

Happy Dancing Turtle Back to Basics 2021

Natural Laundry Bathing and Cleaning

Presented by

Christine Jones
Pure Soap Flake Company

Patric Richardson
aka Laundry Evangelist
author Laundry Love
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Ten Synthetic Cosmetic Ingredients to Avoid by Aubrey Hampton

1. Imidazolidinyl Urea and Diazolidinyl Urea — These are the most commonly used preservatives after the parabens. They are well established as a primary cause of contact dermatitis (American Academy of Dermatology). Two trade names for these chemicals are Germall II and Germall 115. Neither of the Germall chemicals have a good antifungal, and must be combined with other preservatives. Germall 115 releases formaldehyde at just over 10°. These chemicals are toxic.
2. Methyl and Propyl and Butyl and Ethyl Paraben — Used as inhibitors of microbial growth and to extend shelf life of products. Widely used even though they are known to be toxic. Have caused many allergic reactions and skin rashes. Methyl paraben combines benzoic acid with the methyl group of chemicals. Highly toxic.
3. Petrolatum — I see this on lip products from time to time, which is humorous to me because they're usually advertised as protecting the lips from sunburn, chapping and so forth. Petrolatum is mineral oil jelly, and mineral oil causes a lot of problems when used on the skin photosensitivity (i.e., promotes sun damage), and it tends to interfere with the body's own natural moisturizing mechanism, leading to dry skin and chapping. You are being sold a product that creates the very conditions it claims to alleviate. Manufacturers use petrolatum because it is unbelievably cheap.
4. Propylene Glycol — Ideally this is a vegetable glycerin mixed with grain alcohol, both of which are natural. Usually it is a synthetic petrochemical mix used as a humectant. Has been known to cause allergic and toxic reactions.
5. PVP/VA Copolymer — A petroleum-derived chemical used in hairsprays, wavesets and other cosmetics. It can be considered toxic, since particles may contribute to foreign bodies in the lungs of sensitive persons.
6. Sodium Lauryl Sulfate — This synthetic substance is used in shampoos for its detergent and foam-building abilities. It causes eye irritations, skin rashes, hair loss, scalp scurf similar to dandruff, and allergic reactions. It is frequently disguised in pseudo-natural cosmetics with the parenthetical explanation "comes from coconut."
7. Stearalkonium Chloride — A chemical used in hair conditioners and creams. Causes allergic reactions. Stearalkonium chloride was developed by the fabric industry as a fabric softener, and is a lot cheaper and easier to use in hair conditioning formulas than proteins or herbals, which do help hair health. Toxic.
8. Synthetic Colors — The synthetic colors used to supposedly make a cosmetic "pretty" should be avoided at all costs, along with hair dyes. They will be labeled as FD&C or D&C, followed by a color and a number. Example: FD&C Red No. 6 / D&C Green No. 6. Synthetic colors are believed to be cancer-causing agents. If a cosmetic contains them, don't use it.
9. Synthetic Fragrances — The synthetic fragrances used in cosmetics can have as many as 200 ingredients. There is no way to know what the chemicals are, since on the label it will simply say "Fragrance." Some of the problems caused by these chemicals are headaches, dizziness, rash, hyperpigmentation, violent coughing, vomiting, skin irritation by a cosmetic that has the word "Fragrance" on the ingredients label.
10. Triethanolamine — Often used in cosmetics to adjust the pH, and used with many fatty acids to convert acid to salt (stearate), which then becomes the base for a cleanser. TEA causes allergic reactions including eye problems, dryness of hair and skin, and could be toxic if absorbed into the body over a long period of time.

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Sodium Lauryl Sulfate

Synthetic • Cleans by Corrosion • Toxic

Sodium lauryl sulfate (SLS) is a soap imposter! and in over 94% of our bathing, cleaning, hygiene, laundry and oral care products!!

It's a cheap ingredient that is aggressive on fabric and skin.

It creates a foam which gives the illusion of clean and is hazardous for babies, pets, people and planet.

The manufacturing process of sodium lauryl sulfate is called ethoxylation which creates 1,4 dioxane, a carcinogenic by-product that affects negatively over time.

It commonly goes by the names:

- Sodium laureth sulfate (SLES)
- Ammonium laurel sulfate (ALS)

Other names that SLS goes by:

- Sodium dodecyl sulfate
- Sulfuric acid, monododecyl ester, sodium salt
- Sodium salt sulfuric acid
- Monododecyl ester sodium salt sulfuric acid
- A13-00356
- Akypoal SDS
- Aquarex ME
- Aquarex methyl

Be free of any products that contain sodium lauryl sulfate along with any of its sisters or cousins!

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Ingredients for Natural Cleaning

Dry Ingredients

Sodium = salt - What is a salt?

Salt is an ionic compound that results from the neutralization reaction of an acid and a base
Crystalline in structure

Natural Soap - surfactant - salt of a fatty acid from vegetable oils (or animal fats) pH 8-12
Cleans naturally with a positive charge on one end and negative on the other

Baking Soda - sodium bicarbonate - NaHCO_3 - softens water and neutralizes odors - pH 9

Borax - sodium borate - $\text{Na}_2[\text{B}_4\text{O}_5(\text{OH})_4] \cdot 8\text{H}_2\text{O}$ - softens water, deodorizes and brightens pH 8

Washing Soda or Soda Ash - sodium carbonate - Na_2CO_3 - softens water and de-greases - pH 12

Oxygen Bleach (dry hydrogen peroxide) - sodium percarbonate - $2 \text{Na}_2\text{CO}_3 \cdot 3 \text{H}_2\text{O}_2$ pH 1-6
Safe alternative to chlorine bleach. Also called oxygen bleach (oxi clean)

Liquid Ingredients

3% Hydrogen Peroxide (stuff in brown bottle) - H_2O_2 - safe alternative to chlorine bleach - pH 3-4

Vinegar - white distilled - CH_3COOH - acetic acid 5% to 8% - pH 2-3 (more for cleaning)

Apple Cider Vinegar - contains citric acid, formic acid, malic acid, lactic acid and succinic acid
as well as acetic acid (more for hygiene and health)

Properties of Water

pH - the pH scale is a measurement of acidity and alkalinity of water.
The term 'pH' stands for potential (p) of hydrogen ion (H^+) in water.

Water hardness - the level of minerals in the water.

Hard water has a lot of dissolved minerals and soft water has very little dissolved minerals
in the water. The most common mineral in water is calcium

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Laundry Powder Recipe

Soap Flakes - 1 parts

Baking soda - 1 parts

Borax - 1 part

Washing soda - 1 part

For extra boost - oxygen bleach - 1 part

Soap Syrup at sink for dishes

2 Tbls soap flakes and cup of water in creamer. Let set. Pour when needed

Skunk Shampoo ~ neutralize odors easily

Wash away odors, even skunk spray on your critter!

The wonderful thing about this recipe is that you can love your critters while being mad at them! What were they thinking getting tangled up with a skunk and then bringing it home to share?

- Pure soap liquid - 2 Tablespoons soap flakes with cup of water.
- Baking soda 1/4 cup
- Hydrogen peroxide 3% (stuff in brown bottle) 4 cups

This can be used for urine accidents too.

Do a colorfast test before using on carpet or fabrics

Repellent - Keep the mice out and the mosquitos away!

Peppermint is the big winner here! Spearmint will also too. Mint is a great repellent of all things that need to be away from you. Apple cider vinegar and white distilled vinegar are a wonderful second.

Diatomaceous Earth - food grade www.diatomaceousearth.com

Use for bed bugs and parasites.

Clean Air Study performed by NASA

Interior Landscape Plants for Indoor Air Pollution Abatement - Clean Air Study performed by NASA in 1989 revealed that plants are a promising economical solution to indoor air pollution, and when partnered with activated charcoal offer even a greater benefit.

- B.C. Wolverton Ph.D. - principal investigator

The study can be downloaded at NASA.gov

<https://ntrs.nasa.gov/archive/nasa/casi.ntrs.nasa.gov/19930073077.pdf>

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Natural Solutions

Vinegar

Hair rinse :

1 tablespoon Apple Cider Vinegar + 1 cup water. Spray on hair after washing with soap shampoo.

Clothes rinse :

- 1/4 cup white distilled vinegar in clothes rinse for natural conditioning and softening of fabric
- Pre soak 1/2 vinegar to 1/2 water

Mold on wood:

100% white distilled vinegar - spray on

Clean glass and mirrors

100% white distilled vinegar - spray on and wipe with paper towel

Vinegar and Hydrogen Peroxide as natural disinfectant

Disinfectant :

Spray once with hydrogen peroxide and then with vinegar. Use for counter tops, cutting boards, keyboards, handles, door knobs, linens, pillows, kids, hands, etc!

~ Susan Sumner, food scientist Virginia Polytechnic Institute and State University

Baking Soda and Hydrogen Peroxide

Mold on brick, cement, stone or plastic (these can dry out with vinegar)

Make a paste or spray with hydrogen peroxide and sprinkle with baking soda

Stain removal:

Make a paste or spray with hydrogen peroxide and sprinkle on baking soda.

Repeat. Stain will lift over time.

Hydrogen Peroxide

Spray nail clippers and nail scissors before and after use.

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Basics Ingredients for Bath and Body

Pure Soap Bars and Flakes - bath and body wash, shampoo

Hydrogen Peroxide 3% - oxygenator (water H₂O with another oxygen so it's H₂O₂)

- use a drop in each ear every day to prevent wax build up
- put toothbrush head down in enough 3% hydrogen peroxide to cover the bristles and exchange the hydrogen peroxide every week.

Apple Cider Vinegar - for skin balancing and hair rinse

- 1-2 tablespoons to a cup of water in spray bottle. Spray on skin or hair after washing. Rinse.
- Put 2 Cups in bath for skin pH balancing.

Castor oil - from the castor bean - free of mineral oil and petroleum products

Coconut oil - from the coconut - only vegetable oil that is a saturated fat

Sunflower oil (Smude) - best sunflower oil in the world - Minnesota - indigenous

- Smude Oil at www.SmudeOil.com - Family Smude

Vegetable oil - olive, safflower, etc.

Sea Salt and Himalayan Salt - wonderful for tooth power

- Behm Natural Dentistry at www.SaveYourTeeth.com - Dr. Behm and Dr. Litano

Baking soda - use in tooth powder (3 or 4 parts to 1 part sea salt) and body and facial scrubs

Non-nano zinc - for rash and sun screen

Witch hazel - 100% pure - good for poison ivy and rash

Aloe vera gel - good for skin and can drink for intestinal toner

Epsom salts - Epsom salt bath for magnesium absorption

Vitamin C powder - Vitamin C bath (ascorbic acid) for Vitamin C absorption

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Natural Moisturizing Cream

Moisturizer • Plant Based • Multi Purpose

Ingredients (use organic oils when possible)

Castor Oil

Unrefined Coconut Oil

Directions

Let 1 part unrefined coconut oil come to room temperature 68 to 77°F (20 to 25°C) and whip with fork or beaters.

Add 1 part castor oil and whip again with fork or beaters.

Use spatula to put cream in covered container. Best stored at room temperature.

This lotion will liquify over 76 degrees and solidify under 76 degrees.

Use on face, lips, hands, body and as hair conditioner.

Can also be used as furniture and leather polish.

Adding Essential Oils

Gently blend in essential oils using a fork, beaters or stick blender

Add Eucalyptus for a vapor rub

Add Lavender for a relaxing foot rub

See Zinc Cream recipe for waterway safe suns screen

Recommended Butters, Gel and Oils as Portion of Castor Oil Ingredient

Use organic and naturally harvested and processed oils.

Aloe Vera Gel

Flax Seed Oil

Avocado Oil

Olive Oil

Carrot Seed Oil

Raspberry Seed Oil

Cocoa Butter

Shea Butter

Cod Liver Oil

Sunflower Oil (SmudeOil.com) Best sunflower oil ever!

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Thieves Essential Oil blend - Clove, Lemon, Eucalyptus, Rosemary, and Cinnamon oils.

The Historic Folklore

The use of thieves oil dates back to the year 1413 during the time of the infamous Bubonic Plague (aka The Black Death) that devastated a large portion of France. The Black Death spread like wild-fire amongst the citizens, and the doctors alike. It seemed impossible to be in the vicinity without contracting it, and at the time, the sickness really did mean ultimate demise.

During this time, however, four thieves were captured and charged for stealing from the sick and dying. The thieves never contracted the plague, despite the close contact with the Black-Death victims.

At this time, the crime these 4 men committed was punishable by burning alive. The judge was so intrigued by how these men had stayed immune to this terrible disease, that he told them if they shared their secret he would spare them of this punishment.

The Thieves told the judge their secret: they were perfume & spice merchants who were unemployed due to the closure of the sea ports and the devastation of the plague. They had prepared an essential oil recipe that when applied to their hands, ears, temples, feet & a mask over their mouths, kept them safe from infection. The judge stayed true to his word. The men were not burned alive, but instead they were hanged for their crimes.

Calcium Carbonate - for teeth

Uncle Harry's Tooth Powder

Calcium carbonate (natural chalk), sea salt, mustard seed powder, essential oils of peppermint, eucalyptus, clove, wintergreen, and oregano.

Mouth rinse - baking soda and water with cinnamon essential oil

Research shows that cinnamon benefits oral hygiene and could protect against certain strains of bacteria that cause bad breath, tooth decay, cavities and mouth infections. The essential oils from cinnamon have been shown to have potent antibacterial properties and can be used to naturally combat bacteria in the mouth, acting as a natural mouthwash and proven more effective than the common, over the counter, mouth wash.

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