



Natural Solutions for Cleaning & Wellness: Health Remedies and Green Cleaning Solutions Without Toxins or Chemicals

Halle Cottis

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The Ultimate Guide for a Naturally Clean Home and Healthy Body

Transform your house into a toxin-free home with this valuable and practical guide. Halle Cottis goes beyond using vinegar and baking soda and provides powerful recipes to clean your entire house from the inside out. With ingredients such as salt, rubbing alcohol and castile soap, you can create indoor cleaners like the All-Purpose Disinfectant Cleaner, Powder and Liquid Laundry Detergent and Streak-Free Window Cleaner; and outdoor solutions, like Natural Garden Pesticide, Heavy-Duty Grill Cleaner and Screen Cleaner.

Halle uses turmeric, coconut oil and epsom salt to create concoctions that alleviate common ailments such as headaches and migraines, swimmer's ear, cough and sore throat, and ease even the more difficult-to-treat health conditions such as eczema, poison ivy and poison oak, digestive system troubles and emotional issues like PMS, anxiety and seasonal depression.

Aside from reducing the amount of harsh and toxic cleaners and medicines in your home, you can rest easier knowing you're saving both time and money with this wide range of 140 natural solutions.

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