

Soap

Castile Soap - Unscented

- Use as regular liquid soap.

Homemade Liquid Castile Soap

- Boil 3 cups of water.
- Add shavings of one bar of unscented castile soap.
- Cool and fill pump bottle.

Liquid Borax

- Add ¼ cup of borax per pint of water.
- Shake well and allow to settle.
- Pour the water into a pump bottle leaving the borax powder residue behind.

Baking Soda

- Rub on as a paste and rinse.
- Note: Does not lather

Lotion

Olive Oil, Sesame Oil, Sweet Almond Oil, or Grapeseed Oil

- Rub a small drop on skin.

Coconut Oil

- Rub a small drop on skin.

Hair Gel & Hair Spray

Aloe Vera Gel - Unscented

- Rub into hair and style as usual.

Fresh Lemon Juice

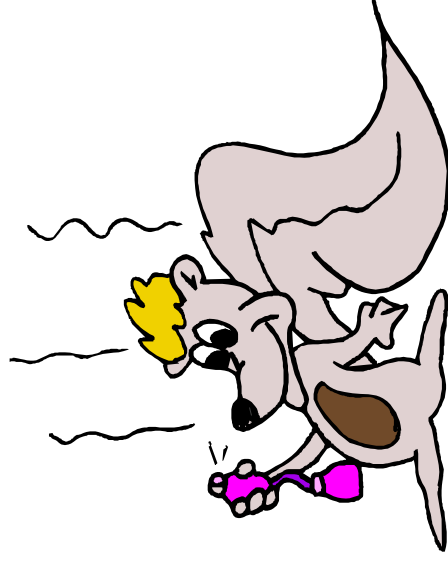
- Squeeze juice of a lemon into spray bottle. Apply as usual and keep refrigerated.



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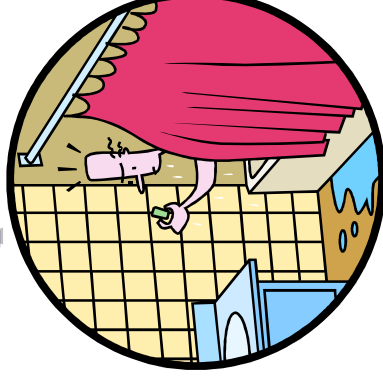
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Grandma's Cupboard



Healthy and Natural Personal Care Solutions

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Mouth Wash

Peroxide

- Rinse mouth as usual. Do not swallow.

Chlorophyll

- Chew tablet to freshen breath.

Tooth Paste

Baking Soda

- Apply to toothbrush and brush as usual.

Peroxide

- Apply to toothbrush and brush as usual.
- Toothbrushes may also be left to soak in peroxide to clean them and kill germs.

Baking Soda & Salt

- Mix 3 parts baking soda and 1 part salt.
- Apply to toothbrush and brush as usual.

Shampoo

Liquid Borax

- Add 1/4 cup of borax per pint of water.
- Shake well and allow to settle.
- Pour the water into a pump bottle leaving the borax powder residue behind.
- Wash hair as usual. Will not lather.

Castile Soap or Clearly Natural Glycerin Soap

- Use as regular liquid or bar soap.

Baking Soda

- Rub in as a paste and rinse.
- Note: Does not lather

Conditioner

Citric Acid Powder

- Mix 1/4 to 1/2 tsp. per pint of water.
- Pour the rinse over your hair

Apple Cider Vinegar or Lemon Juice

- Mix 1/4 to 1/2 tsp. per pint of water.
- Pour the rinse over your hair

Homemade Conditioner

- Mash a ripe banana and avocado.
- Strain through cheesecloth.
- Apply as usual.

Coconut Oil

- Rub into hair and leave overnight.
- Wash out in the morning.

Egg Yolk or Mayonnaise

- Rub into hair.
- Rinse out well.

Olive or Jojoba Oil

- Mix a tiny drop in a cup of water.
- Rub in and rinse out well.



Astringents, Toner, After Shave

Witch Hazel

- Splash on as usual

Hydrogen Peroxide

- Splash on as usual – may lighten skin.

Shaving Cream

Castile Soap - Unscented

- Use as regular liquid soap.
- Lather and shave.

Homemade Liquid Castile Soap

- Boil 3 cups of water.
- Add shavings of one bar of unscented castile soap.
- Cool and fill pump bottle.
- Lather and Shave

Hair Bleach

Peroxide

- Apply peroxide to dry hair.
- Let sit 15 minutes and then rinse out.



Deodorant

Baking Soda or Corn Starch

- Dust body and/or underarms.

White Clay

- Rub in as a paste and rinse.

Deodorant Crystal

- Wet and rub under arm.

Water

- Wash underarms several times a day with plain water to remove bacteria and control odor.