The mix of vinegar and hydrogen peroxide is a powerful disinfectant for any surface. Spray surfaces with this mix and clean with a damp cloth to kill bacteria. Make sure to use both substances together since they are more effective this way. This mix is very effective in cleaning heavily soiled areas, even more than chlorine or any other commercial cleaner.

Hey, if this works I will make sure to get rid of all those other harmful products!

It worked for me, just follow the recipes and recommendations we have discussed and you will see how everyone will feel better at home.

Regular cleaning will help you avoid using chemicals. But if you need them, it's better to use alternative products that are cheaper, more effective, and contribute to what we all want...

A healthier home!

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Aquas 21 A.C.
Estudiantes de la UACJ y residentes de la Colonia Nueva Galicia

A guide to healthier and safer household products
IT SEEMS LIKE THERE IS A PARTY AT ELODIA’S HOUSE. LOTS OF CLAPPING AND DANCING CAN BE HEARD!

CLAP! CLAP!

THE PARTY STARTED WITHOUT ME!

WHAT ARE YOU GUYS DOING? ARE YOU GOING TO THE SCHOOL DANCE?

OF COURSE NOT. I CAN’T STAND THE ROACHES! AND THOSE MOSQUITOS HAVE Eaten GUEITO ALIVE!

POOR THING! HE LOOKS LIKE A WATERMELON.

BUT AS SOON AS I’M FINISHED DOING THIS TAP DANCE, THEY’RE GOING TO GET IT. I KNOW SOMETHING THAT WILL FINISH THEM OFF. IT EVEN TAKES CARE OF NASTY THOUGHTS.

DONT KEEP CLEANING PRODUCTS OR OTHER CHEMICALS IN FOOD CONTAINERS, BECAUSE THEY MIGHT CONFUSE A CHILD.

OR MIX 2 TABLESPOONS OF DETERGENT WITH 1/4 LITER OF CHLORINE AND 1 LITER OF WATER.

DAMPEN THE AREA WITH THE MIX AND RINSE WITH CLEAN WATER.

THE RUST ON SCREWS CAN BE CLEANED WITH COCA COLA. ALSO, IF YOU HAVE CHEMICALS IN YOUR HOME, YOU MUST BE CAREFUL...

DON'T KEEP CLEANING PRODUCTS OR OTHER CHEMICALS IN FOOD CONTAINERS, BECAUSE THEY MIGHT CONFUSE A CHILD.

THEY SHOULDN'T BE LEFT IN PLACES WHERE CHILDREN CAN REACH THEM.
TO CUT GREASE
ADD A LITTLE BIT OF
VINEGAR TO LIQUID SOAP.

FLY CATCHING PAPER
BOIL EQUAL AMOUNTS OF SUGAR,
CORN SYRUP AND WATER AND THEN
SPREAD THE MIX ON YELLOW PAPER
STRIPS OR PAPER BAGS. HANG THEM
IN AREAS WHERE THERE ARE FLIES.

MOLD REMOVER:
SCRUB THE WALLS WITH A PASTE
MADE OF EQUAL PARTS OF SALT AND VINEGAR.

BE CAREFUL WITH THAT REMEDY... I'LL LET YOU "DANCE". LET ME KNOW HOW EVERYTHING GOES.

DAYS GO BY
HEY, WHAT HAPPENED? WERE YOU ABLE TO EXTERMINATE THE ROACHES?

SHHH! DON'T EMBARRASS ME. I USED A REALLY CHEAP PESTICIDE. IT WAS GREAT AND THOSE DARN ROACHES HAVEN'T COME BACK.

NOW I'M WORRIED ABOUT GOYITO. HE'S DIZZY AND DOESN'T HAVE MUCH OF AN APPETITE.

OH, YOU ALWAYS HAVE SOMETHING GOING ON. HOW LONG HAS GOYITO BEEN LIKE THIS?

OH GOD! WHAT KIND OF PESTICIDE DID YOU USE?

IT DOESN'T HAVE A BRAND NAME. THAT'S WHY IT MUST HAVE BEEN SO CHEAP.

OH GOD! I THINK YOU USED POLVO DE AVION! (A PESTICIDE MEANT FOR CROPS)
YES, THAT ONE! BUT WE DILUTED IT WITH WATER, IS IT BAD?

YEEES!! THAT PESTICIDE IS VERY DANGEROUS. IT SHOULD ONLY BE USED IN THE FIELDS AND IT SHOULD NEVER BE USED AROUND YOUR HOUSE, AND ABSOLUTELY NEVER INSIDE THAT'S WHY GOYITO IS FEELING SO BAD.

BUT I DIDN'T USE IT ON GOYITO! HE'S NOT A ROACH! HE DIDN'T EVEN TOUCH IT AND NOTHING HAPPENED TO ANYBODY ELSE. BESIDES IT'S BEEN ALMOST A WEEK SINCE I USED IT.

Even if you didn't touch it, you can breathe it in. And the worst part is that children and pregnant women are at more risk than other adults.

Even if you can't smell, feel, or see the pesticide, it can still be dangerous. Pesticide residue can also be very dangerous to the people near it.

So now how do I protect my family? There are lots of pests here because of my neighbor's pigs and trash.

Here's another window cleaner: in a spray bottle mix 1/2 tablespoon of liquid soap, 3 tablespoons of vinegar and 2 cups of water.

Or mix: 2 tablespoons of vinegar with 1 liter of water.

Vegetable disinfectant: Fill one spray bottle with hydrogen peroxide and another with vinegar. Spray the vegetables. It doesn't matter which product you use first, as long as you use both. Rinse the vegetables and serve them as usual. They won't have any bad after taste, and the sprays won't harm your family.

Another option: Soak fruits and vegetables in a mix of equal amounts of vinegar and water for 5 to 10 minutes, rinse them and they're ready!
AND WHERE CAN I GET THOSE WONDERFUL PRODUCTS?

IT'S EASY, HERE'S THE FIRST: FOR A VERY EFFECTIVE AND CHEAP KITCHEN DISINFECTANT, MIX CHLORINE AND WATER. FOR EVERY TEN PARTS OF WATER USE ONE PART OF CHLORINE.

MULTIPURPOSE CLEANER:
1 TABLESPOON OF BAKING SODA,
4 TABLESPOONS OF LEMON JUICE,
2 TABLESPOONS OF WHITE VINEGAR,
1 LITER OF HOT WATER.
MIX ALL THE INGREDIENTS AND USE IT IN A SPRAY BOTTLE.

TO CLEAN GREASY SURFACES OR WINDOWS, MIX 1 PART OF VINEGAR WITH 3 PARTS LEMON JUICE.

FIRST OF ALL, YOU MUST KEEP THE PESTS OUT: USE DOOR AND WINDOW SCREENS. SEAL THE RIPS AND HOLES WHERE THE BUGS CAN EASILY COME THROUGH.

STARVE THEM. KEEP THE KITCHEN CLEAN, DON'T LEAVE ANY LEFTOVERS OR WATER OUT. WITHOUT FOOD, THEY WON'T LIKE YOUR HOME.

WHAT KIND OF PRODUCTS ARE THOSE?

WELL, BORIC ACID IS REALLY CHEAP. IT'S NOT TOO DANGEROUS TO PEOPLE AND IT'S VERY EFFECTIVE.

IT TAKES A BIT LONGER THAN SOME OTHER PESTICIDES, BUT IT GETS RID OF THE BUGS. SPRENNLE IT ON CRACKS AND SPOTS INFESTED WITH BUGS.

CUCUMBER SKINS ALSO REPEL ROACHES. JUST PUT THEM IN THE PLACES WHERE YOU'VE SEEN THEM.

FOR YOUR DOG TICKS, MIX A CHOPPED GARLIC CLOVE OR A SPOON OF BARLEY ON ITS FOOD EACH DAY.
USE SOAPY WATER IN A SPRAY BOTTLE TO KILL ANY VISIBLE ROACHES

GREAT! AND THE BEST PART IS THAT ALL OF THOSE ARE VERY EASY TO GET.

I'VE TOLD YOU TO HANG OUT WITH ME AND YOU'LL SEE THE DIFFERENCE.

YOU'RE ALWAYS SUCH A KNOW IT ALL.

IS THERE SOMETHING BETTER THAN THIS OVEN CLEANER OR THAN MR. CLEAN?

OVEN CLEANERS CONTAIN CHEMICALS THAT CAN CAUSE BreATHING DIFFICULTIES, SKIN BURNS AND THEY CAN EVEN AFFECT YOUR LIVER AND KIDNEYS...

DAYS PASS AND NO ONE SEEMS TO REMEMBER ANYTHING ABOUT THE ROACHES.

NOW WHERE ARE YOU GOING IN SUCH A HURRY?

I LEFT THE FOOD ON THE STOVE AND I HAVE TO CLEAN IT BECAUSE PEPE IS COMING FOR LUNCH.

I GOT THIS CLEANER THAT EASILY GETS RID OF STOVE GREASE. IF I MIX IT WITH BLEACH, THE STOVE WILL SHINE LIKE NEW!

AND IT'S SO EASY TO MAKE A CLEANING PASTE: MIX TWO EQUAL PARTS OF BAKING SODA AND SALT, ADD ENOUGH WATER TO TURN IT INTO A PASTE, SPREAD IT ONTO THE OVEN'S WALLS, TURN ON THE OVEN FOR A BIT, WHEN IT COOL DOWN USE A DAMP CLOTH TO CLEAN IT.

MANY COMMERCIAL CLEANERS CONTAIN TOXIC AND CORROSIVE CHEMICALS THAT CAN CAUSE HEADACHES AND SERIOUS HEALTH PROBLEMS IF USED OVER A LONG PERIOD OF TIME.

LET ME SEE... OH NO! IF YOU'RE THINKING ON MIXING THESE, START BY CALLING AN AMBULANCE! YOU HAVE TO BE CAREFUL With CHEMICAL BASED CLEANERS. AND YOU SHOULDN'T MIX THEM WITH BLEACH OR OTHER CHEMICALS. THAT'S VERY DANGEROUS! MIXING CHEMICALS CAN HARM YOUR EYES NOSE, MOUTH, THROAT AND LUNGS.

IF YOU'RE GOING TO USE CHEMICAL PRODUCTS, FOLLOW THE INSTRUCTIONS ON THE LABEL. BUT IT'S BEST TO USE SAFER ALTERNATIVES TO HOUSEHOLD CHEMICALS.

AND WHAT IF... CAN't DO TO USE THE LEAST AMOUNT OF CHEMICALS POSSIBLE?

LISTEN UP, CLEANING PRODUCTS AND DEODORANTS CAN BE SUBSTITUTED BY OTHER LESS HARMFUL ALTERNATIVES THAT GIVE THE SAME RESULTS. BESIDES, A LOT OF THE ALTERNATIVES ARE CHEAPER. YOU MIGHT EVEN HAVE SOME OF THESE ALREADY. IF NOT YOU CAN EASILY BUY THEM ANYWHERE.