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Make the Move to a Chemical-Free Household

BY ALETHEA SPIRIDON

Chemical cleaners on the market today are more effective than what our grandmother's used. But with this enhanced efficiency comes a price: toxicity. From the sprays we freely use to freshen, bleach, and degrease to the pine scented and creamy scrub cleaners used to clean toilets, bathtubs, and kitchens – each of these products is made up of numerous chemicals that are wreaking havoc on our neurological and developmental systems.

Research isn't readily available and you have to understand why – big companies don't want you to know what these harsh and harmful chemical cleaners are potentially doing to you and your family's health and well-being. Thankfully, over the last two years there has been a growth in the availability of chemical-free cleaning products so we have more options. Check out three of our favourites:

1. Attitude Environmental Cleaning Products (www.thegoodattitude.com)

First of all, this company has a manifesto. Check it out on their website. Talk about corporate responsibility! Second of all, they make fabulous products that do the job you need them to do. Their after-shower spray is terrific and leaves the bathroom smelling like a freshly peeled grapefruit. All of their products are made with natural, vegetable-based ingredients like corn and coconut and essential oils. They have an extensive line of products that will clean your house from bathroom to kitchen including the stainless steel. And it gets better: they donate a portion of sales to the Canadian Cystic Fibrosis Foundation.



2. Eco Mist Cleaning Solutions (www.ecomistsolutions.com)

These cleaning products are made using only natural ingredients such as corn, tree sap, processed coconut extract, sugarcane, and de-ionized water. I met one of the owners at the Green Living Show back in April and he demonstrated how safe and natural the products are by drinking some of it! Don't do that at home but it goes to show you how nontoxic they really are.

3. Organic Kitchen (www.uppercanadasoap.com)

This is a premium line of kitchen and hand care products that are rich in organic aloe and made with only plant derived ingredients and essential oils like grapefruit, patchouli, and bergamot. Organic Kitchen is 100% free of sulfates, synthetic fragrances, colourants, petroleum products, and animal ingredients. It comes in four different scents: Patchouli Grapefruit, Nutmeg Ginger, Lavender Bergamot, and Mint Sage. If you have sensitive skin this line is for you because it won't irritate and actually has soothing properties. And the products smell so amazing – it's a little aromatherapy for the kitchen!

