

Healthy Laundry Hacks



From **Toxic**
to
Green

The New
Parenting Guide
for Maximum
Family Health

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Group:



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Healthy Laundry Hacks

Find all-natural alternatives at your local health food store, in the natural health section of most grocery stores and online.

Never wear clothes right from the store - remove the formaldehyde!

To Remove or Reduce Scents

Hang your fabrics outside, especially in freezing weather. Putting them in the freezer may also do the trick.

Soak clothing in a mixture of water and apple cider vinegar for 24-48 hours. Add one cup of apple cider vinegar to a laundry load, plus a 1/2 cup of Borax.

Drying Our Clothes

Synthetic cloth creates static in the dryer; natural fibres don't.

Alternatives to the synthetic chemical-laden dryer sheets include dryer balls, some plastic, some made of wool, that help resolve this problem.

Another solution to help reduce static while you switch to all-natural products is to use a ball of aluminium foil in the dryer.

If you can, dry your clothes without using the dryer.

GO FOR IT!

Where Have Your Clothes Been?

If you work in a factory with grease or noxious fumes, your clothes may need to be washed in detergent.

Look for odour-removing products from the all-natural companies.

Boost the stain removal effect by using sodium-based Oxy products.

Beware of green/free and other products labelled as being "environmentally friendly".

Some add more synthetic chemicals to cover up the basic smell of the product.

Finally, make the switch!

Laundry strips reduce the number of plastic laundry bottles going to the landfill or recycling depot.

Find a source which offers the opportunity to refill your plastic laundry bottle.

Appreciate Yourself

Thank yourself for making your laundry healthier, creating better sleeps & happier organs.

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