



Green Solutions For Everyday Living

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Changing the Nature of Thought

Ages ago back in the days called the 70's, it was a time of unique independence. For some children, growing up in the 1970's meant even if you didn't have an allowance, you could still earn spending money for those most important status symbols of the day like; candy 25 to 50 cents, roller rink tickets a dollar, or a giant bubble gum pack with your favorite rock star cards for 79 cents. Any one could do it, all one had to do was collect recyclables and return them to the store in exchange for cash! Even in those days cash redemption value was close to 10 cents per aluminum can, and it felt good to know you were cleaning the planet, at the same, saving social economic status. If you had a bike, money was there to be made, it didn't matter where you go there was so much recyclable trash you could go collecting every afternoon after school, get your goodies and still save up for a bigger item like the roller rink, or to buy a school snack just to look cool, or even a hallmark card for those special occasions.

At first, the mid 70's things seemed to be much better than before, the Vietnam war was over, Nixon was impeached, and

Howard Zinn was a hero, bringing back Vietnam POW's single handedly making national news. They also stopped that scary arial spraying. In those days, even if you lived in a concrete suburbia, you could still enjoy the world of nature through TV shows like; "Jacque Cousteau," or "Mutual of Omaha's Wild Kingdom." Then it all started changing again. It wasn't long before much was lost with the end of easy recycling, and the beginning of oil "price wars". Solar energy was also pretty much canned before it could get started, and scientists were beginning to talk about Global Warming - consequences of man made climate change.

Even though not much was said about it, you could tell all around you things were changing. The tides at the beach would bring in dyeing or dead sea horses by the scores. As a child, I observed in less than two seasons, annual egg laying of the sea turtles on the shores of pacific south coast had disappeared. I recall people around me chatting about this being the last time we will ever see such an event like this. Others talked about the days when there were so many sea turtles the beaches would literally be covered with this ritual egg laying, and one could watch all night

long in admiration as the full moon shimmered on the backs of these amazing sand digging sea turtles. Looking back, I recall several February full moons and not a turtle in sight. My heart was filled with both sadness and joy. Joy for being able to witness this miraculous act even just once, and sorrow for the fact that it is gone without recognition or recourse.

So many things paved the way our world culture is today. Petroleum and coal have taken over every part of our daily living. By way of the coal tar molecule, technology gave us synthetic scents and synthetic botanicals. From “meadow fresh” scented laundry softeners, aerosols, and deodorants, to that fancy strawberry patchouli scented massage oil advertised as “natural”, all of this stuff, this coal tar based innovation, has unwittingly directly and indirectly poisoned all living things. The same holds true for the host of deadly, toxic, phosphate laden, household cleaners and all other forms of “biocides”- a term used by Rachel Carson in her book “Silent Spring” to best describe all chemically synthetic fertilizers, insecticides, herbicides, and pesticides. Unlike the late Rachel Carson, many fail to realize that weed killers are a “biocide”

originally invented for bio-warfare since the first world war.

Anytime we try to control nature without understanding nature we are lost, and the result is two fold. We continue to poison ourselves from our very own naiveness and, at the same time, give the corporations who make them the power to make more, pollute more, and take more of our taxes by way of government subsidies. Americans have, for the most part, idly watched “big” oil, pharmaceuticals, and agricultural corporations take over just about every aspect of our ability to make choices. From Corporate lobbying all the way to the revolving door of government, our liberty, justice and the pursuit of better quality of life, have been thwarted by the efforts of a few to make money. Yet, there is hope in realization. The realization is that we do have a choice. We can choose to take back the power we give by simply empowering ourselves with Natures tools, putting Mother Earth at the forefront of our everyday decision making. Taking care of Mother Earth means continually giving back what she gives and this very process is the essential key to improving our quality of life.

There is so much to do it can seem overwhelming at first. Start fresh, begin to build your personal relationships with Mother Earth, understand that each of us has a unique contribution as caregivers for our planet and humanity. Know that any sincere contribution toward the healing of our people and planet can never be too small. In fact, if all of us just did the best we can to live with and care for Mother Earth, not simply exist, we would quickly realign ourselves with nature, bring harmony back to our planet, and still have the ability to thrive as a species. Think of global warming not as climate change but as climate reaction. We have for too long ignored the illness of our planet and can no longer just look at the symptoms for a quick fix. Our Mother Earth is being turned inside out as we drain her blood (oil), extract her life force (minerals and elements) with out giving back, and continue to smother her with plastic death (synthetics in all forms) while we, in turn, sicken ourselves to the point of extinction. What do we do this for? Money? Money doesn't give us air to breathe, but Mother Earth can.

Ultimately, our minds are these incredibly intuitive machines that continually send messages and clues as to the state of our body conditions, environmental conditions, and planetary conditions. Our emotions, like the subtle body, are indicators of our very own well being and are there to help us maintain harmony. Going full circle means being in your now, understanding where you are in relationship to where you would like to be next. Understand the power of intention comes from the subtle body. Let us empower each other with the joy and courage to be different, to embrace the diversity of ourselves and others. Take comfort in knowing that personal joy and commitment to Mother Earth automatically benefits our collective consciousness as a species. Creators of today make tomorrow possible, or not possible, as each and every one of us is so vitally connected to the quantifiable whole of our collective consciousness. It really is up to us. To feed a hungry man a fish is to feed him for one day. To teach a man to fish is to feed him for a lifetime. To understand the wisdom of the fish is to feed humanity preserving the sacred circle of life for our children, our children's children, and the infinite generations to come.

Ecologically Beneficial Green Elements and Solutions for Everyday Uses

Imagine always thinking in alignment with nature in your home environment using only green petroleum free simple solutions with multiple purposes. Visualize a new way of doing what you do everyday in a greener way. Consider these three things; cost benefit, health benefit, and environmentally logical benefit. Is it cheaper to purchase a can of toxic oven cleaner or to use vinegar and a few drops of citrus oil? What are my short term and long term effects from my choices in this three fold lens of cost benefit, health benefit, and environmentally logical benefit?

From a cost benefit one can see the short term savings from the quantity of usage you can get from a 16 ounce bottle of vinegar and a 1/2 ounce bottle sweet orange oil used at a ratio of 6 - 10 drops per use, compared to a commercial household oven cleaner. In considering the long term indirect costs we need to incorporate the environmentally logical and general health effects should I choose the

toxic can of oven cleaner. I would need to consider the cost direct source pollution as hazardous waste disposal, non-point source pollution costs on quality of living, and in direct health costs for self, household, and the environment.

Most commercial cleaners are riddled with phosphates, chlorines, and nasty, persistently toxic petroleum based synthetic ingredients. Sooner or later it ends up in the watershed polluting the soil, air, and water. From an environmentally logical lens view, this kind of non-point source pollution typically kills off the macro invertebrates. Macro invertebrates are a crucial food source for growing salmon and steel head trout. As Alevins these little big-eyed fish are dependent upon these tiny spineless creatures as a major food source for their very survival. When they can not survive, to grow and get out to the ocean, the price and quality of fish for human consumption goes up which brings us back to economic factoring. That choice isn't very environmentally logical, is it. This does not happen when I choose the vinegar and sweet orange oil. What a relief.

Not only does the decision to use ecologically beneficial green solutions feel

up lifting in comparison, but one can actually gain better general physical health and well being over time. Simply eliminating the direct source and non-point source pollutants in the household and garden environment, one can feel their senses of taste and smell awakened. One may experience energy renewed more easily. Imagine empowerment, growth and collective cooperation that local communities can create by caring and sharing this “ecobeneficial way” of everyday living.

I have created a list of green solutions ingredients to share knowledge tips and uses of basic elements, compounds, and therapeutic grade essential oils. For the recipes which I intend to share, I also hope to inspire you to continue to create your own or perhaps inspire others by practice and example.

Most ingredients are quite familiar although some ingredients may not be as well known in the US like aromatherapy. Aromatherapy is an ancient alchemical practice used in many cultures around the world. Although regulated and respected in most modern countries today, it is not a regulated practice in the US meaning

licensure and or technical education are neither recognized or regulated as a stand alone practice. More recently in the US, one can study as a complimentary practice to nursing, massage and other holistic types of medicine. To study Aromatherapy for cosmetic purposes, is not necessarily a green practice as the use of toxic solvents and petroleum based distillates is not uncommon in the commercial cosmetic industry. In comparison, in Europe, Aromatherapy is a respected technical practice well recognized, regulated, and it is still utilized in present day hospitals for sanitation and disinfection with great success.

What is important to know is that you are getting a pure essential oil with out any additives, chemical residues, or distillates. For the practice of ecologically beneficial aromatherapy one uses solvent free, therapeutic grade pure essential oils. It takes time and practice to know the difference as only the olfactory senses can give you the answer based on olfactory memory. These amazing essential oils are stored in dark glass bottles usually with orifice reducers. Do not purchase essential oils in clear bottles for the possibility of it being adulterated or synthetic is extremely

likely. One drop is quite powerful regardless of the type of essential oil. Always remember to handle with care not to spill, do not leave the bottles open or unattended either. Essential oils are powerful, volatile essences of plants and should be handled with great care and respect. Keep out of reach for unsupervised children. Do educate about what is in this little bottle, and gradually teach them this important technique of how to use essential oils for everyday use. Like many important family and household traditions, this should be shared and passed on to future generations.

Ingredient Common Name	Facts	Tips and Uses
Vinegar	<p>Know your vinegars. Vinegar is made from ethanol conversion. Sugars turns to alcohol then alcohol turns to vinegar with time and proper conditions. Cheap vinegar is made very quickly with industrial machines called acitators and often have additives like synthetic citric acid. This kind of cheap vinegar does not have the qualities or enzyme activity that a true vinegar would contain.</p>	<p>Raw organic unfiltered apple cider vinegar is a must for every home. For health it helps to prevent food poisoning, balances the body PH, and is a nourishing source of potassium. For household this type of vinegar more than a sanitizer and gentle solvent, the enzyme activity helps to break down grease grit and drain clogs. Add baking soda and boost the cleaning action for tub and tile and drains.</p>

Ingredient Common Name	Facts	Tips and Uses
Baking Soda	<p>Sodium hydrogen carbonate a chemical compound. Deposits of natron a naturally occurring blend of baking soda and salts were used in ancient Egypt as a soap. Present day baking soda contains aluminum (even arm& hammer). The only Baking soda I know of that is aluminum free is Bob's Red Mill. I have yet to find a guarantee from any bulk bin natural foods vendor.</p>	<p>Baking soda is nontoxic, alkalizing, deodorizing, gently abrasive and great ingredient for all purpose dry solutions. For house hold cleaning I use a non commercial brand in card board box containers. I do not purchase baking soda in plastic containers, from my observation, it reacts with the plastic leaching traces of plastic chemicals into the soda defeating the purpose of green cleaning all together.</p>

Ingredient Common Name	Facts	Tips and Uses
Borax	Sodium Borate an important boron compound that is widely used in science as a buffer solution, as flux in metallurgy, commercial manufacture of detergents, cosmetics, etc. It is toxic to infants and small children and pets by ingestion, or residue left on chew toys.	This is a great ingredient for ant, flea and cockroach prevention and reduction. Adding this to household dry solutions recipes for carpet, dishwasher, laundry boosting, one only needs a small amount or do without and add baking soda or washing soda depending on the purpose of the solution.

Ingredient Common Name	Facts	Tips and Uses
Salt	<p>A mineral compound consisting of mostly sodium chloride and varying minerals depending upon the type of salt. Salt is needed by just about every living thing on our planet and can be found in rock deposits and water. Humans have been harvesting salt since at least 6050 BC. Mahatma Gandhi led the “Dandi Marches” inspiring millions of people. By peaceful civil disobedience, 100,000 protestors harvested salt rather than paying “salt tax” to the British Empire!</p>	<p>This amazing stuff is still one of the best natural meat and vegetable preservatives around today. Salt is used to make saline solutions for wounds and electrolyte balance. It also has anti microbial properties. With lemon juice or citric acid it becomes a whitening agent. When it comes to salt use the best natural mineral salt available for the full benefits of salt. Common table salt has no medicinal value, mineral value, and causes one to lose sense of taste over time.</p>

Ingredient Common Name	Facts	Tips and Uses
Arrow Root Powder	<p>Maranta arundinacea is a large perennial that grows mostly in rainforest. It has been naturalized in Florida. This root powder is gluten free yet thickens gravies and other liquids at a lower temperature than corn starch with similar qualities. Be careful to buy pure arrowroot powder as it has been known to be adulterated with other substances like potato starch.</p>	<p>There is no better powder for a babies bum than this! It is hypoallergenic and creates a clean and gentle moisture barrier for the prevention and healing of rashes. As a base for several personal and pet recipes it gives excellent results.</p>

Ingredient Common Name	Facts	Tips and Uses
Washing Soda	Known as Sodium carbonate is more alkaline than baking soda and actually comes from salts of carbonic acid. It earned another common name is soda ash being that it was extracted from the ashes of plants.	A little goes a long way. It can be used in the laundry to degrease and to help break down residues from most synthetic scents and fabric softeners. Depending on the type of chemical residue it may take repeated washes. The degreasing action makes this effective enough for auto grease and grime and can be helpful in cleaning up oil stains.

Ingredient Common Name	Facts	Tips and Uses
Rice Bran Oil	<p>Oryza sativa is the best kept ancient chinese beauty secret I have ever discovered. It is a common all purpose cooking oil known to the japanese for tempura cooking oil. This hypoallergenic oil has a smoke point of 490 degrees Fahrenheit, and is extracted from rice hulls. The American Heart Association rates this oil number one. It is antioxidant rich in good cholesterols, gamma oryzanol and vitamin E complex.</p>	<p>From cooking to personal care this is the best oil base for any recipe. The shelf life for this oil is about 1 - 2 years if kept out of sunlight and heat or temperature extremes. It will naturally cloud up at the bottom when it is cold. This is not a sign of rancidity. You can always tell by the smell, if fresh there is no scent except a slightly barely detectable nutty scent. If any oil smells like "oil" it is usually rancid. Even cold pressed oils can be processed at temperatures far beyond the smoke point of any given vegetable oil. That means it is already slightly rancid when it is bottled and the properties of the oil have changed.</p>

Ingredient Common Name	Facts	Tips and Uses
Xylitol	<p>Xylitol is an organic compound. It is a naturally occurring sweetener with one less molecule than sugar. Discovered by German and French chemists in the late 19th century, it was first popularized as a sweetener for diabetics. It is made by hydrogenation of xylose and comes from the family of sugar alcohols but does not ferment like other sugars. Recent research shows it is helpful in the prevention of tooth decay and plaque control by actually aiding in the remineralization of the teeth. The antimicrobial properties have also been know to help with sinus infections.</p>	<p>This is the best ingredient for making tooth powders and mouth rinses. A little goes a long way for most recipes. Keep in mind it can have a laxative effect if taken in excess. In regard to consumption, using xylitol as a regular sugar substitute, may have laxative effects that will go away in time as your body becomes accustom.</p>

Ingredient Common Name	Facts	Tips and Uses
Frankincense	<p>Boswellia carteri a gum resin once prized by ancient Egyptians. The steam distilled oil has reputed skin restorative properties and was once considered more valuable than gold.</p>	<p>Its main uses were in varied forms from resin to steam distilled essential oil as incense in temples, beauty creams, and a popular ingredient for apothecary formulas, tooth powders, and throat spray. It has powerful antimicrobial properties. As an essential oil it is also non-toxic and non-sensitizing but should be avoided during pregnancy.</p>

Ingredient Common Name	Facts	Tips and Uses
Lavender	<p>Lavendula angustifolia a native Mediterranean plant now grows around the globe, having more that 88 different species of lavender plants.</p> <p>Lavender population is grown in the highlands of France over 3500 feet in elevation and is known to be the true lavender of all 88 known species. It can be eaten worn and adored for its deeply aromatic analgesic scent and delicate flavor. True essential oil of lavender is not photo toxic.</p>	<p>Lavender flowers make a wonderful remedy tea for laryngitis and other types of colds, flu's, and viruses. As a therapeutic grade essential oil it is an excellent first aid treatment for minor burns. Having numerous properties, its best known qualities are; analgesic, antidepressant, antiviral, decongestant, anti spasmodic, deodorant, and calming.</p>

Ingredient Common Name	Facts	Tips and Uses
Myrrh	Commiphora myrrha is a reddish resin. It contains numerous flavonoids that assist in inflammation reduction and immunity improvement. The medicinal history of Myrrh is vast. It was used against the plague with success, and is found in ancient medicine journals around the world as it was widely traded in ancient times. It was also one of the first antibiotics dating back more than 5000 years.	Reputed as a tonic it has both antiseptic and anti-fungal properties. It works well with Frankincense, and other medicinal herbs and has been prescribed for tooth and gum infections, coughs, chest complaints, and skin infections. In regard to preparation, powder the resin thoroughly, dissolves best in hot water, for essential oil indirectly heat it like you would a baby's bottle.

Ingredient Common Name	Facts	Tips and Uses
Neem	<p>Azadirachta indica is a fast growing long lived tree that grows in the tropics of Eurasia and Africa and is one of two species of this gum secreting tree family. The name comes from persian <i>azaddhirakt</i>, “noble tree” and grows to heights of close to 50 feet.</p>	<p>A little goes a long way this is a potent insecticide and should be used with care for it can also harm some beneficial insects. All parts of this tree can be used for various remedies and is best known in Ayurvedic remedies as a blood purifier.</p>

Ingredient Common Name	Facts	Tips and Uses
Peppermint Supreme	Mentha piperata is one of 25 varied species from the mint family. It has been dated back to Roman times for culinary use. From mat forming perennials to fruity scented variegated leaves it grows just about everywhere.	This type of mint is the one of the best tasting essential oils for gums and teeth and can be applied directly. As an essential oil apply only a few drops. As an herb this works well in teas for stomach upset. In its various forms this is a common ingredient for inflammation and indigestion relief.

Ingredient Common Name	Facts	Tips and Uses
Rosemary	Citrus sinensis essential oil like all other citrus oils is photo toxic and should not be applied on the skin, or left on the skin not even in dilution. It is an excellent solvent, degreaser, and household cleaner. It is used in flavoring and nontoxic insecticide solutions. Like lavender this oil has been used for household sanitation and cleaning since before the common era, BC.	Its pine needle like leaves with eloquent puffs of purple flowers are used fresh, dried, and as a distilled oil. It is a pungent aromatic restorative herb used to stimulate hair growth, pain relief, stimulating liver and gall bladder, and increasing perspiration for better detoxification. Although very nourishing for the skin and scalp, do no apply directly but in dilution. Also note it is considered an emmenagogue and should not be used during pregnancy and is not suitable for those who have epilepsy or high blood pressure.

Ingredient Common Name	Facts	Tips and Uses
Sweet Orange	Citrus sinensis essential oil like all other citrus oils is photo toxic and should not be applied on the skin, or left on the skin not even in dilution. It is an excellent solvent, degreaser, and household cleaner. It is used in flavoring and nontoxic insecticide solutions. Like lavender this oil has been used for household sanitation and cleaning since before the common era, BC.	This essential oil is inexpensive and versatile as it has a high yield of extraction. It is a known tradition in the Americas to use orange peels for making vinegars, cleaning and curative solutions. One can create a very effective termite solution using this oil.

Ingredient Common Name	Facts	Tips and Uses
Tea Tree	<p>Native to Australia and brought to France in the 1920's. Tea tree has a long history dating back to ancient Aboriginal cultures. Every part of this 20 foot camphor like evergreen was utilized. The essential oil was studied and used as a powerful disinfectant by the Australian military in WWII.</p>	<p>Except for infants and cats, this therapeutic grade essential oil can be applied directly on the skin. It is great for; poison oak, burns, tick removal, flea prevention, warts and athletes foot. As a skin antiseptic for acne, thrush, cold sores, nits, herpes rash, and head lice it is both safe and cost effective for regular use.</p>

Ingredient Common Name	Facts	Tips and Uses
Red Thyme	<p>Thymus vulgaris is highly potent. It was named “Thymos” in Greek meaning perfume. A common ingredient in many Italian recipes this herb has also been a highly valued medicine through out the ages. It was used in embalming fluid as well as incense in temples. Greeks Romans and Egyptians all valued this herb as an effective medicine.</p>	<p>As an essential oil do not apply directly to the skin use precautions when handling this. It can cause skin irritation and sensitization. This is a powerful ingredient and works well for numerous purposes as a vermifuge, insecticide, mold remover, and bactericide.</p>

Ingredient Common Name	Facts	Tips and Uses
Pennyroyal	From the mint family Mentha pelugium grows lovely purple flowers that are steam distilled into a pale yellow liquid with a sweetly strong herbaceous minty scent.	Similar to other peppermints it is great for exhaustion, to strengthen the nerves. Unlike other mints this is a strong emmenagog ue, and sweat inducing not to be used during pregnancy.

Ecobeneficial House Care Recipes

Castile Soap

Castile soap can be used as an all purpose cleaner, sanitizer, and degreaser in proper dilution. It works well with added therapeutic grade essential oils.

Drain Maintenance and Clog Clearing- The best drain open ever is a combination of boiling apple cider vinegar and baking soda. You can also just use the boiling apple cider vinegar for maintaining clear drains, removing hair and gunk from the pipes on a regular basis. I usually use about one cup of vinegar and pour it directly down the drain. When using together, first use the vinegar then add the baking soda. For troublesome clogs get out the plunger to help bring up the loosened gunk.

Septic care- Using 1 cup of brewers yeast and the occasional fish head are very beneficial digesters maintaining the balance of beneficial bacteria by flushing them down the commode. This is ecobeneficial for the septic tank. It is never a good idea to use bleach, or any other chemicals for any household

cleaning. These chemicals will destroy the good bacteria needed to digest the effluents in septic tanks.

White vinegar or lemon juice- Disinfects, cuts grease and polishes metal. Lemon juice also acts like a whitening booster when added to other solutions.

All Purpose Cleaner Degreaser

½ teaspoon washing soda

2 teaspoons borax

½ teaspoon liquid soap or detergent

2 cups of hot water.

Store in a recycled glass jar or sturdy plastic container.

This is a powerful unscented all purpose cleaner. You can also use this as a basic recipe and add your favorite essential oils. Here are a few suggestions of therapeutic grade essential oils: tea tree, thyme, sweet orange, rosemary, lemon. These can be a pleasant addition to help to kill molds, bacteria, and germs.

All Purpose Liquid Solutions

1 Spray bottle 16 ounces

Clean water

1 tablespoon vinegar (optional)

Add the following variations of therapeutic grade essential oil combinations suited to your needs and intentions. Don't forget to enjoy designing your own combinations too.

Citrus Blend

20 drops of sweet orange essential oil

20 drops of tea tree essential oil

Black Mold Remover

25 drops Rosemary essential oil

10 drops of Red thyme essential oil

Basil Citrus Blend

10 drops basil essential oil

20 drops lemon essential oil

10 drops sweet orange essential oil

Thyme Citrus Blend

30 drops sweet orange essential oil

10 drops Red thyme essential oil

Lavender Blend

20 drops lavender essential oil

10 drops sweet orange essential oil

5 drops basil essential oil

Rosemary Blend

20 drops Rosemary essential oil

10 drops lavender essential oil

5 drops basil essential oil

All Purpose Powder Solution

Using a 32 ounce jar with lid

16 ounces baking soda

10 ounces Borax

30 drops tea tree essential oil

30 drops sweet orange or Lemon essential oil

Note that you can do this with out the borax just add more baking soda.

Lavender Dryer Bags

3 - 5 inch reusable muslin tea bags
approximately 3 or 4 square inches in size

2 cups dried organic lavender flowers

Stuff the bags and tie it off with a loop knot to keep the flowers intact. For laundry it is good for static cling prevention and is well known for its fresh scent.

Ecobeneficial Personal Care Recipes

All Purpose Ecofriendly Body Powder

1 clean powder container or jar with a lid
approximately 6-8 ounces.

1 cup of Arrow Root Powder

1/4 cup fresh fine ground organic lavendula
angustifolia flowers (optional)

Add the following variations of therapeutic grade essential oil combinations suited to your needs and intentions. Don't forget to enjoy designing your own combinations too.

Lovely Lavender Blend

15 to 25 drops of lavender essential oil

Anti-fungal Blend

30 drops of tea tree essential oil

5 drops of lavender, mint, or oregano (optional)

All Purpose Tooth Powder and Oral Rinse

1 clean glass container, 4 ounce jar with lide
for home use and 1 ounce or less dark colored
glass bottle or jar with lid for “on the go.”
1/2 cup Bob’s Red Mill aluminum free baking
soda
1/4 Xylitol finely powdered
1/2 to 1 teaspoon salt finely powdered
1/2 teaspoon Myrrh finely powdered (optional)
15 drops of peppermint supreme essential oil
5 drops of tea tree or clove (optional)
3-5 drops of frankincense (optional)

All Purpose Deodorant Spray Solution

1 4 ounce dark colored glass or aluminum
brushed steel bottle with spray top
1/2 cup Humphreys 100% all natural
therapeutic extract of Witch Hazel in 14%
alcohol
15 drops of lavender or tea tree essential oil
(optional)

Ecobeneficial Pet Care Recipes

Ecobeneficial Flea Powder

1 clean powder container or jar with a lid
approximately 6-8 ounces.

1 cup of Arrow Root Powder

Add the following variations of therapeutic grade essential oil combinations suited to the type of pet and their body temperature requirements.

Dogs Horses and other Medium to Large mammals

15-30 drops of tea tree essential oil

Cats and other Mammals with Body Temperatures of 105 degrees fahrenheit

15 to 20 drops of pennyroyal essential oil

Tips for Nutritional Prevention of Flea and Parasitic Infestation

For worms and parasites Nitrogen flushed cold pressed raw pumpkin seed oil and calendula

oil in a 50/50 blend can be given at the rate of 1 teaspoon per 7-9 pounds.

Pets and Antibiotics

Pre-biotics or Probiotics (acidophilus bifidus cultures) are essential to restore your pets natural defenses and can be given in many forms from kefir to capsules or powder as needed. Also of great importance is the need for B12 which is readily available in Brewers Yeast or nutritional yeast flakes. Also keep in mind most pets become ill from allergies usually from additives or chemical in the food they consume or the chemicals they are exposed to in their environment.

Ecobeneficial Garden Care Recipes

Ecobeneficial Garden Care and Pest Control

The best pest control is companion planting with herbs, flowers, and complimentary vegetables and fruits. For instance: Carrots love to grow with tomatoes, Borage improves the taste and yield of strawberries, and cucumbers fare better with Nasturtiums near by.

Peach Curl and Other Invasive Infestations

2.5 gallons clean water
1 teaspoon Neem seed oil
1 teaspoon biodegradable dish soap

Use garden sprayer that has not other chemical residues from previous use, and spray selectively before and after removal of diseased plants matter and discard plant matter in green waste.

Powdery Mildew and Black Spot


1 teaspoon baking soda
2 teaspoons vegetable oil
1 quart of clean water

Spray every 7 to 10 days until resolved.

Dirt Solutions

The health of our planet and the nutritional value of the food we grow all depends upon the health of the soil. We are the only planet in our galaxy that is covered with this amazing living matter we call dirt. The more we compost and give back to the earth what we take the more diverse and healthy our garden soil becomes. There is so much science has yet to learn about dirt, as dirt is so very complex and mysterious filled with living organisms and chains of DNA far more complicated than our own.

Anyone can compost there are so many choices and customized systems to choose from. The best thing we can do to help diminish climate reaction is to make good dirt and plant Native trees, flowers, and shrubs anywhere and everywhere we can. I like to transplant the oaks and redwood starts I pull up when gardening. I will relocate them to a designated place for reforestation or plant them in containers to give away to those who can.



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