**

**LIME AND MINERAL DEPOSIT REMOVER**
- Soak paper towels in vinegar, cover deposits, let stand for about 1 hour.

**WEEKLY DUSTING** - Simply damp dust with a microfiber cloth.
### METAL CLEANERS & POLISHES

#### BRONZE POLISH
- 1/4 tsp. salt
- 1/4 cup white distilled vinegar
- 1/4 cup flour
Dissolve salt into vinegar. Add enough flour to make a paste. Apply to bronze surface.

#### SUEDE CLEANER
- Art gum eraser
- Sand paper or emery board
To remove dirt marks, rub out with an eraser. Buff lightly with sand paper or emery board.

### STAINLESS STEEL POLISH
- 1/4 cup rubbing alcohol
- 1/3 cup white distilled vinegar
Combine ingredients in a spray bottle, add water to top. Use microfiber cloth to polish.

### LEATHER CLEANER
- Cold pressed nut oil, olive oil, walnut oil, or beeswax
Apply one of the above ingredients to leather. Buff with chamois cloth.

### FURNITURE POLISH
- 1/2 cup lemon juice
- 1 cup vegetable oil
- 1-1/2 cups water
- 2 drops lemon oil for fragrance
Mix ingredients in a 16 oz. spray bottle. Works great on wood furniture, Formica countertops, and other hard surfaces.

### CHROME POLISH
- Baby oil
- Soft cloth
Rub chrome surface with baby oil. Clean with soft cloth.

### PEDESTICIDES

#### GENERAL
- 6 cloves crushed garlic
- 1 tbsp. dried hot pepper
- 1 tsp. dry soap
- 4 qts. Hot water
Mix ingredients together, let stand 1 to 2 days. Strain, pour into a spray bottle, and spray on foliage.

#### ANTS
- Bone meal, cinnamon, cream of tartar, red chili pepper, salt, dried mint, dried sage, cucumber peelings, perfume, paprika, powdered charcoal of diluted neem oil.
Pour any of the above ingredients at the place where ants are entering the house.

#### MOSQUITOES
- 15 drops lavender oil
- 3–4 tbsp. vanilla extract
- 1/4 cup lemon juice
Combine in spray bottle. Shake well.

#### MOTHS
- 1/12 lb. rosemary
- 1/2 lb. mint
- 1/4 lb. thyme
- 1/4 lb. ginseng (optional)
Mix ingredients together. Put in small cheese cloth bags...or...place a bowl of hot soapy water under a light in the evenings.

### WALLS AND FLOORS

#### CARPET CLEANER
- Dry #1—1 box baking soda
- Dry #2—1 cup borax and & cups corn meal
Mix ingredients together and let stand on carpet one hour before vacuuming.

#### WOOD FLOOR CLEANER
- 1/8 cup olive oil
- 1/8 cup white distilled vinegar
- 2 qt. water
- 1–2 drops of lemon essential oil
Mix ingredients together. Apply with mop. Wash clean.

#### PET URINE
- 1/4 cup white distilled vinegar
- 1 tbsp. vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap, or Mrs. Meyer's Clean Day soap)
- 2 cups water
Add vinegar and soap to stain. Let stand for 15 min. Rinse area with warm water. Blot dry.

### IN THE LAUNDRY ROOM

#### LAUNDRY DETERGENT
- 1 oz. vegetable soap (Dr. Bronner's, Murphy's Oil, castile soap, or Mrs. Meyer's Clean Day soap)
- 1 cup washing soda
- 1 cup baking soda
- 1 cup white distilled vinegar
Mix these ingredients and use 1/4 cup per load in the final rinse.

#### FABRIC SOFTENERS
- 2 cups baking soda
- 2 cups white distilled vinegar
- 4 cups water
Mix ingredients. Apply with mop. Wash clean.

#### STAIN REMOVERS
- Coffee and Tea Stains - Mix 1 tsp. salt and 1 tsp. white vinegar
- Fruit & wine stains—immediately pour salt or cold soda water on stain and soak in milk before washing.
- Ink Stains—Soak in milk or remove with hydrogen peroxide
- Blood stains—Pour salt or cold soda water on the stain and soak in cold water before washing

#### WALLS AND FLOORS

#### TILES FLOOR CLEANER
- 1 cup white distilled vinegar
- 1 gal. hot water
Mix ingredients. Apply with mop. Wash clean.

#### GARAGE FLOOR CLEANER
- 1 cup washing soda
- 1/2 cup water
Mix ingredients. Apply with mop. Wash clean.