

## Local news

# Smell the scents of the season naturally

If you haven't done so already, it's time to get into the holiday spirit. To me, Christmas time conjures up the memories of warm gingerbread, roasting turkey and simmering apple cider—not to mention all the family gatherings, gift giving and cheer.

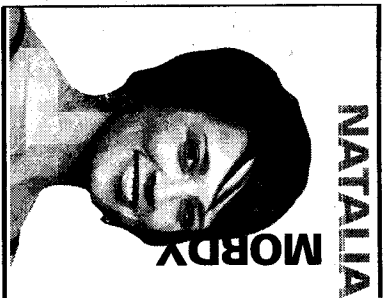
Unfortunately, for some of us, those nostalgic scents are a distant memory as busier lives and lack of time now prohibit long leisurely hours of baking and food preparation.

Also unfortunate, however, is most holiday scents today come from a scent ball plugged into a nearby power outlet.

I promise this column has a good ending with some helpful alternatives for those delightful smells stuck in your power outlets, spray bottles and candles.

But do you know what's in them and what you are actually smelling? In most cases, you are inhaling an array of chemicals and fabrications of "memorable and cheery holiday scents."

I regret that I have to break this horrible news to you right as you're digging out your Christmas decorations and smelly things. I feel like the Grinch. (We do



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### Eco-Friendly

..... know that the story has a happy ending).

The truth is that most of your beautifully scented accessories could contain chemicals such as dichlorobenzene—a big word with bad consequences.

This chemical compound is used in deodorizers, aromatic products and insect killers. Hmmm... which one of those things don't belong?

In large doses, this chemical can cause central nervous system malfunctions, dizziness, headaches and liver damage. That could be why it kills insects—because it is damaging to humans.

According to Wikipedia.org and the U.S. Department

of Health and Human Services, dichlorobenzene is classified as "anticipated to be a carcinogen." What a thing to anticipate. I would advise leaving the anticipation for your stockings on Christmas morning. I guess those seasonal scents are not so invoking of the warm and fuzzies anymore, are they?

Well, the Grinch is here to save the scent of Christmas. How about trying out some healthy home-made recipes to warm the house this year? I personally love the smell of apple cider simmering on the stove with lots of warming spices.

Try this recipe. I guarantee your house will smell as good as this tastes.

Simmer 4 cups of organic apple cider with a stick of cinnamon and 2 or 3 cloves on low, while at home all day. Remember to check the liquid level and add water whenever needed, about every hour. Once the flavours have assimilated, enjoy! It'll warm your family and the house.

If you are unable to leave a pot of scrumptious apple cider on the stove all day, try making your own scented spray. This recipe will not only smell wonderful, but will be non-toxic and can be

sprayed in any room of the house.

First, purchase a clean, small spray bottle. Then, fill with 1 cup of distilled water with 2 teaspoons rubbing alcohol and 8-10 drops of essential oils of your choice. Make sure that you leave enough room for shaking. Spray and smell.

You can choose your own essential oils to scent your home-made spray. The Christmas concoction of cinnamon and cloves or orange and cinnamon is particularly cheery.

If you have a candle diffuser, mix some water with drops of cinnamon, orange or cloves and light a non-toxic beeswax candle. I guarantee it will smell wonderful.

Now your home smells good and natural and, importantly, free of toxins. Happy holidays!

*If you have some healthy household hints that you'd like to share or have any*

*question, send me and e-mail,*

*Natalia Morby is an advocate for eco-friendly living, working through her business, Immaculate Interiors Eco-Friendly Cleaning, 808-7774 or www.immaculateinteriors.ca.*