

Environmental Programs:

Aroma-clean therapy:

Aroma-Clean Therapy

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One way to create a healthier environment is to use non-toxic cleaning ingredients. Here is what I call aroma-clean therapy: "**Momma's Earth Mop**" excerpted from "Clean House Clean Planet" by Karen Logan.

What you will need:

- White distilled vinegar
- Distilled water
- Peppermint essential oil (can be found as a small bottle, about the size of a nail polish bottle at natural food stores such as Whole Foods Market)
- Squirt bottle

Take a 16-oz. squirt bottle and fill half (8oz.) the bottle with white distilled vinegar and half (8 oz.) with distilled water. Add 15-20 drops of peppermint essential oil. Shake to mix. Wipe on countertops, cabinets, ceramic tile, and finished wood floors to clean the surfaces. **Peppermint**, which is great for treating fatigue, is one of the three most popular essential oils, the others being **Lavender** and **Eucalyptus**. Peppermint is also great for keeping ants away.

I have used "Momma's Earth Mop" successfully since 2002. Even before then, growing up in a Chinese- American household, I always used "Tiger Balm" and "White Flower Oil," and to this day I still use "White Flower Oil" (which contains Peppermint and Eucalyptus oil) to stave off blockages of chi, giving me great results in stopping oncoming headaches.

"Momma's Earth Mop" is so non-toxic that even a toddler can use it. In addition, you'll feel better while you are using it because you are also receiving aromatherapy! Try this natural concoction that is both good for you and our planet.