

DON'T STINK, FOR A BLINK ! GO NATURAL♥

Free information about natural cleaning and self-care.

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p. 1 **INTRODUCTION**, p. 2 **ALTERNATIVE SELF CARE**/ p. 3 **HOUSE CARE**, p. 4 **DONTS + REFERENCES**.

In this e-book you will find tips & tricks to get started on your natural path. The numbers are linked to more information. There is a list of full links at the back of this e-book. [What is safe according to the law?! 00](#)

Scientists warn: "Using cleaning products is as bad as smoking 20 cigarettes a day". [01](#) Do you think your health and immune system are important? [Avoid perfumed products! They make us ill! 02](#)
And [detox your living environment 03](#). It is [cheeper, healthier](#), better for the [environment](#) and contributes to a better [future](#) for your (grand-)children [04](#). Moreover, you smell less and less as you use more fragrances, which means you end up using more and more. That's why they come up with products where exercise produces a new scent explosion, and products where a different scent is released every five minutes. After five minutes you get used to a smell and you can no longer smell it. Drafts/rinsing and deodorizing is better than overloading with perfumes. Whether you know it, want it or not: there are so many chemicals in perfumes! [So many chemicals in perfumes! 05](#)
Phthalates prolong odor, but are [carcinogenic](#). Plus de [endocrine disrupting substances 06](#) and [neurotoxines](#) in cleaning products, etc.

More and more people are living greener: more sustainable and more natural. What is the reason?

- for many
increasing urgency
- producers of unhealthy products don't deserve your money
 - you love nature
 - you wish your children and (great) grandchildren a livable earth
 - you want to save money
 - it is necessary for a loved one in your household or outside of it
 - you consider your own health important
 - your body sounds the alarm and you want to respond to it
 - your life is no longer possible, a plan of action is needed

You learn
from your experiences
and those of others.

You immerse yourself in
scientific research.

Many conscious people focus on the quality of food and water, but not on [the quality of the air 07](#) they breathe. Are you also fed up with having to endure that stench, and/or that itching, allergies, depression/anxiety/aggression, (unbearable) headache, shortness of breath, brain fog, dizziness, insomnia, eye problems, chronic inflammation, etc.? [Avoid deodorant, cleaning products and self-care products with synthetic fragrances!](#)

Note: 'natural fragrance' on a label is unfortunately no guarantee that the product is natural, non-toxic and safe!

Note: If you're (still) complaint-free, this doesn't necessarily mean that it's healthy. There is increasing demand for:

- perfume-free products
- perfume-free healthcare providers, employees, etc. [00](#)
- perfume-free zones

Remove all scented products, especially scented candles and [air fresheners 08](#).
Vinegar or baking soda or coffee grounds deodorize perfume residues in skin and hair, clothing,

Drink enough [water 09](#)! Or take celery juice, coconut water, cucumber juice, detox tea. If you are not hydrated enough, you can hardly eliminate the chemical toxins in your body. To stay hydrated and pamper your body with healing and nourishing foods [10](#), consume fresh [fruits 11](#), leafy greens, fresh herbs, wild foods, and [vegetables 12](#). In other words: detox your body [13](#) and your home [03](#). Choose a greener life.

Note: this booklet is not finished, download the latest copy [here](#).

NATURAL ALTERNATIVES: SELF CARE

Shopping list for simple DIY care:

1. baking soda from Arm and Hammer, supermarket (approx. 6 cents per tablespoon = 15 g)
2. cornstarch from Joannusmolen, organic store/online drugstore (approx. 6 cents per tablespoon = 7 g)
3. organic natural vinegar, supermarket (approx. 1.5 cents per tablespoon = 15 ml)
4. GreenHub (green) soap paste, organic store/online drugstore (1 cent per gram)
5. (cleaning) soda, supermarket/drugstores (approx. 89 c per kilo)
6. Natural Heroes glycerine 300 ml, 7 euros
7. Natural Heroes activated carbon powder 50 ml, 5 euros
8. Coconut oil from Royal Green

<https://handig-simpel.jouwweb.nl/> about using coffee grounds, Vaseline, baking soda, vinegar. And how to MAKE YOUR OWN deodorant, soap, toothpaste, dishwashing liquid, detergent, fabric softener, shampoo, conditioner, etc. PLEASE NOTE: some brands are called ECO, but still contain SLS (sodium lauryl sulphate) or SLES (sodium laureth sulphate). Leave them all alone!

buy odor-free / odor-free +eco/ self made (EL=tablespoon 15 ml, TL=teaspoon 3 ml, dr=drop 0.05 ml)

NB: the brand NEUTRAL is still chemical, but odor-free. ECO alternatives are better, for you and the environment!

Deodorant: not necessary to use it!

- [NEUTRAL deo](#) [DEO TEST no aluminium!](#)
1. **Powder:** dab some baking soda in your armpits (NB: bleaches clothes)
 2. **Stick:** stir 2 tbsp baking soda + 2 tbsp cornstarch into 3 tbsp lukewarm coconut oil
 3. **Spray bottle:** 1 tbsp natural vinegar (or 1 tsp cleaning vinegar) in a glass of water

Soap: [NEUTRAL URTEKRAM no parfume](#) bar/bottle **HANDSOAP:** Stir in 7 g soap paste, ½ tsp glycerin in 1 L of boiled water. Cooled in bottle. Shake before use.

Shampoo:

[NEUTRAL shampoo](#)
[URTEKRAM no parfume](#)

1. 1 tbsp natural vinegar, make up to 500 ml with water.
2. for shiny hair: 1 tbsp baking soda with 2 tbsp water (rinse well)
3. dry shampoo: mix 30-40 g corn starch, 2 TL baking soda in a jar. Sprinkle on oily hair and brush well.

Conditioner:

[NEUTRAL conditioner](#)
[URTEKRAM no parfume](#)

1. Conditioner, easy to comb, soften: 1 tbsp of natural vinegar in 250 ml water. (Note: Do not comb your hair when it is wet)
2. For dry hair: distribute 1 dr of olive oil (or some coconut oil) in your hands and massage into your towel-dried hair.
3. Glycerin, dilute with boiled but cooled chamomile/nettle tea.

Shower gel:

[NEUTRAL douche gel](#)
[URTEKRAM no parfume](#)

1. 1 tbsp natural vinegar, make up to 500 ml with water.

Zalf:

[NEUTRAL body cream](#)
[URTEKRAM zinc cream](#)

1. some coconut oil or olive oil.
2. Glycerin, dilute with boiled but cooled chamomile/nettle tea.

Huidolie:

[NEUTRAL huidolie](#)
[URTEKRAM baby lotion](#)

1. some coconut oil or olive oil.
2. Glycerin, dilute with boiled but cooled chamomile/nettle tea.

Toothpaste:

1. Baking soda, e.g. rinse with peppermint tea (place organic plant in garden).
2. 2 tbsp coconut oil, 1 tbsp baking soda, (1 tsp birch xylitol,) ½ tsp Celtic sea salt, Stir this into lukewarm, melted coconut oil and let it set. Remove with a spatula (not with fingers or toothbrush!).

NATURAL ALTERNATIVES: HOUSE CARE

Scientific advice: "Clean with **microfiber cloth and water!**" 1
ALPHABETICAL LIST OF ALTERNATIVES TO MAKE YOUR OWN QUICKLY:

AIR FRESHENER: Dissolve 1 tsp baking soda in 2 cups of warm water. Then add 1 TL lemon juice and place it in the room, on a heater or in the air purifier.

ALL-PURPOSE CLEANER a/ b/ c:

a. Stir 1 tbsp soap paste, 250 ml natural vinegar into 500 ml boiled water. Cooled in bottle.

b. 15 g soda in 500 ml warm water.

c. Stir 1 TL soda, 1 tbsp natural vinegar, 1 tsp soap paste into 500 ml hot water

ANTI-BACTERIAL: Put your toothbrush, dishwashing brush, etc. in water with baking soda once a week.

ANTI-LICE: 1 liter of warm water and 2 tablespoons of liquid green soap in a spray bottle.

ANTS AWAY Apply 1 to 3 daily: 1. Put away all sweets. 2. Clean thoroughly with water and cleaning vinegar. 3. Make sure there is coffee grounds or copper (coins) where they enter your house.

CLEANING SODA: 2 tablespoons of baking soda in 2 liters of hot water.

DEODORIZING LAUNDRY: add 2 tablespoons of baking soda to the wash program or to the rinse program.

DEODORING ROOM OR CAR: Set out a bowl of baking soda.

DETERGENT: dash of vinegar (colored) or scoop of baking soda (white) in the container, and a metal soap in the drum

DETERGENT: 3 parts baking soda with 1 part soap paste for white laundry

DETERGENT: Mix 1 part liquid green soap in 3 parts warm water in a labeled bottle. Make soda water: dissolve 1/4 part soda crystals in 1/2 part very warm water and let cool. Put some soda water in the bottle. Mix well. Take a glass full for a 5 kg load in the washing machine.

DISHWASHING DETERGENT a/ b/ c/ d: Tip: throw a lemon peel into the soapy water.

a. 2 tbsp soap paste, 2 tbsp vinegar, 2 tbsp baking soda in 500 ml warm water. Cooled in bottle. Shake before use.

b. Stir 7 g soap paste, ½ tsp glycerine, 1 tbsp natural vinegar into 1 L boiled water. Cooled in bottle. Shake before use.

c. Stir 1 tbsp baking soda, 4 tsp soap paste and 15 dr glycerin into 350 ml boiled water. Cooled in bottle.

d. Mix 25 g fresh ivy leaves (*Hedera helix* L.) without stem + 500 ml tap water in a blender. Pour into pan and cook for 2 minutes. Once cooled, strain through a tea towel and bottle. Can be kept in the refrigerator for 2-3 weeks.

DRAIN: 1.5 glasses of soda in a bucket of hot water. Apply it, leave it on for 15 minutes, brush the toilet and flush. Repeat this once every two weeks.

FABRIC SOFTENER: dash of natural vinegar (deodorizes and softens) in the rinse tray.

FABRIC SOFTENER: 1/4 part baking soda and 3/4 part water in the sink of the washing machine.

FLOORS: Mix 2 tablespoons of baking soda in 2 liters of hot water.

GREEN SOAP (LIQUID): 1 part soap paste with 2 parts warm water, stir, let cool.

LICE Apply 1 to 3 daily: 1. Sprinkle diatomaceous earth (kippengur). 2. Clean thoroughly with water and cleaning vinegar. 3. Make sure there is coffee grounds or copper (coins) where they enter your house.

MIRRORS: 1 part natural vinegar with 1 part water, in a spray bottle. Dry with a clean cloth.

MOLD IN BATHROOM: with a paste of baking soda and some water, scrub well, spray cleaning vinegar (window open!), let it work, rinse. The joints and sealant edges are fresh again.

MOLD IN LEATHER etc: cup of soda in 1 liter of warm water, rub in, work in, rinse, wipe dry.

OILY SURFACES: 6 tablespoons of soda crystals, 1 teaspoon of green soap and 1 liter of very warm water.

OVEN: Make a paste of baking soda and water. Spread it on the oven walls and leave for 12 hours. Clean with soap and water. Dry with a clean cloth.

POLISHING COPPER: Mix 1 part water and 3 parts baking soda into a paste. Take some on a cloth and wipe. Rinse and polish to a shiny shine with a clean cloth.

POLISHING SILVER: Mix 1 part water and 3 parts baking soda into a paste. Take some on a cloth and wipe. Rinse and polish to a shiny shine with a clean cloth.

SCRATCH GONE FROM GLASS(ES): Stir one tablespoon of baking soda with one tablespoon of water until smooth. Take some on a cloth and rub it over the scratch in circular movements. Rinse. After rubbing with damp cloth.

STAINLESS STEEL: clean with cloth and vinegar; rub with a drop of olive oil.

STAINS AWAY: a few drops of green soap (liquid), leave for half an hour, then simply wash.

TOILET: 1.5 glasses of soda in a bucket of hot water. Apply, work for 15 minutes, brush the toilet and flush. 1x/14d.

WASPS Apply 1 to 3 daily: 1. Put away all sweets (cover your glass/cup with a coaster/saucer).

2. Clean (including the garden table) thoroughly with water and cleaning vinegar. 3. Make sure there is coffee grounds or copper (coins) on the garden table and where they enter your house.

WINDOWS: 1 part natural vinegar with 1 part water, in a spray bottle. Dry with a clean cloth.

DON'Ts (and possible alternatives)

What you no longer do from now on... (for your own health and that of all other living beings):

- burn a fireplace (please put a hot water bottle on your stomach and wrap yourself in a blanket)
- barbecue (make and eat vegetable salad together)
- fire pit (please put on an extra coat, gloves, pants, socks and exercise more)
- Easter fire (be grateful for life and for new opportunities to learn from)
- campfire (but sit around the pit and sing camp songs together)
- burn incense (smell the incense in your mind and meditate with it)
- burn candles (but radiate health and happiness, laugh, say and think and do sweet things)
- burn essential oil (be sure to place a glass of lavender/peppermint leaf/baking soda)
- put up and burn a Christmas tree (plant a tree, dance around a pine tree in the forest)
- Christmas lights on (sing Christmas carols, possibly glowing-in-the-dark stars, possibly solar-powered lights)
- driving (but walking/cycling/public transport as much as possible)
- flight (but help at a petting zoo, organic farming, etc... walking/cycling/rowing/public transport as much as possible)
- wash dishes under running water (in the sink with a brush/stainless steel scouring cloth, then rinse basin and drainer)
- brush your teeth with running water (prepare a glass of water with baking soda, rinse your mouth with it and rinse toothbrush)

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