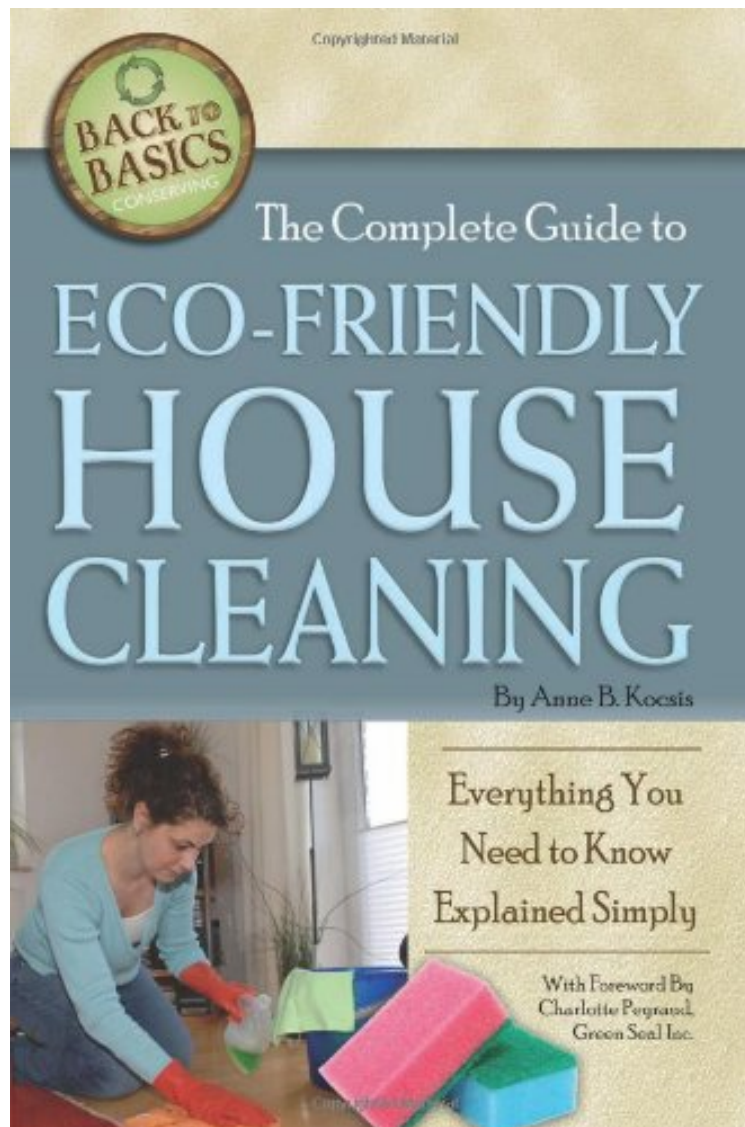


[Ebook free] The Complete Guide to Eco-Friendly House Cleaning: Everything You Need to Know Explained Simply (Back to Basics Conserving)

## The Complete Guide to Eco-Friendly House Cleaning: Everything You Need to Know Explained Simply (Back to Basics Conserving)

Anne Kocsis

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**Anne Kocsis : The Complete Guide to Eco-Friendly House Cleaning: Everything You Need to Know Explained Simply (Back to Basics Conserving)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Guide to Eco-Friendly House Cleaning: Everything You Need to Know Explained Simply (Back to Basics Conserving):

4 of 4 people found the following review helpful. Useful book  
By rogambite  
At first, it was a struggle to read the beginning of the book, with its jargon about toxic and non-toxic chemicals, but don't let it deter you from reading further. It is a straightforward guide for green cleaning. As a personal touch which I liked, she covers why she was motivated to write this book. Her friends and family were often dealing with asthma, colds, headaches from the chemicals used in cleaning. So it was not just for the environment that the author wanted to cover for cleaning, but for health reasons as well. She even lists her two goals for her readers: identifying possible toxic substances in the home and providing alternate solutions to cleaning. Not only does she list dangers of cleaning solutions, she even covers equipment and methods of cleaning. Here's an example of how she sections off her subject in the book: In her section for laundry, starting on page 208, she outlines with a list of chemicals to avoid in detergents, stain removers, i.e., then provides greener tips for washing. She also covers how to clean the laundry room as well, leaving nothing out. The author provides thorough explanations of several types of eco-friendly products to use. She also lists recipes for making safer, cheaper household cleaners, proving you don't have to pay more for environmentally safe cleaners. The book does cover a wide variety of subjects from laundry to car cleaning. I would take notice of some eco-friendly omissions such as using salt to kill fleas while vacuuming and that she did not cover the new eco-friendly kitty litter sold on the market these days. The homemade kitty litter recipe was creative and something I had never seen, but with natural materials people can easily buy, is it worth it to make time-consuming kitty litter? I noticed that she lists chemicals to avoid (like detergents in one chapter and floor cleaners in another), and often repeats the same chemicals and even their descriptions on the list for several chapters. Readers may find this too repetitive. What I would have loved is a much easier reference (charts? tabs?) to look back on certain subjects. Nevertheless, I would definitely recommend this book, for it is a mostly easy-to-read publication and that there are so few publications out there devoted to green cleaning.  
6 of 6 people found the following review helpful. This book is a winner!  
By Mary E. Lewczyk  
For those individuals who believe the "green" movement will secure a better future for their families, this book should prove indispensable. Beginning with the history of the environmental movement, this book answers all your questions about protecting your family from chemical and biological threats that may be lurking in your own home or on your property. I found the book fascinating and will definitely use many of the tips. The depth of information on chemical pollutants contained in the early chapters might be too heavy or alarming for some people to read through; but, if you push on, you'll be rewarded with a wealth of simple and practical solutions to everyday cleaning problems. There is even a chapter on organizing and de-cluttering your home. The author provides reviews of eco-friendly products, as well as a chapter containing formulas for making your own products with items from your pantry. If you prefer to leave the cleaning to an expert, the author provides tips on selecting someone who is "eco-friendly". How can I "de-skunk" the dog? How can I safely clean my computer or other electronic device? What is the best way to clean my stainless steel refrigerator door? This book has answers to these questions and more. From the kitchen to the backyard and beyond, this book provides simple, eco-friendly solutions for all your cleaning needs. I give this book 4 out of 5 stars  
3 of 3 people found the following review helpful. Review  
By Christine Clarizio  
The Complete Guide to Eco-Friendly House Cleaning is not only informative, it was enlightening. I feel like I have gained an immensely greater knowledge of hazardous materials after just the first thirty pages. The book was very well written, and I was surprised at how easy the author made it to understand! I could tell right away that the author, Anne Kocsis, did a lot of research. I wouldn't really consider this a 'how to' book, but more of a guide to healthier living. The book does however provide helpful links, so you're not completely on your own. It also provides a ton of brand names, some you can find in your local grocery store, and it even tells you how to use items such as cinnamon and coffee grounds as deodorizers. Checklists and supply lists make it even easier to use! At first, I wasn't sure if this book was something I would be interested in, but after sitting down and taking in all of the information, I changed my mind! It provides a bunch of helpful tips that anyone can use. I highly recommend this book for anyone looking to 'go green' or just live healthier. I give it 4 out of 5 stars

For many years throughout the 20th Century, the conveniences of household cleaning items outweighed any consideration of where they came from or what they contained. Today, the consciousness of many consumers has started to advance due to ongoing environmental and economic concerns. For that reason, dozens of new products have developed on the market from Simple Green to Seventh Generation. In addition to these green conscious products there are hundreds of ways you can change your house cleaning and maintenance to be eco-friendly, even making your own cleaning materials out of everyday items that have zero environmental impact. This book will guide you through the process of both recognizing and utilizing the most advanced eco-friendly house cleaning technology around, as well as tried and true cleaning methods that have been around for centuries. You will learn all the necessities of green cleaning basics including: What your current cleaning products do to the environment, your home, and even your health The necessary steps you need to take to transition your kitchen to green products, as well as your bathroom, laundry, bedroom, and even the lights you use around your home How you can start using products that have been around for centuries and have since been forgotten in favor of dangerous chemicals What you can do to clean up after your pets efficiently and how to keep your children safe from chemicals Which mixtures work, which

ones are unsafe, and what resources you can check for additional details you may need. Dozens of experts on green cleaning have been interviewed for this book, providing everything needed by any individual who wants to start changing how they clean their home for good.

We clean our homes to provide a safe place for our families to live and grow in. However, in our desire to create a safe haven, we often do more harm than good. Many conventional cleaners contain carcinogens, mutagens, and endocrine disruptors, not to mention volatile organic compounds, which can contribute to asthma and allergic reactions. When used, these cleaners are released into the air or down the drain, contributing to indoor air pollution and smog formation, which can negatively impact the environment with their high toxicity and phosphorus levels. The good news is that over the last few years, we have seen a proliferation of green cleaning products that offer effective cleaning without sacrificing the health of the environment or our families. But while some of these are indeed safer alternatives to the harsh cleaners we have relied on in the past, others are little more than toxic cleaners disguised in bottles covered with leaves and flowers. In her new book *The Complete Guide to Eco-Friendly House Cleaning: Everything You Need to Know Explained Simply*, Anne B. Kocsis helps us navigate the tricky waters of green cleaning. She also provides many handy homemade cleaning solutions that are easy on the wallet. A true green cleaning program goes beyond the cleaning solutions used and includes the equipment and procedures, too. Kocsis identifies everything you need to get started in this straightforward guide to cleaning your home with your family, your pets, and the environment in mind. --Charlotte Peyraud

About the Author: Anne Kocsis worked in the Cumberland Valley school district as a teacher's aide. She is currently a freelance writer and the mother of three children: a son who is a senior in high school, a son in his last year of middle school, and a daughter in fifth grade. This is her third book with Atlantic Publishing Group, Inc. She is also the author of *How to Be Successful in Your First Year of Teaching High School: Everything You Need to Know That They Don't Teach You in School*.