

What Has Dr. Shook Been Reading?

Clean House Clean Planet

By Karen Logan

Have you ever accidentally got a snoot full of window cleaner? (cough cough) Or brushed up against a speck of bleach wearing a favorite colored T-shirt? (Oh *#@%). Ask anyone with asthma what he thinks of ammonia cleaners or *Tilex (Wheeze)*. Gosh Golly that stuff is harsh. And its everywhere, in every market and under most sinks. Have you read some of those labels? “Contact with skin may cause severe burns”, “Do not inhale”, “If swallowed contact poison control”. TO MAKE MATTERS WORSE, when rinsed down the drain or flushed into the sewer, these toxic substances find their way into our sweet tender environment.

What alternative is there? Can we have a clean toilet, healthy lungs and a clean planet?

That is exactly what Karen Logan was looking for, cleaning products that would not harm her child, herself or the Earth.

Clean House Clean Planet, begins with a discussion of some of the more commonly used cleaning products and “*the most common chemical criminals*” they contain. Chemicals such as alcohol, ammonia, bleach, naphthalene, lye and hydrochloric acid. Also contained in this book was some very disheartening information regarding the questionable integrity of some chemical testing labs and the challenges our government faces when attempting to regulate these toxins.

Next came my favorite part, a collection of recipes and instructions for making house cleaning safer and less toxic. Items such as club soda for cleaning windows, baking soda to scrub the sink. Combine liquid soap, purified water and tea tree oil in a spray bottle for a dandy disinfecting spray. Logan offers a low toxin approach for cleaning every room of the house. From the kitchen, to bath and laundry, not forgetting the carpet or the car. She even has a strategy for non-toxic bug and pest control.

Karen Logan tested each recipe. Only those that performed well made it into her book.

Cleaning professionals tried her cleaning concoctions and gave an enthusiastic thumbs up for effectiveness and lack of nastiness.

According to Logan the hardest part of using these non-toxic cleaning formulas is getting into the habit of mixing them up ahead of time. Mixing your own is cost effective. Next time you’re marketing check out the cost of Windex and Club Soda, then you do the math.

Looking through my cupboards I found almost everything I needed to give my humble abode an earth friendly cleaning. My sink cleaned up just fine using baking soda and it is much easier to rinse off than Comet or Ajax.

Anyone who has experienced the before mentioned snoot full of window cleaner or anyone who values their health, the health of their family and the health of the planet might want to take a look at the cleaning recommendations found in Clean House Clean Planet.

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