

Naturally Clean:
The Seventh Generation Guide to Safe & Healthy Non-Toxic Cleaning
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Everyone loves a clean home. As much as we may dislike the process of getting there, once countertops are wiped down, carpets steam-cleaned, and woodwork polished, life just seems a little better. Unfortunately, we may have actually made it a little worse. This is part of the message of *Naturally Clean*, which explains how our favorite cleaners could actually be making us and our loved ones sick.

Naturally Clean is masterfully written, making complex science accessible to the public. Terms like “perfluorochemicals,” “volatile organic compounds,” and “phthalates” are introduced but not brandished like intellectual weapons. The emphasis is on functional education: page after page the reader is given clear, valuable information on chemicals found in the most common household cleaners and how these compounds may be affecting the health and wellbeing of everyone exposed to them. Presented in a very readable and easy-to-understand manner, you quickly learn basic household chemistry, concepts of toxicity and types of toxic exposure. You are given a short history of the “chemical revolution” that has brought us to this toxin-laden time, and are instructed in how to read labels (as well as why they’re actually insufficient).

There is certainly a spread of “bad news”: serious illnesses (such as cancer, Multiple Chemical Sensitivities and hormone disruption) are actually on the rise, childhood asthma has skyrocketed, and there are an estimated 80,000 different chemical compounds in widespread use today, which may individually and collectively pose serious health threats to an unsuspecting populace. *Naturally Clean* cites the latest research and presents startling statistics that may leave you gasping for some chemically-untainted air.

“It’s a disconcerting conundrum: our homes and many of the products inside them – the “machine” at the very center of our vital efforts to keep our families safe and healthy – may, in fact, be doing just the opposite. The nest we retreat to in our escape from an often dangerous world is likely one of the most hazardous places of all.” (Page xvii)

Fortunately, there is also “good news” and a great deal of useful, health-preserving information you can put to use immediately. Along the toxin-revealing way, readers are introduced to naturally healthy and safe ways to accomplish the same kinds of cleaning without the toxic downside. A list of safe, non-toxic ingredients is given from which an incredible array of human- and earth-friendly household cleaners can be made. A “room-by-room” guide to non-toxic household cleaning is given, as well as an important

chapter on children, why they are the most at risk population for environmental toxicity, and how to best protect them.

“The biggest surprise people have when they decide to make their own cleaners is how many they can make from so few ingredients. Indeed, an almost endless variety of safe homemade substitutes for toxic chemical cleaning formulas of all kinds can be easily prepared from just a handful of common natural materials.” (Page 79)

Naturally Clean concludes with a practical chart that details recommended products and the ingredients that make them safe for use in the home. The research team evaluated three hundred cleaning products to determine which are the safest and turned this research into a list that any

reader would be wise to take along when shopping.

Addressing the issue of harmful chemicals in the home is a very important part of living a holistic lifestyle. Unfortunately, it's also an incredibly wide topic, which makes it very difficult to thoroughly explore. *Naturally Clean* paves the way for us as we move into this possibly confusing tangle of chemicals and their deleterious effects on our health. In a world that seems to be getting increasingly toxic, this book is simply essential reading.

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