

# GreenClean

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Is it **Real** or a **Hoax**?



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## What is Green Cleaning?

Green Cleaning is usually defined as using cleaning methods or procedures which are environment friendly. The term 'green' is generally applied when environment-friendly methods are conducted using biodegradable compounds. These methods are formulated in such a way which is invariably harmless to human beings in all possible manner.

Along with that, these methods or procedures are formulated while keeping in mind that they do not harm the environment in any way. Green cleaning procedures are carried out using nontoxic chemicals with the green cleaning agents being organic. They are environment-friendly and biodegradable and hence do not release volatile compounds which are chemically toxic and can harm the human respiratory system. These toxic chemical compounds can also cause various other dermatological conditions, which can even last lifelong.

It aims to use cleaning solutions that don't pose a threat to the environment when released and discarded. It also includes teaching and using cleaning methods, which produce a lesser amount of waste and avoids chemical emissions. Traditional cleaning products and practices rely on harsh chemicals that release pollutants that harm the members of the surroundings and the planet.

The advent of green Cleaning was a direct consequence of this safety concern plaguing society at large. Green Cleaning suggests using procedures that don't harm the planet through the release of harmful synthetic compounds in the air, water bodies, and other sources. These products are promoted with the view that they do not cause harm as their non-green counterparts happen to make.

If we put it in simple words, Green Cleaning is the process of cleaning using products and procedures that are safe for the environment and do not release any pollutants or toxic compounds in the process.

## Why Is Green Cleaning Important?

In the era of the millennials, it is even more essential to understand and adopt clean green keeping methods by keeping in mind that every step towards the environment taken today is vital for future restoration. Green Cleaning is essential not only for the environment and the health of our planet but also for the health of general public. Because they say- Don't wait for an illness to start valuing wellness!

While traditional cleaning products and practices tend to rely on harsh chemicals that release pollutants in the environment that harm the members of our household, and the planet at large, green cleaning agents do the exact opposite. They ensure that the process of cleaning anything does not create any risk to the health of any human beings and are environment friendly as well.

Green Cleaning is an important step that demands being taken as soon as possible to keep our planet Earth's health in check. You would be surprised to look at office spaces, and workplaces to dedicatedly working towards sustainability and making innovative changes. However, they are still using traditional old toxic chemical products, which generate large amounts of toxic waste materials that are not biodegraded! All of this makes it even more essential to spread awareness about the importance and various methods of green Cleaning. It is something that should be stormed by urgency.

Switching to green cleaning ingredients will prevent any risks to human health and will also help us avoid any harmful emissions for the environment. Green cleaning items are less inclined to contain the toxic synthetic substances that antibacterial synthetic materials contain.

These aspects are often overlooked, while these are the same factors that can affect your staff, friends, and family's health. The toxic compounds found in the mainstream cleaning products contain harsh chemicals that can severely affect our health and our planet.

## Green Cleaning at Home

The easiest way to incorporate green cleaning methods in our lifestyle is by starting with your own home. Since green Cleaning doesn't require any complex chemical compounds, most cleaning agents are likely to be available at your home or nearest local supermarket. Green Cleaning doesn't require any complicated methods either.

When you choose to use a green cleaning product, you would mainly want to avoid the products containing phosphates, chlorine, artificial fragrances, and artificial colors. You also need to take care that these products contain only biodegradable compounds and no heavy toxic chemicals. It must have ingredients or compounds that are organically produced and fall under the umbrella of sustainability. The green cleaning products must have recycled packaging, which is biodegradable.

For some people, green Cleaning might refer to the use of substances including baking soda, vinegar, and lemons that enables efficient cleaning of surfaces and equipment, however the same does not stand true for everyone. These are natural green cleaners available in our kitchens and can be used only for a soft mess. However, you also need to assess the hardened grease and dirt. There are several green cleaning products and compounds available in the market, but make sure you read the label carefully and adequately understand the ingredients. There is a clear difference in being a biodegradable product and being marketed as a biodegradable product.

Many cleaners have substances that have been organically produced and procured. But that does not mean that they are free of additives or adulteration. They might contain organic ingredients, but they can still be harmful to the environment. These products end up on the wrong shelves due to smart marketing techniques. One must be extremely cautious while choosing the right green cleaning products.

Let us look at some ways you can redefine green Cleaning without hampering its purpose. Just because the colour "Green" is present on the mark while hurling an image of a leaf doesn't mean it's ecologically benevolent and environment friendly. You also need to put in some of your effort and knowledge.

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- **Utilize minimal measure of cleaning item conceivable.**

Most green cleaning items have a "green" title because the synthetic compounds they use should be biodegradable and additionally less destructive if they discover their way into the ground. Although that is valid, yet our objective shouldn't be to locate the environmental item, it ought to be to use a meagre cleaning item as reasonably expected.

**Suggestion:** Buy just amassed cleaning items in the most significant size you can or make your own.

- **Be more worried about the plastic jug than the compound inside.**

The negative natural effect of the plastic container, regardless of whether you reuse it, might be far more noteworthy than the synthetics inside. The jugs should be made, put away, dispatched, and reused. Every last one of these means requires vitality and non-renewable energy sources.

**Suggestion:** Buy high-quality trigger sprayers (the great ones will keep going quite a while) with your preferred estimated bottles and reuse them. Utilize 1-to 5-gallon holders for putting away massive amounts or blending concentrated cleaning items.

- **Use just the items you need.**

A glass cleaner or a generally useful cleaner and a disinfectant ought to be your essential items. These items ought to be utilized in 90 percent of your cleaning assignments. Use forte items sparingly and varying.

- **Use microfiber and water as frequently as could reasonably be expected.**

Changing Absolute Clean to microfiber cuts our item use by more than 50 percent and permits us to show a superior showing. Utilize the enchantment of microfiber to set aside cash, squander less, and achieve more.

**Suggestion:** Have in any event 24 microfiber towels and ten mop cushions for your floors and adhere to the consideration directions cautiously.

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- **Attempt custom made cleaning arrangements.**

There are some extraordinary handcrafted plans to make your cleaning items.

**Suggestion:** Tinker with proportions to address your issues and keep away from build-up on your surfaces.

- **Utilize the correct instruments and strategies. A real effort has no ecological effect.**

Utilizing microfiber, with the right apparatuses and hardware, can limit the measure of time and cleaning items used.

**Suggestion:** Buy the more costly devices, brushes, vacuums, and so forth. Not exclusively do modest ones only seem to function. However, their removal and fix can be inefficient. The better instruments quite often set aside your cash over the long haul.

If we attempt to live by this at home and in the workplace, there is one dependable guideline to help in settling on choices that are, in reality, better for the planet. "On the off chance that it makes unnatural waste, at that point, it's terrible for nature."

## The Problem with Non-Green Cleaning Products

- Traditional cleaning products have been blamed for many health and safety concerns due to the blend of compounds they use in manufacturing their product. Green products can alleviate these concerns and provide several benefits over the non-green products. These non-green products can have a multitude of adverse effects, such as:
- The volatile organic compounds (VOCs) present in these products have been known to cause respiratory, neurological, and dermatological problems.
- Most traditional products contain synthetic fragrances made from petroleum-based chemicals that add to their toxicity levels. These chemicals have been linked with cancer, neurological disorders, hampered immunity, reproductive problems, and more.

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- They heavily rely on animal-testing to check the side-effects of their products. This leads to the lives of countless innocent animals being jeopardized.
- They tend to be non-biodegradable, which burdens the Earth as these substances do not get easily decomposed and thus remain in the ecosystem and continually contribute to the Earth's pollution.
- On the off chance that you go to a grocery store or a supermarket and purchase the brand name cleaners, a more significant part of them will be harmful, yet also, contain engineered scents. This is ordinary to such an extent that you may make some hard memories finding an item that doesn't contain some type of this, without setting off to a more well being cognizant store.
- From the start, engineered aromas barely contrast with the "poisonous when ingested" chemical substances. In any case, manufactured scents can cause shock reactions.
- Utilizing green items that are liberated from engineered aromas, you can lessen sensitivities in your working environment. Also, the possible dangers of disease, neurological issues, and that's only the tip of the iceberg.
- The FDA has expressed that utilizing antibacterial cleansers isn't more powerful at forestalling sicknesses than customary cleansers and water. Antibacterial has been appeared to contain substances that can cause hormonal issues, notwithstanding containing destructive synthetic concoctions.
- With non-green cleaning items, you get contaminations being discharged into the air. There is a heap of engineered mixes in cleaners that are poisonous and destructive and can be discharged noticeable all around, water sources, human bodies, and so on. Green cleaning items are made to not contaminate and to be better for the Earth. Be that as it may, it stays critical to check every item to locate the best quality, least hurtful item.

## Adverse Impact on the Environment

- The natural effects of traditional cleaning items involve the outcomes that come because of synthetic mixes in cleaning items.
- Traditional cleaning products can be bioactive, with results running from mellow to serious. These cleaning items can contain unsafe synthetic concoctions that negatively affect nature. Formative and endocrine disruptors have been connected to cleaning operators.
- By far, most of all family unit item bundling comes in plastic. These regular plastics are not biodegradable and aggregate in our seas.

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- Generally speaking, it is approximated that there are up to 100s of thousands of huge amounts of plastic in surface waters. This plastic garbage turns out to be amazingly hindering sea-going natural life. The trash can entrap species, or oceanic creatures can eat the plastic, which can prompt harming and frequently demise. Plastic can likewise make colossal harm the sea depths and adversely upset the environment.
- The EPA recommends buying items with recyclable bundling, refillable jugs, and focused formulas. Another approach to limit bundling waste is by purchasing in mass holders. The EPA alerts against purchasing anything with bundling that uses airborne splashes or the inefficient bounty of bundling.
- Elective Cleaning synthetic concoctions can be used in family units without trading off its capacity to clean viably. The EPA has given a model to maintain a strategic distance from Earth's negative synthetics in family cleaning. They propose picking items with a low VOC substance, biodegradability, and those that use sustainable assets.
- With the point of diminishing net productivity, a few brands of clothing cleanser have been reformulated for use with cold water.
- By permitting the customer to utilize cold water as opposed to hot, each heap curtails fundamentally on vitality costs. The EPA proposes utilizing items that are intended for use in cool water to preserve vitality.



## Do Green Cleaners Work? What are the alternatives?

1. Some "green" cleaners, produced using a segment found in coconuts, do minimal more than help evacuate Earth. They don't clean — nor do they guarantee to — so they don't eliminate germs. In any case, numerous other normal cleaners, both those you can make at home and those you can purchase at the store, can sanitize just as spotless. What's more, you can do it without uncovering your family to harmful synthetic compounds found in business cleaning items that can aggravate your skin, eyes, and lungs.
2. Make your own disinfectants by joining vinegar with essential oils, such as rosemary, thyme, or basil. In contemplates, basil oils have been appeared to murder E. coli, listeria, and salmonella microscopic organisms.
3. It is also advisable to utilize tea tree oil, a characteristic shape executioner. You can clean your kitchen with a handcrafted cleaner produced using Castile cleanser, a little water, and 15 or 20 drops of basil or rosemary oil.
4. Studies show that with regards to eliminating germs, business disinfectants pack a punch to a greater extent.
5. But do you have to carry such exceptional capability just to clean your counters, particularly thinking about the likely reactions?
6. Try to clean routinely, and you won't need mechanical quality cleaners to slice through the grime. What's more, when you splash your surfaces, let them remain wet for any event a moment before cleaning them down.
7. Vinegar is about 100 percent successful at eliminating germs on the off chance that you leave it on for any event 60 seconds, and it leaves a decent sparkle.

## What to Look for In an Ideal Environment-Friendly Green Cleaning Agent?

There are some simple pointers to keep in mind while moving towards green cleaning products.

- Learn to read the labels.
- Always look for nontoxic ingredients on the label.
- Ensure that your green cleaning product is either plant or mineral-based. This will make sure that you are not falling victim to the intelligent marketing strategies.
- If any of the ingredients mention Parabens or Ethoxylate, STOP. This is not a biodegradable product. These chemicals are not environment friendly and do not fall into the category of green cleaning agents. Also, make sure that your green cleaning product is phthalate-free.
- You must make sure that your green cleaner is non-GMO, gluten-free, and nut-free.
- Your product should be free of any added fragrance to ensure that it is free of chemicals.
- Any green cleaning product can not be "green" until it's cruelty-free. The product must not have been tested on animals in any case.
- The products with recycled packaging should be preferred as they reduce waste emissions and, hence the carbon footprint. It also makes for a very sustainable and environmentally friendly choice of the green cleaning agent.
- If the product comes in a refillable packaging, that would be an added benefit. Being refillable, the product will generate a lesser amount of waste as compared to other cleaning agents. Moreover, it will be a cost-effective and pocket-friendly option to choose from.
- If the product has no ingredient list, be assured that it has passed some essential steps to arrive on the market shelves without one. These products can be fully trusted to be organic, biodegradable, and environment friendly.
- Look for warning signs, caution indications, or danger directions recommending rubber gloves, masks, or ventilation concerns.
- The product should be extremely combustible or flammable.
- It should have a warning against chlorine bleach.
- Unscented and "free and clear" of any kind of fragrance with no exotic ingredients.
- The green cleaning product should list itself as a disinfectant or a sanitizer.
- It should not contain synthetic preservative compounds such as methylisothiazolinone, benzothiazolinone, phenoxyethanol, or potassium sorbate.
- Ideally, the green cleaning product should be free of any sodium benzoate ethoxylated ingredients.

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## Ingredients of Concern

There are certain ingredients present in traditional old cleaning agents you should avoid ensuring that your efforts towards green Cleaning do not go waste. To be successfully environment friendly, make sure that these products do not contain the chemical elements listed below.

- **FD&C Blue1**- This chemical compound is heavily carcinogenic and has been linked to severe cancer. Using a product with FD&C Blue1 can also pose a serious health risk of neurotoxicity. It can also cause severe eye irritation, skin allergies, and other dermatological issues. It is also linked to childhood hyperactivity and hypersensitivity reactions.
- **Methylisothiazolinone**- This toxic chemical is a synthetic preservative. It was also nominated as the allergen of the year by the journal Dermatitis. This chemical has been strongly linked to contact Dermatitis, skin irritation, and hypersensitivity, which can cause severe and life long development of certain other skin conditions.
- **Any synthetic Fragrance**- There several chemical substances that help give a distinct fragrance to any product. Always make sure that there are no added fragrances in your product as the scent giving chemicals are toxic and can prove to be harmful to human health. The proprietary formulation may disguise up to 3000 undisclosed chemicals. It also emits various volatile molecular compounds along with generating secondary pollutants, which have proven to be fatal for human beings. These chemicals can also cause acute aquatic toxicity when discarded. Also, they are entirely non-biodegradable, which is also a matter of concern for green cleaners.
- **Sodium Borate**- This chemical compound has always posed a great concern for developmental issues in young children. It can also pose a severe risk to the human endocrine system and the social reproductive system. Sodium Borate has been proved to be causing skin irritation, several dermatological allergies. This harmful and toxic chemical also affects the respiratory system and should be kept away from any person with asthma or any other respiratory disorder.
- **Disodium Diamino stilbene Desulphonated**- The presence of this chemical has posed a serious concern for not being biodegradable or organic. This compound also causes damage to visionary power. It has also raised a disclosure concern for the non-peeled ingredient.
- **Dimethicone**- The presence of impurities like ETHYLENE OXIDE in this complex substance raises severe concerns for cancer. It can also cause developmental and endocrine systems to be disturbed. It also affects the reproductive system. It has also proved to pose damage to the DNA and has adverse effects on the respiratory system and nervous system. It causes malfunction of the digestive system and several other organs.

## Why Is It Difficult to Identify the Authenticity of a Product?

The test, to a great extent, is because of two fundamental reasons:

1. Brainwashing and intelligent marketing is wild in this field. Incalculable items have ambiguous showcasing terms; for example, "eco-accommodating" or "characteristic." These are negligible to the point that even the FTC has given direction against making general natural advantages claims.
2. To thoroughly assess an item, you have to know the entirety of the fixings and how they may interface with one another. Numerous organizations don't completely unveil their fixings, which makes an assessment of the wellbeing and natural effects troublesome. Regardless of whether the organization disclosed all fixings, you would need to be proficient about the synthetics to see how they cooperate.

## But What Is the Real Problem?

- "Green" cleaning items guarantee to offer more secure choices for people and the planet.
- With regards to people, the utilization of anyone cleaning items—green or ordinary—in modest quantities and with legitimate ventilation likely won't make you sick.
- List item #3
- The issue is that a great many people utilize more than one cleaning item for the washroom—there is one for the latrine, one for the mirror, maybe one for surfaces, another to clean mold from tiles, and afterward huge amounts of other "specific" cleaning item choices. The rehashed presentations to the synthetic compounds in these items can include.
- Furthermore, that is the perfect story for people. Factor in the general planet's wellbeing, and it gets murkier.
- Certain synthetic concoctions usually found in traditional cleaning items present known or suspected issues for the individuals that utilize them, and nature once washed down the channel.
- Unstable natural mixes, used to improve the exhibition of an item, can hinder neurological capacities. At the same time, different synthetic substances can go about as respiratory aggravations, cancer-causing agents, or conceptive poisons, contingent on the degree of introduction, as indicated by the National Environmental Trust and other ecological gatherings.

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- Phosphates can cause the eutrophication of streams and different waterways, which can drain them of oxygen and diminishing water quality.
- There is the minimum guideline of cleaning synthetic compounds, and there are for all intents and purposes no naming prerequisites to tell individuals what they are uncovering themselves and the planet too.
- Organizations select elements for cleaning items to upgrade their presentation, yet there are a large number of synthetic substances we know nothing about!

## Is green Cleaning just a marketing ploy?

As many consumers have come to the realization that most green cleaning products they use have been deemed unsafe for the continued preservation of the environment and their family, there has been a shift in consumer mindset where they are actively looking for safer alternatives. As the demand for these products has risen, marketers and companies have been making this request into careful consideration.

To exploit this niche consumer base, many companies have started coming out with products that have tags attached to their labels such as "green," "all-natural," "herbal," "ayurvedic," "nontoxic," etc.

Many companies attach these tags to their products without having any significant proof to back their claims. Consumers usually herd towards these products with a sigh of relief, thinking that they have finally found a product that would quench their thirst for protecting their children, pets, and the planet.

**But not all products are mere ploys for your attention, and many are legitimate and honest as well as transparent about the claims they make.**

It falls upon the consumer to do their due diligence while researching for these green products. Make sure to carefully scrutinize their ingredients and claims before purchasing them. Doing a cursory investigation online and finding third-party reviews of the products would be the most helpful option as most of us are not fluent in how chemicals react with each other and from a toxic blend.

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But the problem isn't just the false claims that you have to avoid; there are many complaints from consumers that the green alternatives are simply not strong or effective enough at getting the job done. It is necessary that the green products be actually a reliable source for scrounging all the bacteria, germs, and other pathogens from the house. If they are unable to fulfill this purpose, then the consumers will be left with no choice but to revert back to the old options.

Another option must be considered on this journey of ours to become greener: Using homemade DIY solutions to clean our house. In light of these issues of questionable presentations, organizations, for example, the manufacturers state that they take care to prohibit synthetic concoctions with known or suspected poison levels.

Green cleaning products suggest that they do not use any synthetic chemical compounds in their products. Brands confine a considerable lot of similar items as it may, except for phosphates and chlorine, not have a particular "restricted synthetic substances" list. Organization rules indicate that fixings in their items can't be harmful to the client either promptly or when utilized after some time and that they can't add to natural issues, for example, a worldwide temperature alteration, ozone layer exhaustion, oceanic poison or air contamination.

## In That Case, Should You Go Green?

- This push to progressively reasonable synthetic substances is "characteristic of the sort of thing that you will see where it bodes well."
- In spite of the fact that their fixings might be all the more naturally amicable, green cleaners accompany some exchange offs: They're increasingly costly and may require more real effort to accomplish a similar degree of visual tidiness.
- Brands are chipping away at the presentation of their items to bring them adequately, with extensive achievement, they state. They test their items against the top of the line traditional brands to ensure they clean equivalently.
- The main ordinary chemicals that green items can't totally coordinate as far as quality are those that contain chlorine, for example, fade. In those cases, the green cleaners take somewhat more scouring. However, they can perfectly take care of the business.

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- You don't generally require any synthetic concoctions to clean. To a great extent, the inclination toward germ phobia has incompletely been filled by publicizing that advances were sterilizing cleaners that kill all bacteria and viruses insight as the ideal approach to shield your family from germs. As difficult as it may seem, you don't generally need to slaughter the microscopic organisms, you simply need to get them off your table.
- Indeed, disinfectants could accomplish more mischief than anything to people. A well-known disinfectant splash was found to have contained a chemical substance known to harm the regenerative frameworks in the posterity of pregnant rodents, even in limited quantities.
- To clean your home, all you truly need is some heating pop and vinegar, including that it's what you already have in your kitchen.
- For example, a little vinegar scoured onto glass with a wad of folded newsprint will give you a without streak sparkle on window sheets. No exclusive chemical cleaning agent required.

## Are Green Cleaning Products Too Expensive as Compared to The Traditional Ones?

This is a justifiable concern. Fortunately, green cleaning items don't need to be increasingly costly. Costs have descended to a great extent and many green cleaning items desire nearly a similar cost as customary items.

In a perfect world, we would effortlessly have the option to tell which items poisonous and which ones are better for individuals and the Earth. In reality, however, surveying cleaning items with the goal that you can use sound judgment isn't, in every case, simple.

## Are There Simpler Ways to Inculcate Green Cleaning? Yes, Definitely!

1. The microwave and lemon hack-Lemons are your companions with regards to common cleaning. Crush the juice of one into a microwavable bowl and cook for three minutes. Leave it to represent an additional five minutes, however, don't open the entryway. At that point, wipe the roof, dividers, and floor with a spotless, dry cloth.
2. Use the dustpan, whenever you can! -Try not to get the vacuum cleaner out for each little scrap dropped on the floor covering. Uncover your dustpan and brush and clear away spillages.
3. Stock on some Soda Bicarbonate- Soda Bicarbonate is very modest to purchase, non-harmful, and tidies things up pleasantly, including difficult stains, smells, and considerably silver. Add three sections of bicarb to one section of water to make glue, rub onto silver things, wash with water and wipe with a dry material.
4. Cut some slack to the tumble dryer-It probably won't be summer, yet there's still a touch of warmth noticeable all around. Attempt and dry your garments outside to the extent that this would be possible or utilize a drying rack inside.
5. Hand wash clothes whenever it is possible-Just got a couple of things to wash? Consider doing them by hand or acclimate yourself with your clothes washer's eco setting. Wash nothing above 30C. This will prevent water wastage as well as help you go green.
6. Turn around and change your cleaning products for the better- Look at the scopes of ecologically agreeable cleaning items at your nearby grocery stores.
7. Stop using air fresheners- Aerosols are probably the most harmful and most commonly used domestic cleaning product. As per NASA, houseplants will do similarly as high a vocation at cleaning the air, and you need to attempt arachnid plants and harmony lilies first off.
8. Do not underestimate the power of Vinegar-Not just for making a serving of mixed greens dressing and chips delectable. However, vinegar is likewise another whiz kitchen staple that bends over as a cleaning item. Use it for everything from evacuating the overcast stores on wine glasses, to sprucing up cowhide couches, however, don't utilize it on hardwood floors or wash out your iron.



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## Conclusion

Green cleaning thus brings about a ray of hope to the days of low sustenance when the world is seen struggling in more ecological issues than one. This gets increasingly alarming and a scenario that needs to be watched and acted upon.

The era is ours, and it indeed is our responsibility to make each day count and transform the futuristic environmental scenario and realm. When we think of our ancestors, they didn't have the privilege of using store-bought products to do their Cleaning. They came up with their concoctions and methods to rid the house of its grime.

We can take a page out of their book and follow similar practices of using homemade cleaning agents using everyday ingredients to get the job done. A small pledge and a strong collaboration of the human kind can be the sole guiding force amidst the crucial times.

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