

Natural From Home Moment



The Cleaning Power of Citrus

A Report by
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<http://www.naturalfromhome.com>

About Natural From Home

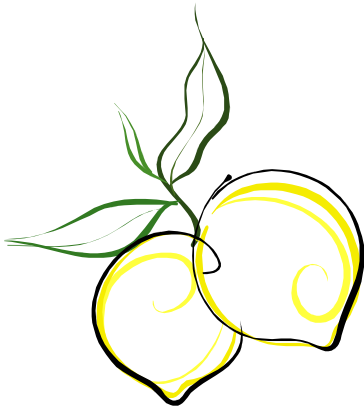
If you have not plugged into a more natural way of caring for your home and body visit us today at <http://www.naturalfromhome.com> and find out how you can create a toxic free environment – Home and Body!

At Natural From Home you will find low cost effective ways to clean your home and care for you body. You will find recipes, articles, tips, a quick weekly podcast.

You are free to pass this report along to a friend and spread the word about Natural From Home

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Citrus fruits are packed with power: Both nutritional and cleaning power. They are delicious and refreshing to eat plus they have many other household uses as well. Their ability to clean your home is amazing.

Normally when we have a tough cleaning job that needs to be done, we may automatically think you need a heavy duty commercial cleaner to get the job done right. Well, not only are those cleaners laden with chemicals that are not healthy for you and your family they are also very harsh and abrasive. Instead of the toxic products, try the cleaning power house of Citrus fruits.

The natural ingredients of a citrus fruit can clean just as effectively as harsh, conventional cleaners without the harmful side effects. They are completely biodegradable and safe for use in your home. The oils in the skin of the fruit are also very effective in killing bacteria.

You will never have to worry about your child's exposure to lemons on a floor you just cleaned. Add that to the fact that they smell great too and you have a huge win-win situation.

Here are just some of the ways you can use citrus to clean your home:

- Clean your garbage disposal and keep it smelling fresh with citrus. Drop a handful of citrus peels (oranges, lemons, limes, grapefruit) into your garbage disposal and run it with the cold water turned on. The citric acid will help deodorize your disposal and leave it smelling fresh.
- Use citrus as a degreaser wherever you have greasy build-up such as the stove, the outdoor grill, and the garage. Some major cruise ship lines are even using citrus a degreaser for their engine rooms! My husband who is a plumber and electrician uses citrus degreasers for many of his after clean up jobs.
- Looking for a great all purpose aromatic cleaner? Make a citrus and vinegar all purpose cleaner. Just fill a jar with citrus peels and cover in white vinegar. Let it brew for four weeks, giving it an occasional shake. After four weeks, strain out

the peels, dilute, and use to clean stovetops, bathroom surfaces, mirrors, and floors. You can even add it to the laundry to give your whites a boost.

- Toss some orange or lemon peels in your wood burning fireplace to give the room a nice, fresh smell.
- Remove stains from enamel pots by filling $\frac{3}{4}$ full of water, adding a handful of citrus peels and boiling for 15 minutes.
- Put a used lemon half in your dishwasher to cut grease on your dishes. Or squeeze the juice into your dishwasher in place of bleach.
- Use half a lemon to rub stainless steel draining boards and taps. Leave on for a few minutes and then rinse and shine.
- Mix some olive oil and lemon juice together and put in a spray bottle. Use the mixture to clean hard wood furniture, rubbing and then drying with a cloth rag.
- Use lemon juice to clean and shine brass and copper.
- Squeeze a little lemon juice on stained clothing or cloth diapers and set out in the sun to bleach away the stain.
- Mix lemon or lime juice with baking soda and vinegar to create a paste that will cut through soap scum and dissolve grime in bathtubs and sinks.

When you are faced with the intimation of a large seemingly impossible cleaning job, don't look to the bleach or other harsh chemical products. Open your refrigerator and get out those great citrus fruits.



Does Your Home and Body Need An Extreme Natural Makeover?

Natural From Home provides low cost natural living coaching for the family looking for a clean toxic free environment. I can help you create an environment that is all natural – home and body.

Through assessments, evaluations, goal setting, and accountability, I provide an effective Extreme Natural Makeover.

Cost = \$15 per session with the amount of sessions needed depending on your needs and desires.

For more information contact LaTara at latara@naturalfromhome.com



About LaTara Ham-Ying – Host of Natural from Home Moments

LaTara Ham-Ying is a coach, podcaster, writer, entrepreneur, has been into natural health for over 10 years, and started following a Vegan Diet when she got married. As a part of her service to others, she writes for [Hope For Women Magazine](#) and is the Natural Living Coach for the [Pink Collar Club](#).

LaTara has been married to Rupert for 5 years. They have a combined total of six children ages 25-4 and five grandchildren ages 11-1. She homeschools two of her boys, ages 15 and 4. They find their home in Chicago, IL where there are basically two seasons - summer and winter - and the landscaping is just gorgeous.