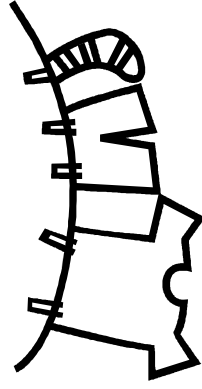


## Introduction

As society became industrialized manufacturers seeking a bigger share of profit began to add scents to products to attract buyers and ensure sales. The cost of adding natural scents was high and manufacturers soon turned to synthetic fragrances and additives to keep costs down. The advent of the synthetic fragrance has changed the health of many unknowing and trusting buyers.

Laundry products produce a large toxic release into the air of neighborhoods. Exposure occurs through inhalation from dryer vents, skin contact from clothing, and handling/use of products such as laundry soap, bleach, and fabric softener. Many harmful chemicals are contained in these products making pets, children, and adult ill. These chemicals do not wash out in the rinse cycle and remain in our clothes, on our skin, and in the air.



However it is possible to completely eliminate these toxins from our neighborhoods without additional cost or compromising the cleanliness of clothes. Mother Nature provided us with washing soda, a safe and natural product for washing clothes. Thankfully there are alternatives... just ask grandma!

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## Disclaimer

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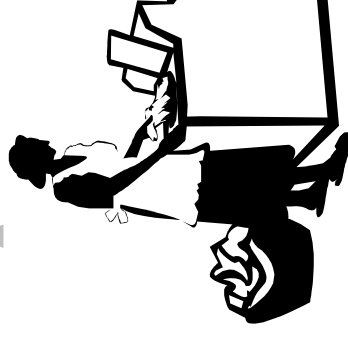
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# Grandma's Cupboard



## Healthy, Natural, & Affordable Laundry Solutions

# Health Effects of the Many Chemicals in Laundry Products

**BENZALDEHYDE**  
"CNS depressant. Irritation to the mouth, throat, eyes, skin, lungs, and GI tract, causing nausea and abdominal pain. May cause kidney damage" (Kendall, 2006).

**BENZYL ACETATE**  
"Carcinogenic... irritating to eyes and respiratory passages, exciting cough" (Kendall, 2006).

**BENZYL ALCOHOL**  
"Irritating to the upper respiratory tract... headache, nausea, vomiting, dizziness, drop in blood pressure, CNS depression, and death in severe cases due to respiratory failure" (Kendall, 2006).

**CAMPBHOR**  
"Local irritant and CNS stimulant... readily absorbed through body tissues... irritation of eyes, nose and throat... dizziness, confusion, nausea, twitching muscles and convulsions" (Kendall, 2006).

**ETHYL ACETATE**  
"On EPA Hazardous Waste list... irritating to the eyes and respiratory tract... may cause headache and narcosis (stupor)... may cause anemia with leukocytosis and damage to liver and kidneys" (Kendall, 2006).

**ETHANOL**  
"On EPA Hazardous Waste list; fatigue; irritating to eyes and upper respiratory tract even in low concentrations... initial stimulatory effect followed by drowsiness, impaired vision, ataxia, stupor..." (Kendall, 2006).

**FRAGRANCE**  
Contains "petroleum distillates, which may cause cancer (it they contain benzene) and damage the skin and eyes... may provoke asthma attacks and irritate the air passages" (Environmental Justice Action in Southern Africa, 2006).

**NAPHTHALENE**  
Linked to cancer and may also damage the eyes, liver, kidneys, skin, and the central nervous system. Children may get brain damage from breathing naphthalene fumes (Environmental Justice Action in Southern Africa, 2006).

**LIMONENE**  
"Carcinogenic... irritant and sensitizer. Do not inhale limonene vapor." (Kendall, 2006).

**LINALOOL**  
"Narcotic... respiratory disturbances... attracts bees. In animal tests: ataxic gait, reduced spontaneous motor activity and depression... development of respiratory disturbances leading to death... depressed frog-heart activity. Causes CNS disorder" (Kendall, 2006).

**a-TERPINEOL**  
"Highly irritating to mucous membranes... aspiration into the lungs can produce pneumonia or even fatal edema. Can also cause excitement, ataxia (loss of muscular coordination), hypothermia, CNS and respiratory depression, and headache. Prevent repeated or prolonged skin contact" (Kendall, 2006).

## Nature's Laundry Soaps

### Baking Soda

- 1 cup at the start of the wash cycle.
- Add 1 cup of white distilled vinegar with the baking soda for extra dirty loads.
- Baking soda contains Sodium Bicarbonate (NaHCO<sub>3</sub>)

### Borax

- 1 cup at the start of wash cycle.
- Borax and baking soda can be mixed for tough loads.
- Borax contains Sodium Tetraborate Decahydrate (Na<sub>2</sub>B<sub>4</sub>O<sub>7</sub>\*10H<sub>2</sub>O)

### Arm & Hammer Washing Soda

- 1 cup at the start of wash cycle.
- NOT baking soda
- Washing soda contains Sodium Carbonate (Na<sub>2</sub>CO<sub>3</sub>).

### Unscented Natural Food Store or Name Brand Laundry Soaps

- A bit less effective.
- A better alternative to traditional name brand products.
- Use as little as possible to clean clothes.
- Not MCS safe.

## To Remove Fragrance

### Vinegar Soak

- Soak in 100% vinegar overnight, wash.
- Keep the bucket / jar in a dark place.



## Nature's Fabric Softeners

### White Distilled Vinegar

- ¼ to 1 cup at the start of the rinse cycle.
- Deodorizes & softens clothes.
- Removes soap scum.
- Leaves no vinegar odor when dry.
- Do not hang colors in direct sunlight.

### Glycerin

- Mix 1 cup of glycerin per gallon of water and add ½ cup to rinse cycle.

### Baking Soda

- 1 cup at the start of the wash cycle.

### Tennis Ball or Tennis Shoe

- Put a clean, old tennis ball/shoe in the dryer to soften & reduce static cling.

### 3% Hydrogen Peroxide Solution

- Soak a washcloth in peroxide and put it in the dryer to reduce static cling.

## Nature's Bleach

### 3% Hydrogen Peroxide Solution

- 1 cup per load at the start of wash cycle.
- If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub and rinse. Repeat.
- Check for colorfastness first.

### Borax

- 1/2 cup at the start of wash cycle along with detergent.

### Sunshine

- Hang linens in the sun to dry. The sun is a natural bleaching agent..
- Ensure even exposure to the sun and/or reposition as needed.