

## CHEMICAL SUBSTITUTES

	STOP USING	USE INSTEAD
1.	Gas stove, gas dryer, gas space heater, chafing dish heated with sterno flame or candle	Hot plate, electric stove, electric broiler, wok, or frying pan (not Teflon lined) and the like for cooking. Use electric hot trays to keep food warm
2.	Aluminum pots and pans and plastic containers. Teflon lined or no-stick pots and pans or ones with Bakelite handles. Aluminum foil, Saran wrap, or plastic bags	Stainless steel, Corning ware, Corelle, glass, stoneware, cast iron, or porcelain. Use cellophane bags for wrapping of food.
3.	Scented, germicidal or detergent soaps	Ivory, Rokeach Kosher soap, Bon Ami - preferably the cake, pure castile soap, Lowilla
4.	Scouring powders	Baking soda, Borax, Bon Ami
5.	Air deodorizers	Baking soda, vinegar, Borax, mint leaves, many cloves stuck in an orange, peppermint, and pomanders. For refrigerator, use baking soda
6.	Disinfectants like Lysol, Pine sol, and similar all-purpose cleaners	Vinegar and water, salt and water, oakite or trisodium phosphate, Zephiran or washing soda
7.	Detergents	Amway SA8, Basic L (Shaklee), Ivory soap or Rokeach Soap cut in flakes, baking soda, washing soda, borax, vinegar
8.	Fabric softeners	Vinegar -- 1 part, Water -- 3 parts
9.	Bleaches	Clorox II, Miracle White, Polytex Liquid, borax
10.	Ammonia and ammonia-containing products -- like Windex	Vinegar, 1 Tbsp. to 1 quart of water
11.	Furniture polish	Mayonnaise, raw linseed oil, beeswax, linseed oil, olive oil, lemon oil
12.	Floor wax	Spencer Kellogg pure raw linseed oil and vinegar, or use plain beeswax

13.	Insecticides and mothballs. No-pest strips	Good sanitation, storage, lighting, mouse traps, fly swatters. For specific needs, refer to "Coping with Your Allergies". Instead of mothballs, use a spice mixture of rosemary, mint, thyme, and cloves. Or use salt
14.	Chlorinated water	For bath, add a few crystals of sodium thiosulphate to bathtub. For drinking, boiled water, filtered water, spring water (like Mountain Valley or well water) in glass bottles and not plastic containers, or distilled water in glass bottles
15.	Present dry cleaner. Perchlorethylene not recommended	Find one who uses old fashioned petroleum cleaner. Omit moth-proofing treatment. Distilled naphtha is recommended without added detergents. Remove clothes from plastic and air outdoors for several hours
16.	Brass polish	Lemon juice or vinegar with salt cleans brass and steel
17.	Silver polish	Baking soda with water or cream of tartar and water in an aluminum pan or aluminum foil
18.	Shoe polish	Olive oil
19.	Chrome polish	Soft dry cloth dipped in pure cider vinegar
20.	Fresh newspaper	Air out, bake in oven at 200E for 20 minutes
21.	Incense and candles	If candles are really needed, use ones with 100% beeswax, or use the "Uncandle" that burns vegetable oil
22.	Rubbing alcohol	Use Zephiran 1:750 by adding 1 tsp. to 21 oz. of water
23.	Mineral oil, vaseline, or lubricants	Vegetable oils
24.	Mineral oil as a laxative	Consult your physician for alternate laxatives
25.	Aerosol cans of all kinds and discard them	All such substances can be purchased in another form if absolutely necessary
26.	Oven cleaners	Baking soda, Amway LOC, washing soda, Bon Ami cleaner, Quick Glo Oven Cleaner
27.	Dish washing liquid soaps	Basic D (Shaklee), automatic dishwasher detergent and Dish Drops (Amway), Ivory or Rokeach Soap with steel wool. To remove grease, use Bon Ami Cake Soap
28.	Present dishwasher detergent	Automatic dishwasher detergent (Amway) or Borax. For periodic cleaning, run 1 cup of vinegar through the cycle

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29.	Smoking	No smoking in the house by any member of the family or visitors
30.	Household cleaners	In general, vinegar, salt and baking soda are excellent cleaners. Try them first whenever faced with a cleaning problem, or use Borax and baking soda
31.	Shaving soaps, foams and creams	Electric shaver, Williams Mug Shaving Soap, or Tom's Shaving Cream
32.	After shave lotions	Cold water as astringent
33.	Mouthwash	Baking soda, tea made from sage or birch leaves
34.	Toothpaste	Baking soda or 2 parts baking soda and 1 part table salt
35.	Shampoo	Johnson's Baby Shampoo, pure castile shampoo (Almay), Arex or Marcel Shampoo, unscented
36.	Perfumes	None. If you have to use, use occasionally the tolerated ones. Give only tolerated perfumes to your loved ones
37.	Hair sprays	Powdered Gelatin -- 1/8 tsp. to 1/6 cup of water
38.	Deodorants	Weak solution of baking soda or baking soda and arrowroot starch
39.	Anti-perspirants	Ask pharmacist to make. Aluminum chloride 4 grams to water, 100 cc or Oxyquinoline Sulfate 1 gram to rose water, 500 cc
40.	Bubble bath and other baths	Herb bath. Use ½ handful of dry mint, thyme, rosemary, peel of one orange, rose petals, or peel of one lemon. Tie in a cheese cloth and dip in very hot water. Wait until water cools to desired temperature
41.	Cosmetics such as face creams, face powders, eyebrow pencil, facial creams, conditioners, moisturizers, shampoos, setting lotions, etc.	For substitutes, refer to the book, "Success in the Clean Bedroom" chapter on Cosmetics and Toiletries. DO NOT USE ANY DURING TESTING PERIOD

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	42. Dry cleaned clothes, present woolen clothing as these are often moth-proofed, synthetic clothing or clothing that has plastic finishes even though cotton, or clothing that is drip-dry, crease resistant, or stain resistant. Nylon stockings, plastic stretch, Lycra, or rubber girdles. Clothing that has new sizing or fillers in it	Untreated clothing. 100% natural fibers such as cotton, silk, wool, or linen. Older clothing and blankets which are usually pesticide free. women's stockings - cotton or real silk. Garter belts, cotton socks and pants. For men -- cotton socks, blue jeans, chinos, painters pants, or cotton cord summer clothing
	43. Soft plastic in the bedroom such as garment bags, garbage bags, plastic pillow and mattress cases, shoe bags, handbags, and electric blankets	Use paper bags or cotton bags. During testing period, instead of regular pillow, use folded cotton blanket. If person is allergic to dust and if plastic mattress cover must stay, use extra heavy toweling or a blanket between the bottom sheet and the plastic covering
	44. Pillow -- rubber, plastic foam, plastic, or fiber-filled type such as Dacron, Dynel, polyester, polyfoam or polyurethane	Cotton folded sheet in cotton blanket or take a pillow case and fill with strips made from tearing old 100% cotton sheets or use feather pillow washed several times a year
	45. Before stopping any medicines, list all kinds, whether used as a pill, tablet, or on the scalp, hair, or body surfaces, including those used in the mouths such as mouthwash or toothpaste. Include all kinds of vitamins, nutrients, nutritional supplements, salves, ointments and medicated creams. List them in this box 666666	Stop all medicines and use only the following:  _____
	46. Oil sprayed or hexachlorophene treated filters in heating and air conditioning equipment	Clean metal mesh filters sprayed with olive oil

For environmentally safe products, call:  
American Health Foundation 1-800-428-2343  
or  
The Ecology Box 1-800-735-1371.