

TIP OF THE MONTH - AUGUST

Green Cleaning

This morning I noticed that the sink in the bathroom seemed quite blocked. Not so strange, considering there are two girls with long hair and one fluffy cat living in this house.

Off I went to the supermarket to buy some drainage unblocking stuff. I was horrified when I noticed that all of the products on the shelves are pretty hardcore chemicals. You are advised to wear protective eye goggles and gloves when using this. And keep it away from skin, it said on the bottle, or else you will get burns. (I get enough burns as it is, thank you! See *Tip of the Month – July*)

I'm a "Green Girl" – I use Ecover for cleaning, I recycle, buy non-chemical toiletries and organic food whenever I can. I'm a vegetarian and also trying to tread lightly on this Earth; leaving a small a trace as possible.

So it went against all of my principles to buy this corrosive poison and pour it into the water system and, eventually, into Mother Earth herself.

I decided to use the good old trick – **bicarbonate of soda and white vinegar** – instead. This is how you do it:

Pour about one quarter cup of Bicarbonate of soda down the drain with about one cup of vinegar. This makes a chemical reaction, which involves a lot of fizzing. Then pour some hot water down the drain and voila! **Clean drains and a clean Earth.**

Apparently bicarbonate of soda can be used for other types of cleaning as well. You can use it in solution to clean inside fridges, microwaves, teapots, cafetieres, filter coffee machines, glassware and kitchen utensils.

This month, why not try and use as many earth-friendly cleaning products as you can! There are plenty of green household tips to be found on the internet.

"We have forgotten how to be good guests, how to walk lightly on the earth as its other creatures do."

Barbara Ward, *Only One Earth*, 1972

Walk in Beauty!

Helena x



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