

JUST THE FACTS MAN BAKING SODA, VINEGAR, LEMONS

Vinegar, baking soda, and lemons all have natural cleaning powers that rival manufactured cleaning solutions. They are easy and safe to use, and can often clean for much less money than other cleaning products on the market.

Baking Soda is used to Neutralize Acid

Baking soda can be used to scrub surfaces in much the same way as commercial abrasive cleansers. Baking soda is great as a deodorizer. Place a box in the refrigerator and freezer to absorb odors. Put it anywhere you need deodorizing action. Try these three kitchen ingredients as natural cleaning products in your home.

Acid spills and stains on clothing can come from various sources.

Drain Opener
Battery Acid
Toilet Bowl Cleaner
Vomit – Adam’s favorite
Urine

Quickly rinse acid spills and then sprinkle baking soda on your clothing to neutralize the acid and prevent damage. If the acid is already dried, you can still neutralize it with baking soda before washing and prevent further damage in your machine.

Freshening the Dishwasher

Pour 1 cup of Baking Soda into the dishwasher and run it through the rinse cycle. It will help get rid of some of the grime that collects on the inside of the machine, as well as freshen the smell of the dishwasher.

Bathroom - Clean the bathtub, toilet, sink, and countertops. Use pure vinegar in the toilet bowl to get rid of rings. Flush the toilet to allow the water level to go down. Pour the undiluted vinegar around the inside of the rim. Scrub down the bowl. Mop the floor in the bathroom with a vinegar/water solution. The substance will also eat away the soap scum and hard water stains on your fixtures and tile. Make sure it is safe to use with your tile.

Kitchen- Clean the stovetop, appliances, countertops, and floor.

Lemon Juice

Lemon juice is another natural substance that can be used to clean your home. Lemon juice can be used to dissolve soap scum and hard water deposits. Lemon is a great substance to clean and shine brass and copper. Lemon juice can be mixed with vinegar and or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section. Use the lemon to scrub dishes, surfaces, and stains. Mix 1 cup olive oil with ½ cup lemon juice and you have a furniture polish for your hardwood furniture.

My favorite use for the fruit is to put a whole lemon peel through the garbage disposal. It freshens the drain and the kitchen. Orange peels can be used with the same results.

Vinegar

Bathroom - Clean the bathtub, toilet, sink, and countertops. Use pure vinegar in the toilet bowl to get rid of rings. Flush the toilet to allow the water level to go down. Pour the undiluted vinegar around the inside of the rim. Scrub down the bowl. Mop the floor in the bathroom with a vinegar/water solution. The substance will also eat away the soap scum and hard water stains on your fixtures and tile. Make sure it is safe to use with your tile.

Kitchen- Clean the stovetop, appliances, countertops, and floor.

Laundry Room- Use vinegar as a natural fabric softener. This can be especially helpful for families who have sensitive skin. Add ½ cup of vinegar to the rinse cycle in place of store bought fabric softener. Vinegar has the added benefit of breaking down laundry detergent more effectively. (A plus when you have a family member whose skin detects every trace of detergent.)