

Natural Health Alternatives

FOR YOUR WELL BEING

Natural Deodorant

Dissolve 1 cup Magnesium Chloride flakes with

1 cup distilled water

Add your favorite essential oil

Spray liberally on arm pits

**Ideal for kids- spray soles of feet to help with Sleep & Mineral Absorption, Improves circulation, Absorbing Magnesium, Relief from Headaches, Soothe dry skin and conditions such as eczema, psoriasis and acne, Joint pain relief, & Improving Skin Hydration.*

Toothpaste

4 tbs Bentonite Clay

3 tbs Kaolin Clay

2 tsp Clove Powder

6 tbs Cinnamon

7 tbs Zylitol

Dip toothbrush into powder

and treat like regular toothpaste

**Additional Ingredients (Optional)*

2 tsp turmeric

2 tsp diatomaceous earth (or baking soda)

2 tsp activated charcoal

4 tsp spirulina

2 tsp salt

20 drops peppermint essential oil

Household Cleaner Spray

1 cup vinegar

1 cup water

2 tbs alcohol

10 drops tea tree oil + eucalyptus

Shake and spray on surfaces, wipe clean.

Laundry Detergent

1.5 cups Sodium Bicarbonate (Baking Soda-natural softener)

1.5 cups Sodium Carbonate (Washing Soda -natural cleaner and water softener)

½ cup Epsom Salt (to clean and freshen)

¼ cup Fine Sea Salt (to soften)

**Add 20-25 drops essential oil*

***Optional to grate a natural bar of soap*

Use 1 heaping tablespoon per load

Yields 50 loads

Dishwasher Detergent

2 cups sodium bicarbonate

2 cups sodium carbonate

1 cup sodium citrate (citric acid powder)

1 tbs per load and add a splash of white vinegar to dishwasher

Shampoo

Add to dispenser of choice

½ cup water

½ cup castile soap

½ tsp canola oil

Add preferred essential oils

