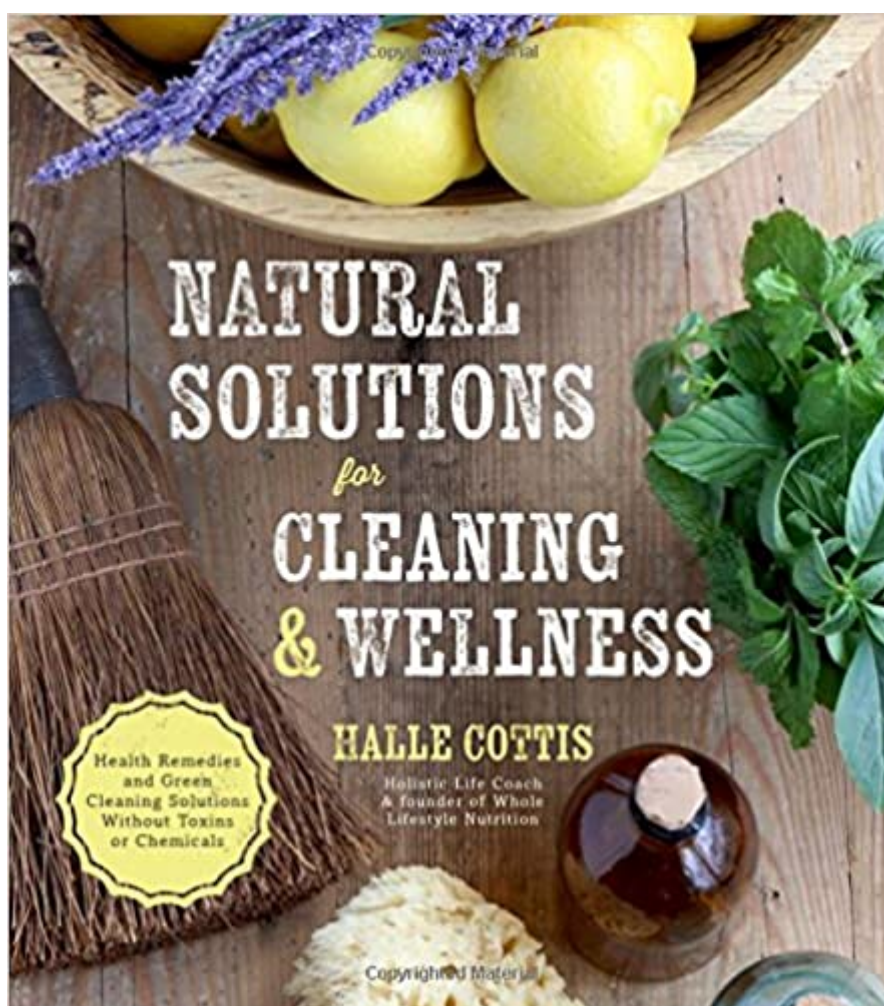


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# Natural Solutions For Cleaning & Wellness: Health Remedies And Green Cleaning Solutions Without Toxins Or Chemicals



## Synopsis

The Ultimate Guide for a Naturally Clean Home and Healthy Body Transform your house into a toxin-free home with this valuable and practical guide. Halle Cottis goes beyond using vinegar and baking soda and provides powerful recipes to clean your entire house from the inside out. With ingredients such as salt, rubbing alcohol and castile soap, you can create indoor cleaners like the All-Purpose Disinfectant Cleaner, Powder and Liquid Laundry Detergent and Streak-Free Window Cleaner; and outdoor solutions, like Natural Garden Pesticide, Heavy-Duty Grill Cleaner and Screen Cleaner. Halle uses turmeric, coconut oil and epsom salt to create concoctions that alleviate common ailments such as headaches and migraines, swimmer's ear, cough and sore throat, and ease even the more difficult-to-treat health conditions such as eczema, poison ivy and poison oak, digestive system troubles and emotional issues like PMS, anxiety and seasonal depression. Aside from reducing the amount of harsh and toxic cleaners and medicines in your home, you can rest easier knowing you're saving both time and money with this wide range of 140 natural solutions.

## Book Information

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## Customer Reviews

"Natural Solutions for Cleaning & Wellness is packed with 140 recipes to keep your home sparkling clean, your family healthy and toxin-free and your garden free of pests. This is fast becoming our go-to book for everything. Every household should have

one! Michelle Toole, founder of Healthy Holistic Living “Beyond the many effective recipes, Halle provides all the tools you need to feel confident using these natural remedies and solutions. It’s a must-have for parents everywhere.” Robin Konie, founder of Thank Your Body and author, All Natural Living and Processed Free “What I love most about Halle’s recipes is that they’re simple, easy to follow and they actually work! Her recipes are nontoxic, environmentally friendly and much cheaper to use compared to buying natural cleaners and body care products from the store.” Tiffany Pelkey, founder of The Coconut Mama

Halle Cottis is the founder of Whole Lifestyle Nutrition. She holds a degree from The Ohio State University and furthered her education to become a Holistic Lifestyle Coach. She lives in Clearwater, Florida.

Brilliant book! Made an excellent edition to our paleo cookbooks. Not only are we eating well, but we’re using more natural health remedies and other alternatives for cleaning. So grateful for this!

This book is a wonderful resource for a person looking to minimize harmful toxins & chemicals in their cleaning products. The recipes are laid out clearly and simply and many ingredients can already be found in the cupboard or at the store. The solutions for health problems are also useful and remind me of remedies my mother and grandmother used before we had drugstores full of "modern products". I love the layout of the book, the photos, the handy index, and will keep it handy to use as a quick reference.

Everything about this item met my expectations. I would buy from this vendor again.

Very good

So normally I am a fan of searching the web every time I need a DIY recipe. But honestly, I forget where I find them, and half the time they don’t turn out like I had hoped. That’s why I love this gorgeous book.

It’s packed with pretty much every DIY cleaning and wellness recipe you can find • but only tried-and-true, tested recipes that really, really work. I am talking toilet scrub, sore throat spray, no-wax candles, laundry stain remover, cockroach

repellant. Seriously, this book has everything.

I love this book. The results from each recipe I tried have worked great. The mineralizing toothpaste makes my mouth feel clean and teeth smooth. The wet spot remover removed a spot that had been in the carpet for 7 years that even the professional steam cleaner company couldn't get out. The "soft scrub" equivalent works wonders. I am motivated to try more recipes and keep our home toxic free! Thank you Halle for creating such a wonderful book!

One of the main reasons I love this book is because the recipes are simple and for most of them I have everything I need in my kitchen already. This isn't a book that will have you shopping for 15 different ingredients at every page so I really appreciate that about the book. Great photos and layout. I think I will use this book time and time again when I need a DIY recipe. Highly recommend!

I love the idea of being able to make things beneficial to our family instead of purchasing toxic products. Thank you for such a wonderful book.

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