



A case for non toxic cleaning

A personal story from Cher Carden

As a cancer survivor, I am always looking for ways to reduce my exposure to toxins and products made with carcinogenic agents.

Not long before I was diagnosed with cancer, 10 years ago, I was weak, exhausted and extremely anxious. I decided to submit to a battery of medical tests to find out what was affecting my health so adversely. I found out I was suffering from an intestinal bacterial infection, *Candida Albicans*, a yeast that had infiltrated my digestive tract, and heavy metals which came from many sources; from the pollution in the air, some processed food products, pesticides and herbicides. Some of these toxic substances may have come from the cleaning products I was using. While I was being treated using holistic methods such as vegetarian live foods, colon cleansing, acupuncture and herbal therapy, I also looked at the products I was using to clean the house.

The symptoms I experienced related to the cleaning products I was using were uncontrollable sneezing spells, itching skin, burning eyes and mild headaches after use. My health practitioner explained chemicals were entering my body through my skin and lungs and told me: "Chemicals can disrupt your hormonal balance which can suppress your endocrine system. The liver can become overwhelmed with toxic overload which can make it much more difficult for your body to prevent and or heal from cancer as well as other serious illnesses." I researched ways of cleaning my home without using odorous chemical products that irritated my lungs and suppressed my immune system. Along the way, I discovered my methods of healing myself were based on "cleaning" my body out through natural means

I found that I also could clean my house through "natural means." It all made sense to me but I had been raised to believe; the house is never truly clean and germfree unless you use very strong cleaning products such as bleaches, heavy detergents and disinfectants." My good health now reveals the natural approach is one that works very well for me to obtain optimal health and well being for my body and for my home. Check out the following products to help you achieve a clean and healthy home as well as my cleaning tips on ComforTree.org's resources page.

- **Baking Soda**
- **Lavendar Oil**
- **Lemon Oil**
- **White Vinegar**
- **Grapefruit Seed Extrac**
- **Tea Tree Oil**

Wishing you all a NATRUALLY CLEAN HOUSE AND CLEAN HEALTHY BODIES!!