



Conquering Cancer™

Recipe Guide

CLEAN HOUSEHOLD PRODUCT RECIPES





Household Product Recipes

Glass Cleaner

2 cups water
1/2 cup white or cider vinegar
1/4 cup rubbing alcohol
1 to 2 drops of orange essential oil for smell (optional)

Combine these ingredients and pour them into a spray bottle.

Hint: don't clean windows on a hot, sunny day because the solution will dry too quickly and leave lots of streaks. For mirrors, spray the solution on a paper towel or soft cloth first before wiping.

Appliance Cleaner and Deodouriser

4 tablespoons baking soda
1 quart warm water

Pour the DIY solution on a clean sponge and wipe.

To clean kitchen counters, appliances, and the inside of your refrigerator, all you need is baking soda.

Scented All-Purpose Cleaner 1

One part white vinegar
One part water
Lemon rind
Rosemary Sprigs

Combine the ingredients above, pour into a spray bottle, shake, and then let infuse for a week before using. Once done, you can use the natural solution to remove hard water stains, clean trash cans, wipe away wall smudges, and much more. Plus, the fruit's acid add extra cleaning properties - perfect for stubborn stains.

Scented All-Purpose Cleaner 2

3/4 cup hydrogen peroxide
1/2 cup distilled white vinegar
1 teaspoon unscented liquid Castile soap
10 drops tea tree oil
20 drops lavender essential oil
2 cups water

Add all ingredients to a 24-ounce spray bottle; shake before use. Use for general cleaning needs. For an extra boost when removing mildew and soap buildup, spray first, then sprinkle on baking soda and scrub with a sponge.

Clean

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De-Greaser

1/2 sudsy ammonia
Water

Mix 1/2 cup with enough water to fill a 3.5L (one gallon) container.

Clean your oven racks, stove hoods, and grills by dipping a sponge into the solution and wiping over the surface before rinsing with clear water.

You can also soak oven racks and grill grates in the mixture overnight, with a little extra ammonia if they're particularly dirty. Wear gloves!

Natural Stone Cleaner

2 drops mild dishwashing liquid
2 cups warm water

Mix dishwashing detergent and water to clean natural stone countertops.

Sponge over marble and rinse completely to remove any soap residue. Buff with a soft cloth; do not let the marble air-dry.

Caution: Never use vinegar, lemon, or any other acidic cleaner on marble or granite surfaces - it will eat into the stone.

Dishwasher Soap

8 oz Castile soap
1 cup water
3 teaspoons lemon juice
1 cup vinegar

Mix all the ingredients EXCEPT vinegar. Add 1 tablespoon of the mixture into the bottom of your dishwasher. Add the vinegar to the closed compartment.

Tub Cleanser

Castile Soap
White vinegar

Fill a spray bottle with 1/3 Castile soap and 2/3 vinegar.

Spread baking soda around tub. Spray mixture on top of it. Scrub.

Oven Cleaner

Baking soda
Water

Mix water into baking soda until it forms a thick spreadable paste. Brush over surfaces and leave for 2 hours. Wipe clean.

Toilet Bowl Cleaner

1 cup distilled water
1/2 cup baking soda
1/2 cup Castile soap
15-30 drops essential oil (lavender, grapefruit, tea tree, lemon or orange work best for this recipe).

Mix ingredients. Put in spray bottle. Spray toilet bowl and use brush to clean.



Clean

Household Product Recipes

Carpet Cleaner

Baking soda
White vinegar
Water spray bottle
Nylon (or similar) scrub brush
Vacuum cleaner

Add 1/2 white vinegar and 1/2 water to fill a spray bottle. Cover the entire stain with a thorough coating of baking soda. Spray the stain and baking soda with vinegar and water solution. The baking soda will foam. Wait for the solution to set and leave for 3 hours.

Scrub using your nylon brush and gently work the cleaning solution into the stain. Be careful not to scrub too hard or you risk disturbing the fibres of your carpet. Let the carpet dry overnight. By the next day the solution should be dry, leaving a chalky baking soda residue. Vacuum and if any residue remain, gently scrub away using a clean cloth.