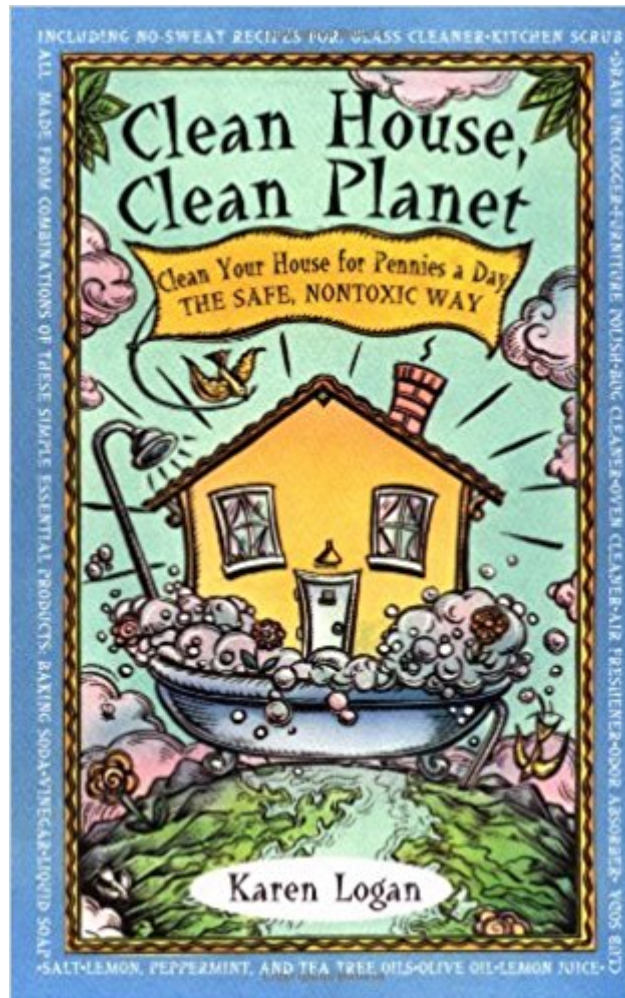




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# Clean House Clean Planet



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## Synopsis

Go green with this rollicking guide to eco-friendly cleaning alternatives that will help you save your health, your money, and your planet. How many times have you said you're killing yourself trying to keep your house clean? You might have been joking, but you're closer to the truth than you think if you're using expensive commercial cleansers. Karen Logan, an environmentalist with years of experience developing and selling her own line of eco-friendly cleaning products, reveals the secret of using simple, ordinary ingredients like baking soda, vinegar, soap, lemon juice, and salt to make safe, inexpensive cleaners. For instance, did you know: -Olive oil is not only good as a salad dressing, but also as a furniture polish. -Plain club soda works great as a window cleaner. -You can make your copper-bottomed pots sparkle with just lemon juice and salt. -Ordinary liquid soap and water will clean up those ants marching through your kitchen.

## Book Information

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## Customer Reviews

How many times have you said you're killing yourself trying to keep your house clean? You might have been joking, but you're closer to the truth than you think if you're using expensive commercial cleansers. Karen Logan, an environmentalist with years of experience developing and selling her own line of eco-friendly cleaning products, reveals the secret of using simple, ordinary ingredients like baking soda, vinegar, soap, lemon juice, and salt to make safe, inexpensive cleaners.

Karen Logan is an environmentalist. She is the author of Clean House, Clean Planet.

I have found this book to be very helpful! I'm hoping to find gentler, earth friendly cleaning products to clean my home. I like that the author compares the recipes in her book to well known cleaning products with a percentage of proficiency.

I was thrilled to stumble across Karen Logan's book shortly after my son was born. I started to avoid cleaning because I detested using most household cleaners due to the harsh chemicals. I was also very concerned about my son's second-hand exposure or worse - possible direct contact. Karen's book educated me about the hazards of commercial cleaners and then taught me how to make my own simple and safe cleaners right in my kitchen. This information showed me that harsh cleaners are unnecessary and more important what natural products would produce similar results. Making my own products is also entertaining and educational for my toddler who is now able to "help" clean and I don't waste precious naptime on toilet bowls and bath tubs! Her recipes are very easy to follow and are effective!!! I gave away all my commercial products almost two years ago and have not gone back to one of them. It's so comforting to know that my family is no longer exposed to harmful cleaners and we are doing our part in protecting the environment.

I think the author gives some great info regarding recipes for green cleaning, and she gives some nice chemistry explanations (like baking soda is an alkaline and how it works to clean, etc). My problem here, however, is twofold. First, the entire thing comes off as preachy. There are some places that look like she's saying "I've got all this knowledge and I have a duty to preach about it to all the little people." For instance, she wrote, "Intelligence and ethics often go hand in hand," when she's writing about buying plastic containers for the recipes. Huh? What does that have to do with buying recycled containers? More importantly, why am I BUYING recycled containers (these specific brands by specific sellers) when I can scrub out one of the old commercial containers I'm no longer using? This brings me to complaint #2: the frequent advertisements for not only her own company but corporate giants (i.e. she writes, "You can find the ECOlogical all-purpose sprayer...at any Target store.."). I understand that she's likely trying to help the reader navigate the new world of household Green cleaning as easily and hurdle-free as possible. But to continually drop names and companies who create things that I HAVE to buy is irritating. I really need THIS squirt bottle from THIS particular store? If "intelligence and ethics" really do "go hand in hand," shouldn't she assume

her reader is smart enough to find their own silly squirt bottles without her direction? Those two major complaints aside (and believe me, they're so frequent that I set this book down many times in irritation), I do think she has great ideas and methods to get rid of commercial household chemicals. To anyone new to Green living, it's a decent intro to the area with basic instructions on how to mix and store and use these green recipes...but I would say to get it from a library.

A must have for people who like to clean and make their own cleaning products.

I started making my own nontoxic cleaning products using recipes and information from the internet. I stumbled across this book, and it has some great recipes and tips. Because it was published in 1997, there are no references to websites for resources, only phone numbers and addresses. The author also discontinued her business selling containers, which she promotes in this book, so you'll have to find them elsewhere (but that's pretty easy). I agree with other reviewers that there's a lot of redundant information. I would love to see this book rewritten, updated and tightly edited. Then, it would be perfect.

I bought this book on the advice of a girlfriend who swears by it and I've really liked it. I have 4 children under the age of 5 and I've been very happy to find cleaning solutions that I'm comfortable leaving around the house and won't hurt anyone. Some of the 'recipes' my small kids can even use to clean with (and actually work) which has been great (anytime you can get a 3 and 4 year old to help with chores is a blessing). I put smiley faces on the bottles that are extra safe (club soda for cleaning glass, soap and water for cleaning kitchen surfaces) and they know which products they can use to help with. I've found a lot of her ideas to be effective and appreciate her using realistic 'ratings' of her own recipes to give you an idea of how effective the solutions are really going to be. She does rate some of her own recipes fairly low and admits they aren't as good as some other ideas. That gives her more credibility all the way around in my book. If you're interested in eliminating or cutting down (that's all we could manage) on the toxic chemicals in your house, this is a great place to start. She explains from the beginning why you should be worried, the specific problems with some of the toxic chemicals, the surprising places you'd find them and how everyday items like vinegar and baking soda work to be almost as effective. I think it's worth a try for everyone.

By far the best natural cleaning book I have read, and I have read so many!! Her recipes are easy, cheap and a minimum of ingredients. I have been going green and going minimalist, and this book

has recipes that do it all!! She explains exactly what you need as far as supplies, including what size spray bottles, squirt bottles, etc. Other books I have read call for expensive and hard-to-find oils, but she has narrowed it down to just a few. All of which smell great!! Only thing I would change is having all her recipes in one area so you don't have to hunt through the book every time to find the one you are looking for. Hope this book becomes available on Kindle. A true classic.

Recommended

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