

RECIPES FOR A CLEANER HOME AND ENVIRONMENT

Even when not listed, add 3 - 5 drops of your favorite [essential oil](#) to these recipes. Not only will it smell great but all essential oils are antimicrobial, many are antiseptic and anti-fungal and so your cleaning will be made even better with their addition!

All Purpose Cleanser #1

(grease cutter)

¼ c Borax

¼ c Sunshine Concentrate (see other uses for Sunshine Concentrate at the end of this email)

1 gallon water

10 drops lemon essential oil (for a fresh scent and its disinfectant properties)

Mix all together and store in a 1 gallon milk jug. Label it well. Use full strength from a spray bottle.

All Purpose Cleanser #2

(glass cleaner)

4 parts white vinegar

4 parts water

1 part salt

Mix together well, keep in spray bottle

Basic Disinfectant

½ c Borax

1 gallon hot water

5 drops Pine essential oil

5 drops Tea Tree essential oil

10 drops Lemon essential oil

Oven Cleaner

Sprinkle spills with soda while still warm. Let set, then wipe off. Or, sprinkle baking soda on the oven and scrub with a sponge soaked in vinegar.

Scouring Powder

1 c baking soda

1 c borax

1 c salt

Mix together, store in an airtight container. Sprinkle on damp sponge or directly on whatever you are scrubbing. For "scrubbing bubbles", wet sponge with vinegar.

Automatic Dishwater Powder

2 Tbsp baking soda
2 Tbsp Borax

Place in dispenser, run dishwasher as usual.

Tub Cleaner

Baking soda
Hydrogen peroxide

Make a paste and rub into stains. This helps remove rust stains and is mildly disinfectant.

*If you routinely put 2 Tbsp of baking soda in your bath water, you'll have softer water and no bathtub ring.

Drain Maintenance

Once a week, pour about half a cup of baking soda into the drain, followed by a cup of vinegar. Flush with very hot water as it foams.

Carpet Cleaner

1 c Borax
2 c corn meal
5 drops Rosemary essential oil

Mix together and, using a flour sifter, sprinkle on carpet. Let sit up to 1 hour and vacuum.

Air Freshener

Place vinegar, cinnamon and cloves in a small cup or dish. Microwave for 30 seconds to one minute and place near the source of the odor. (Try keeping one near the kitty litter.)

Wood Polish

2 parts Olive or Vegetable Oil
1 part Lemon Juice
Shake well, store in small bottle.

Toilet Cleaner

Sprinkle borax or baking soda around bowl let sit, then scrub. You can pour ½ cup or so into the tank. Let it sit overnight and then flush to freshen the whole system.

Laundry Stain Pre-Treat

Make a paste of ¼ c water and 4 tablespoons (or more) baking soda.

Rub into stain and wash.

Ring around the collar? Rub in the same paste, then pour vinegar on just prior to washing.

Spray Starch

2 tablespoons cornstarch

1 pint water

Shake very well or mix in a blender and store in a spray bottle.

Copper and Brass Cleaner

1 tsp salt

1 c vinegar

Flour to make a paste

Rub on, let sit for a while then wipe off. You may need to buff a bit.

Quick Copper and Brass Cleaner

Salt

Lemon juice or a slice of lemon or vinegar

Sprinkle salt on copper, rub with sponge dampened with juice or vinegar

Quicker Copper and Brass Cleaner

Ketchup

Or

Worcestershire Sauce

Rub on the discolored area, let stand then wash with warm, soapy water.

Silver Polish #1

1 quart hot (boiling) water

1 Tbsp salt

1 Tbsp baking soda

aluminum foil (or aluminum pan)

Put the aluminum foil in the bottom of a bowl. Pour in the hot water, salt and soda. Dip silver pieces until desired amount of tarnish is gone – this will remove tarnish from engraved designs.

Rinse and buff.

Silver Polish #2

Baking soda
Water

I usually make a paste and rub on silver after I've soaked it using #1. This is great for rubbing dark spots off.

Silver Polish #3

Rub silver with a piece of raw potato dipped in baking soda

Automobile Windshield Washing Fluid

3 parts white vinegar
1 part water

(Commercial windshield washing fluid contains antifreeze, which is toxic to plants and animals, as well as other petroleum distillates.

Ant Killer #1

Sprinkle baking soda on the mound when it is damp. After half an hour or so, pour vinegar on it.

Ant Killer #2

For ants in the house, simply spray with a solution of soap and water. They will die instantly. Then rub peppermint oil along their trails and where they get in the house to keep them away.

Sunshine Concentrate

This all-purpose, concentrated cleaner is tough on dirt, grease and grime, yet it won't harm the environment or your family because it contains no phosphates, borates or acids. Its biodegradable cleaning and sudsing agents break down easily, helping to prevent foaming in lakes and streams.

USES:

Kitchen—clean appliances, sinks, refrigerators, counters, wood surfaces, walls, floors, dishes (even fine china), pots and pans, silverware, copper and brass. Works in automatic dishwashers. Cleans ovens, grills, griddles, thermoses and plastic containers. Works as a fruit/vegetable wash.

IN THE KITCHEN as well as all around the house, **NSP Concentrate** can be used to clean appliances, refrigerators, sinks, wood surfaces, windows, walls, floors, fine china, everyday dishware, pots and pans, silverware, copper and brass. It can be in automatic dishwashers as well. With **NSP Concentrate**, you can tackle tough jobs like the oven, grill and griddle, tricky odors trapped in thermos bottles and plastic containers, as well as a fruit and vegetable wash. So many uses—one bottle!

Laundry—pre-spot stains, spots, grimy collars and cuffs. Pre-soak diapers. Hand-wash silks, fine woolens, sweaters and other delicate fabrics in cool or cold water.

IN THE LAUNDRY use **NSP Concentrate** as a laundry detergent, as a diaper pre-soak and to pre-spot stains, spots, and grimy collars and cuffs.

Outdoors—clean tools, air filters, battery terminals, grease on concrete driveways, interior/exterior of cars/boats. Safe for lawns, gardens and farming. Excellent insect repellent. Great for shampooing the dog.

Indoors—clean windows, mirrors, shower, chrome, aquarium, rugs, tile, wallpaper, carpet, furniture, no-wax floors. Prevents mineral buildup in irons and humidifiers. Repels dust. Works as a shampoo and hand soap. Cleans shoes, handbags, eyeglasses, leather goods and more. Safe on house plants.

Bath—safe for bubble bath. Leaves no bathtub ring! Most soaps have a pH of 8 or higher. **Sunshine Concentrate has a pH of 6.5**, which is easier on your skin.

Safe for people, animals, plants and our environment. Biodegradable, non-polluting, chemical-free. Non-flammable. **Save money. One bottle equals 200 gallons of window cleaner or 64 gallons of your average household cleaner.**

[Pump for concentrate: 2601-5](#)

Recommended Usage:

NSP Concentrate is an all purpose, non-flammable cleaning concentrate that is tough on all types of dirt and grime, yet **won't harm the environment of the ones you love** since it contains no polluting phosphates, borates or acids. Its biodegradable cleaning and sudsing agents break down easily, helping to prevent foaming problems in our lakes and streams.

THE LIST GOES ON AND ON of items NSP Concentrate can be used to clean: Tools, air filters, battery terminals, cleans grease off concrete driveways, interior/exterior of cars and boats, prevents build-up in irons and humidifiers, cleans houseplants and aquariums, rugs tile, wallpaper, trash containers, cleans carpets, furniture, and keeps no-wax floors shiny and prevents dust build-up.

IN THE BATH NSP Concentrate is safe for bubble baths and leaves no bathtub rings.

MIXING INSTRUCTIONS

Appliances, kitchen and bathroom fixtures, walls, etc.: 1 tsp. per quart of warm water.

Dishes, bowls, glasses, silverware, etc.: 2 tsp. per average basin of hot water.

Pots and pans: 2 Tbsp. per gallon of hot water.

Windows: 4-8 drops per quart of water.

Floors: 2 Tbsp. per gallon of hot water. rinse thoroughly with clean water before applying wax.

Mirrors, windows, glass: 1 tsp. per gallon of water; spray or sponge on, rinse, wipe dry.

Stain Removal: Use full strength before laundering, to help remove ball-point ink, chocolate, lipstick, shoe polish or grease from washable, color fast material.

Ceramic and plastic tile: 2 Tbsp. per gallon of water. Sponge or spray on. Rinse. Also safe for wood floors and woodwork.

Hand and body cleanser and shampoo: Place a few drops in palm, rub well, rinse. For bathing, add 2 tsp. per tub of water.

Fruits and Vegetables: 1/2 tsp. per basin of cool water. Wash well, rinse thoroughly to remove sprays, waxes, and pesticides.

Hand washables: 1 tsp. per quart lukewarm water. Use for silks, woolens and other fine washables. Wring

gently, rinse well.

Laundry Booster: Add 1/4 cup to water to boost cleaning power of laundry compound.

SUGGESTED ESSENTIAL OILS

Nature's Sunshine offers a wide variety of pure essential oils which may be added to NSP Concentrate to enhance fragrance, for antimicrobial purposes or for an aromatherapy bath.

For clean fresh scent: [Lemon](#), [pine](#) or [pink grapefruit](#).

For antiseptic purposes: [Tea Tree](#).

In the bath: [Lavender](#), [ylang ylang](#), or [rose](#).

FIRST AID AND PRECAUTIONS

Contains linear alcohol alkoxyates. Avoid any contact with eyes. In the event of eye contact, flush with water for 15 minutes. Get medical attention promptly. Keep away from children. Keep bottle tightly capped.

Watch for all new, **ALL NATURAL** line of cleaning products to be coming out this year.



2010 New Product Preview - Fall

- Healthy Home Cleaning Product Line
 - Laundry Soap
 - Dish Soap
 - Automatic Dishwasher Soap
 - Citrus Multi-Purpose Cleaner
 - Oxygen Powder Non-Chlorine Bleach
 - Laundry Dryer Sheets
 - All-Purpose Biodegradable Surface Wipes

 A SEASON OF sunshine 2010

