

Background

“Green Cleaning” means keeping toxic chemicals out of your office and home.

- With cleaning, “more” is usually not better.
- Green cleaning begins with not wasting your time by over-cleaning.
- 99% of bacteria, fungi, and viruses will be eliminated with simple soap & water, with minimal scrubbing.



Proper cleaning does not mean strong chemicals. This is wrong and dangerous!

What to know :

- All sanitizers and disinfectants are hazardous! Most do not get through dirty surfaces.
- Quick wipe-down with strong disinfectants add harmful chemicals to the room without solving the problem.
- Health risks are involved with these harmful chemicals.
- Be concerned about products with fragrances! They contain unregulated harmful organic compounds with health risks.
- Bleach is a potent cause of asthma and lung disease



What You Can Do:



CLEAN FIRST with soap and water

- Perform routine cleaning with "microcloth", rather than a cloth or rag. They remove 99% of pathogens without chemicals .

What are the safest products?

- Look for labels with logos from these organizations: Green Seal, EcoLogo, Design for the Environment, and the European Eco Label.
- Read labels carefully.
- Do not rely on products with terms "natural", "green" or "non-toxic". They may be unregulated.

My Green Doctor tip: hot water is not needed for this! Save the fossil fuels by using cold or warm water!

- You should not use bleach, or only in extreme contamination situations, and only after a thorough soap and water cleaning.
- Do not use triclosan in your home or office.

Remember: "Clean is not a smell"

- Also, to be avoided: candles, with or without scent, air fresheners, and any other scented product. These are not smells of wellness!



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Green Cleaning

Simply "clean"
with
soap and water

