

# Green This Volume Greening Your Cleaning



Are you tired of using harmful chemicals to clean your home? It's time to embrace green cleaning, a sustainable and eco-friendly approach to maintaining a clean and healthy living environment. In this article, we will delve into the world of green cleaning, providing you with valuable insights on how to make your cleaning routine much greener and more environmentally responsible.

## Understanding Green Cleaning

Green cleaning refers to the use of environmentally friendly cleaning products and methods that aim to reduce the negative impact on human health and the environment. It involves the use of biodegradable, non-toxic, and sustainable cleaning agents that are free from harmful chemicals.



## Green This! Volume 1: Greening Your Cleaning

by Deirdre Imus (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

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Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Screen Reader : Supported

Print length : 240 pages



### Why Choose Green Cleaning?

There are numerous reasons why you should opt for green cleaning:

- **Protecting your family's health:** Traditional cleaning products often contain toxic chemicals that can pose health risks, especially to young children, pets, and individuals with respiratory conditions. Green cleaning eliminates these risks and provides a safer living environment.
- **Preserving the environment:** Harsh chemicals found in conventional cleaning products can end up in our waterways and contribute to water pollution. By using eco-friendly alternatives, you are reducing your impact on the environment and promoting sustainability.
- **Improving indoor air quality:** Conventional cleaning products can release volatile organic compounds (VOCs) into the air, leading to poor indoor air quality. Green cleaning agents, on the other hand, significantly reduce VOC emissions, ensuring cleaner and fresher indoor air.

### Essential Green Cleaning Tips

To help you kick-start your green cleaning journey, here are some essential tips to follow:

1. **Make your own cleaning products:** You can create effective and safe cleaning solutions using simple ingredients found in your kitchen, such as vinegar, baking soda, and lemon juice. DIY cleaners are not only cost-effective but also environmentally friendly.
2. **Switch to eco-friendly cleaning products:** If making your own cleaning solutions isn't your cup of tea, consider purchasing environmentally friendly cleaning products. Look for certifications like EcoLabel or EWG Verified to ensure that the products are truly green.
3. **Reduce packaging waste:** Opt for cleaning products with minimal packaging or those that come in refillable containers to reduce plastic waste. You can even consider buying in bulk to further minimize packaging materials.
4. **Use microfiber cloths:** Ditch disposable wipes and paper towels, and opt for reusable microfiber cloths instead. They effectively capture dirt, bacteria, and allergens while ensuring a streak-free clean.
5. **Embrace steam cleaning:** Steam cleaners harness the power of heat and steam to sanitize and deodorize surfaces without the need for harsh chemicals. They are perfect for eliminating bacteria, mold, and stubborn stains.

## **The Benefits of Green Cleaning**

By adopting green cleaning practices, you can enjoy a variety of benefits:

- **Better health and reduced allergies:** Green cleaning products are less likely to trigger allergies and sensitivities since they lack harmful chemicals.

- Cost savings: DIY green cleaning solutions are significantly cheaper than commercial cleaning products. Additionally, green cleaning methods often require less water and energy, resulting in lower utility bills.
- Extended lifespan of surfaces: Traditional cleaning products can be harsh on surfaces, leading to deterioration over time. Using gentle, eco-friendly cleaners can help prolong the lifespan of your furniture, floors, and appliances.
- Peace of mind: Knowing that you are contributing to a healthier planet by reducing your carbon footprint generates a sense of fulfillment and well-being.

## **Incorporate Green Cleaning Today**

Transitioning to green cleaning may seem challenging at first, but it is a step toward a more sustainable and healthier lifestyle. Start by gradually incorporating green practices and products into your cleaning routine. Over time, you'll become accustomed to a greener way of cleaning, benefiting your family and the environment.

Remember, every small change counts. So let's commit to making our homes cleaner and greener, one cleaning routine at a time!

### **Sources:**

- <https://www.epa.gov/greenerproducts>
- <https://www.environmentaldefence.ca/tips/top-10-household-hazards>
- <https://www.webmd.com/health-ehousehold-products>



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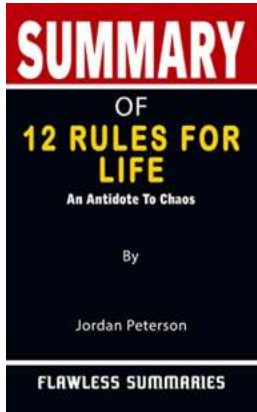


Change the way you clean and keep your family's home wholesome and healthy with the help of expert and activist Deirdre Imus.

We all grew up thinking chemical smells like bleach and ammonia signaled "clean." But as Deirdre Imus reveals, some of the chemicals we use to maintain our homes are doing us and our families much more harm than good. In *Greening Your Cleaning*, the first in her *Green This!* series, Deirdre shows how cleaning house the environmentally responsible way can be as effective and often cheaper than the more traditional, toxic, means. This volume includes:

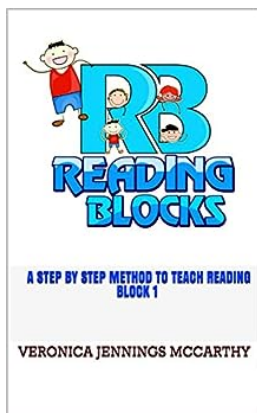
- Simple, efficient cleaning methods for every room of the house
- Spotlights on everyday products (all purpose cleaner, glass/window cleaner, laundry detergent) and the toxic ingredients you should be wary of
- Summaries of the latest research on the toxic effects of ordinary chemicals
- Resource lists of widely available "green cleaning" products and retailers

Filled with tips and testimonials, Greening Your Cleaning will show you how to streamline your cleaning products and practices, and how easy it is to make "living green" your way of life.



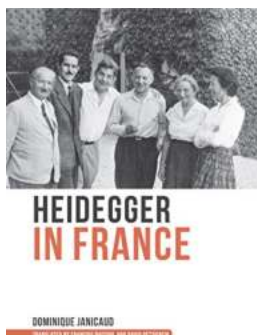
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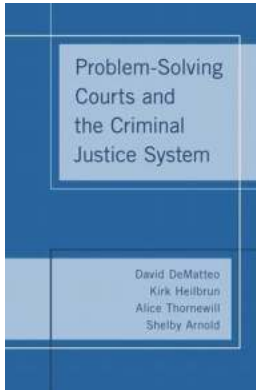
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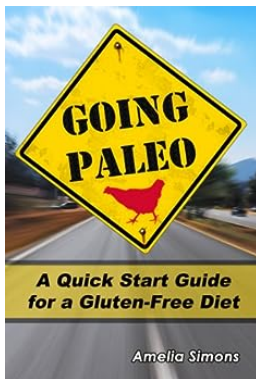
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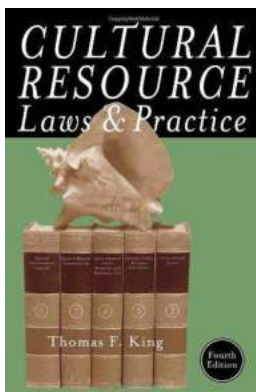
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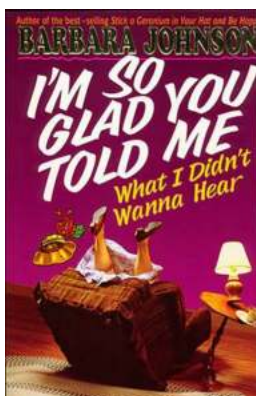
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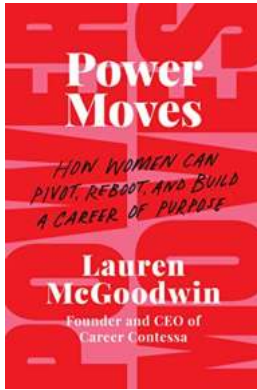
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