

Local news

HEALTHY HOUSEKEEPING

Seek alternatives to chemical based cleaning agents

The Capital News welcomes a new contributing columnist to our newspaper, Natalia Morfy of Kelowna. Natalia is an advocate for eco-friendly living, specializing in household and work-space cleaning through her own company, Immaculate Interiors Eco-Friendly Cleaning.



NATALIA MORFY

Living in an age of increasing pollution and al degradation, ever more people are becoming concerned about the related health risks.

Questions that often arise are how can I protect my family from harmful toxins?

And if I can't change the world, are there at least some practical measures that I can take on the home front?

Yes, there are.

You can start by consid-

Eco-friendly lifestyles

ering what household habits you should eliminate.

And which household consumables and cleaners are safe for the environment and, more importantly, our own health.

Most household cleaners, personal hygiene products, pet needs and laundry detergents contain harmful toxins, pesticides and carcinogens.

However, we can easily make some educated choices that will minimize any related common household risks.

Let's start with some tips that will get you on the road to becoming a more healthful and eco-friendly home.

By doing so, not only will you create a more natural living environment for yourself and your family, but also cut hazardous waste at the source.

Here are five ideas that will make a significant difference.

1) According to www.ecoday.ca, Canadians use about 54,000 tonnes of household cleaner per year—the

majority are not eco-friendly. So go through your home and take an inventory.

Do you have old cleaning products that you don't use?

Do you own products containing the words poison or warning?

Those warnings should speak for themselves. The safest way to dispose of them is to bring them to your local hazardous waste depot.

Try to make a conscious effort to use services and products provided by environmentally cautious businesses.

Purchase products containing the Environmental Choice logo, or ones that are non-toxic and biodegradable. You can find a list of these products on www.environmentalchoice.com or at

your local health food store.

2) Get creative with natural products. Mix vinegar with distilled water, lavender, tea-tree and eucalyptus essential oils to make an all-purpose homemade cleaner that costs a fraction of most conventional cleaners. This particular cleaner is glass-friendly as well.

3) Use baking soda and vinegar to get out tough stains in your bathroom. Add lemon juice to laundry whites and substitute your laundry soap with baking soda for cleaner and softer clothing.

4) Try to purchase reusable items instead of disposable ones such as shopping bags, containers, sponges, mops, dusters and cloths.

You'll notice that you will save money in the long run.

5) When choosing household sprays, try to pick ones containing natural disinfectants such as witch hazel and essential oils.

Try mixing oils of cedar wood, citronella, peppermint, eucalyptus, tea tree and lemongrass in jojoba oil to make a natural bug repellent.

It's as easy as that. There are many more ways to reduce environmental hazards within the home.

And here is another bonus — you'll save money, too.

Enjoy your journey towards a happier household environment. You'll be contributing to a cleaner environment and a healthier home.

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