



Crow River  
Animal Hospital  
& Dental Clinic

## Natural Cleaning Recipes and Going Green for your Pets

*Provided to you by Crow River Animal Hospital Whole Mystic Veterinary Care*

*Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.*

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These recipes are provided to you, for you and your animal companion's health.

***Why is it important to go green?*** In our veterinary practice, we were able to link certain symptoms of allergies, liver enzyme elevations, kidney value elevations, vomiting and general illness, chronic skin problems, and ear infections to many common cleaners and products used in many homes. Many of these problems disappeared as our clients "greened" their home, and freed their pets of continual chemical exposure.

We must remember, your animal does not wear shoes or socks, and is closer to the ground than we are. They are continually in contact with the cleaners we place on the floor (and often the counter), and they groom and lick their feet, or eat off the ground, licking the floor in the process. Not to mention the fact that an animals' sense of smell is thousands of times more sensitive than a human. Search and rescue dogs can actually smell a dead body from underneath water. Imagine what a Glad Plug In must smell like to an animal with their nose located right at that level?

The products that appear to be the most toxic to pets: Febreze, Glad Plug Ins, Air Fresheners of all sorts, Potpourri, Scented Candles, Fabric Softener, Swiffers (especially wet), but even "aromatherapy" and "natural" animal products can contain dangerous ingredients and synthetically tainted essential oils. I was disappointed by my veterinary community to find that many vets were seeing the reactions, just not recognizing the source of the problem...all the while, informing their clients that the products were safe.

So, how do you know a "natural" product is safe?? This is the million dollar question. I see so many so-called safe, natural, and organic cleaners on the market now, it amazes me. However, as I search the ingredients, I am often shocked to find the very ingredients I am trying to avoid. The best answer – make your own. Only then do you know exactly what is added to a cleaner. I

use very few “pre-made” ingredients – and only choose those with very long standing histories, use, and reputation. I generally avoid “new” products on the market.

**It is very important that these recipes only be created with 100% pure, therapeutic and medical grade essential oils.** Animals are extremely sensitive to chemicals – and this is the reason for recommending natural cleaners. Oils of questionable or poor quality (ie: Aura Cacia, NOW, Simplers, Wyndmere...) simply concentrate pesticides, chemicals, and synthetic additives and can be just as dangerous - if not more dangerous - than “regular” cleaning chemicals.

**I ONLY recommend using Young Living Essential Oils** – as these are consistently pure and medical grade. I have no hesitation recommending the use of a Young Living oil for human or animal. There are a few other companies that may supply therapeutic grade oils (Original Swiss Aromatics is supposedly a reputable one), but I find that other companies claiming therapeutic grade oils or clerks in health food stores who will tell you the oils they carry are therapeutic grade, do not truly understand what this means. For this reason, I stick with one company that I know to be tried and true for use with animals. In side by side comparisons of therapeutic grade oils, Young Living oils continue to shine in their obvious quality. Therefore, I will only recommend and give guidance in using Young Living oils, especially for animals who cannot communicate to us if an oil is irritating to them. It can be a matter of life and death for an animal if the wrong essential oil is used – so why risk it.

I also feel it is important to avoid the use of any brand of “natural” or “safe” cleaners, bug sprays, or odor sprays – if they contain essential oils and the company will not tell me their source for the oil. Some companies are nice enough to inform me of their sources for essential oils – but most are not. I would rather add my own essential oils, than assume that the company who is “riding the wave” of the all-natural product hype, truly knows how to pick an essential oil. If I run into reluctance with the company – I know that these people are only sourcing the cheapest oils for their products, and don’t truly care about the quality. If people are passionate about the quality they use – they are going to brag about it!

**Amazing Cleaner** – As the name implies – this is truly an amazing all purpose cleaner. I have been shocked over and over again at its cleaning power, and refreshing scent. It truly encourages cleaning, and keeps you excited to keep going with its invigorating peppermint scent. I currently recommend that you use Dr. Bronner’s Unscented Baby Mild Pure-Castille Liquid Soap – so you can create your own individual scent while knowing that the essential oil used is 100% safe. You can also vary the Essential oil you would like to use to change the scent, shine, or disinfecting qualities of the cleaner. See sources for information on getting your own supplies. My favorite combination is created by mixing Peppermint and Lemon Essential Oils into the cleaner. I like mine to smell pretty strong of Peppermint (as if you were creating the recipe with Peppermint Scented Dr. Bronner’s Soap as I used to). You may adjust according to personal preference, you can’t really get it wrong! This cleaner will leave

some streaks on glass or mirrors – if they are really dirty (like toothpaste splatters) – use Amazing Cleaner first, then follow with the glass cleaner. If you put a lot of essential oils into your recipes – just watch out for poorer grade plastic spray bottles, which may lose their spraying ability.

Ingredients: Basic Recipe

24 oz Water (3 cups)

3 Tablespoons (45cc) Dr. Bronner's Liquid Castille soap

½ capful (4cc) of Thieves Household Cleaner

4 drops of Basic H

2-4 drops of Essential oil as a basic addition

Dr. Shelton's Peppermint Punch Recipe change Essential Oils to:

12+ drops of Peppermint Essential Oil

4 drops of Lemon Essential Oil

Mix all ingredients together. "Shake" bottle by rocking it upside down to mix ingredients prior to each use.

### **Amazing Cleaner, cont...**

To make a gallon to refill your bottles add the following amounts to a gallon jug of water (you will need to dump out a little over a cup of water first to make room):

236cc Dr. Bronner's Liquid Soap (just shy of an 8 ounce cup)

20cc of Thieves Household Cleaner (about 1 ½ Tablespoons)

21 drops of Basic H

10-21 drops of Essential Oil as a basic addition

Dr. Shelton's Peppermint Punch Gallon:

60+ drops Peppermint Essential Oil

20 drops of Lemon Essential Oil

**Window Cleaner** – Use this cleaner for windows and mirrors. I love this cleaner as it is inexpensive, and I feel 100% safe with my 4 year old spraying it everywhere (including in his eyes) and "helping" mommy.

24 ounce spray bottle

1 cup white vinegar

Distilled Water to fill

10-15 drops Lemon Essential Oil

Mix together, and shake before use.

Or

24 ounce spray bottle

Water to fill

1 drop Basic H

10 drops Lemon Oil

Mix together, and shake before use.

You may also try the window cleaner recipe with Lavender Oil.

**Air Freshener** – Some of the most toxic things in your home are the air freshening agents that we use. Febreze had many reports of animal toxicity, and we have seen cases first hand. However, it never ceases to amaze me how large companies can get a claim that their product is 100% safe. Snopes.com even reports the Febreze toxicity issue as false. However, one little dog in our practice would get quite ill, every time she was in contact with Febreze – you can imagine the detective work it took to figure out that it was the Febreze causing her “recurrent” illnesses. Who are you going to believe, a 10 pound poodle with no agenda – or a company with a multi-million dollar reputation to uphold. I’m on the poodle’s side. Especially since stopping the use of the Febreze, eliminated her “mystery illness”.

Diffusers provide a wonderful way to freshen your home, and can provide actual medical therapies for you and your pet. Cats are wonderfully receptive to diffusion therapy. A water nebulizing (or Ultrasonic) diffuser is my favorite (I recommend the one by Young Living). It is quiet and can be adjusted on many different levels to create a precisely personalized diffusion. By varying how much oil you add to the machine, as well as the three different levels of output, and five different timer cycles – the sky’s the limit on the potential combinations of diffusion. Air diffusers are slightly more therapeutic, as they diffuse pure oil into the air. However, there is much less control on how much oil is diffused, and there is no control on the concentration of the oil diffused. Also, these diffusers are powered by an air pump, and do create a constant noise from the pump and from the oil being “ejected”, which some people find irritating. In some cases, an air diffuser is definitely recommended, but for most, I would start with an Ultrasonic Diffuser.

It is important that oils are not heated for diffusion. Light bulb rings and little heaters are often found next to essential oils and potpourri. Heat can destroy an essential oil, and can “burn off” the more volatile components of the oil – altering its medicinal properties.

For pet odors – I generally use Purification Oil in a water Diffuser. I alter how many drops I add, and the levels I set on the diffuser to customize it to my situation or “stink” level. I often start with about 4 drops added.

Very simply, you can add a few drops (more or less depending on need) to a glass spritzer bottle of distilled water. 8-10 drops of Purification to a 4 oz bottle is a good starting point. Mist into the air, and have your own air freshener. Great for the bathroom or kitchen. Since these oils are all ingestible (medical grade) – you don’t have to worry about spraying near food or any residue that might be left over. Purification is great for getting out smoke odors – and I often keep a spritzer in the car with me, I spritz myself off after being around a smoker and absorbing the smoke smell that I hate so much.

**NOdor Spray** – This is a heavy duty odor eliminator. Originally formulated to get rid of Tom Cat Urine Odor – we love the power of this spray. Again, made with all medical grade essential oils and non-toxic products – you could drink this odor eliminator – and it would be GOOD for you!

To a 4 oz Glass Spray Bottle add Distilled Water and:

- 27 drops of Purification Oil
- 13 drops of Lemongrass Oil
- 7 drops of Orange Oil
- 7 drops of Peppermint Oil
- 2 drops of Young Living Bath and Shower Gel Base

**Kitty Litter Freshener** – Try this as an alternative to scented kitty litter. Buy unscented kitty litter, then add some of this baking soda mixture to the litter. I vary the amount added, finding just the right amount for my individual cat.

Recipe:

Place a cup of baking soda in a glass jar.

Add 4 drops of Purification Essential Oil Blend and shake up and allow to sit overnight.

Try this trick – we set up multiple litter boxes, some with scented baking soda, some without – to see if the cats preferred a scent or not. Our results, they actually used the “scented” box more. You can also try this with different oils and see which your cat prefers. Adding oils that could be beneficial for hairballs, arthritis, or other health issues may be a great way to expose your cat to the healing benefits of oils!! Instead of harmful perfumes in regular kitty litter, try a therapeutic scent instead.

**Liquid Laundry Soap** – This is our favorite recipe. It has worked really well for us – and costs very little per load (someone we know calculated 3 cents per load!). I grate several bars of soap at a time, storing each one in a ziplock bag or jar, so that whenever I need a new batch, I can whip one up in no time. I cut the bars into lengths that will fit in the food processor and grate a bunch of them all in one session. Then, I only have to clean the grater or food processor once, making much less work for myself. I have also pre-measured the dry ingredients into baggies.

Ingredients:

- 1 grated bar of soap (Dr. Bronner’s Baby Mild or Kirk’s Castille)
- ½ cup Borax
- ½ cup Washing Soda
- 6 drops Basic H
- 2 Gallons Water (total for the whole recipe)
- 10-15 drops Essential Oil

USE ¼ CUP OF LIQUID PER LOAD. IT IS NORMAL FOR THE MIX TO BE LUMPY AND GEL-LIKE. This mix works well in my High Efficiency front loader, however, some of the lumps will not “flush down” the liquid detergent compartment. So I just add it to the “powdered” detergent compartment.

Instructions:

1. Add 1 quart of the water (hot) into a saucepan and the grated bar of soap. Melt the soap in the saucepan, heating over medium-low heat, stirring frequently until the soap is melted.
2. Pour 3 quarts of the water (warm) into a large bucket. I use a 5 gallon food grade pail, with a lid. Add the soap/water mixture and Borax and Washing Soda and mix until well dissolved.
3. Add 1 gallon (4 quarts) of cold water and mix well.
4. Add Basic H and Essential Oil and mix well.

Store in a covered container, mix or shake well prior to use. Use ¼ cup per load.

Remember, your pet is in contact with laundry detergents more than we think. A cat may lay on your bed 23 hours a day in contact with our washed bedding, and then grooms its coat, ingesting any soap or fabric softener residues. Remember, if we can smell it – your pet can absorb it orally, topically, or through inhalation. We must reconsider how much these chemicals could be affecting our pets (and probably ourselves), and make attempts at a less toxic environment for all.

**Fabric Softener** – Fabric softeners are chemicals and perfumes that we purposely leave on our clothing and fabrics. The residue is what we desire. It is not just an odor that is left behind, but often chemicals made to reduce static cling. Tried and true, using basic White Vinegar in the rinse cycle has been around forever. Simply use plain or add some essential oils to your vinegar (15-20 drops per gallon – vary amounts and types for your personal preference).

Volcano Softener: Use a pail large enough to hold double the amount of ingredients. Mix baking soda and water in the pail and stir until powder is dissolved. Then add vinegar. Once it stops fizzing, pour into clean bottles and cap. Shake before use. USE ¼ CUP PER RINSE CYCLE.

Ingredients: 1 part vinegar  
1 part baking soda  
2 parts hot water  
Essential Oil(s)

**Dryer Sheets** – If you purely want to deodorize your laundry, we do this “lazy” trick. Wash a wash cloth with each load. When it comes out of the washer, place drops of essential oil on the wash cloth, and toss in the dryer with the rest of the laundry. I personally drop the oils on our clothing and bedding directly now, but if you had delicate fabrics, placing the essential oil on a designated wash cloth may be best. I personally like to put about 8-10 drops of Purification in the dryer load, scattered around. Pick any essential oil you like, or make your own unique blend of smells. Certain oils can stain, so testing them on fabric or using them with the wash cloth is a sound idea.

You can also add Essential oils to vinegar, and place in a spray bottle. Use this mixture to spritz onto your wash cloth dryer sheet, and toss into the dryer.

**Automatic Dishwasher Detergent** – We can't forget that the chemical residues left on our dishes, eating utensils, in our drinking cups, and for most people in our pets' water and food bowls – may be affecting our health. We love both recipes, and fill the rinse compartment with white vinegar. Our dishes have never been cleaner with much less streaks than when we used Jet Dry! Similar to the Laundry soap, I am lazy – so I pre-measure the dry ingredients for multiple batches all at once, so they are ready whenever I need to make up a new batch.

Liquid Recipe:        1 cup Borax  
                              1 cup Baking Soda  
                              1 cup Hot Water  
                              3 drops Essential Oil

Mix these together in a large wide mouth mason jar. Shake before use, add 2 Tablespoons per load.

Powder Recipe:        1 cup Borax  
                              1 cup Baking Soda OR Washing Soda  
                              3 drops Essential Oil

Mix these ingredients together thoroughly in a glass jar. Use 2 teaspoons per load.

**Powdered Laundry Detergent** – 2 variations. We have personally not used this recipe for ourselves. But, I thought I would include it for those who prefer powder.

1 grated bar of soap  
1 cup borax  
1 cup washing soda  
10-15 drops Essential Oil  
(use 2 Tbsp per load)

OR

1 grated bar of soap  
3 cups borax  
2 cups washing soda  
2 cups baking soda  
10-15 drops Essential Oil  
(use 1/8 cup per load)

Mix well and store in an airtight container.

**Hard Floor Cleaners** – Good essential oils to use are Lemon, Pine, Spruce, Melaleuca, Purification, Peppermint, Thieves, etc..

2 Gallons warm water  
1 capful Thieves Household Cleaner  
2 drops Basic H

Or

2 Gallons warm water  
1 cup white vinegar  
2 drops Basic H  
5-10 drops Essential Oil

Or

2 Gallons warm water  
¼ cup White Vinegar  
5 Drops Dr. Bronner's Liquid Soap  
5-10 drops Essential Oil

**Handy Wipes** – So much less toxic than those chemical wipes that are everywhere. These have natural antibacterial properties, that will combat cold and flu bugs, but without the threat of resistance. Use them on your hands, as wipes on your pets, and as baby wipes. Try to pick the most natural paper towels that you can. For baby wipes use no Essential oils or Lavender, Cedarwood, or Gentle Baby. Lemon, Lavender, Purification or Thieves is great for Car, Home, Garage use.

#9 Round Rubbermaid Container  
½ Large roll of Bounty Paper Towels  
1-2 Tbsp Young Living Bath Gel Base  
1 ½ - 2 cups water  
10-12 drops Essential Oil

Cut paper towel roll in half. Mix water, bath gel base, and essential oil in container. Add Paper towels, cover and let soak. Remove cardboard tube and pull wipes out from the center.

**Painting** – To counteract the unpleasant smell of paint. Add 2 ½ -5mL of essential oil to 1 gallon of paint. Mix well and use paint as usual.

**Carpet Freshener** – Add essential oil to baking soda in a glass jar. Shake to mix well. Sprinkle over carpet then vacuum. Nice oils to use: Christmas Spirit, Lavender, Joy, Peace & Calming, Thieves...

1 cup baking soda  
16-20 drops of essential oil

**Vacuum Cleaner Scents** – Saturate a tissue or cotton ball with several drops of essential oil – vacuum up, or place inside a new vacuum bag. As you vacuum, the oil will diffuse throughout the house. Christmas Spirit, Thieves, Lemon, etc.

**Furniture Polish** – Use your judgement, and do a test spot on your furniture. Mix all ingredients well. Shake before each use. Spray onto a soft rag or directly onto furniture, wipe dry immediately.

16 oz spray bottle of water  
5-6 drops Lemon Oil

4-5 drops Lavender Oil  
2 teaspoons Jojoba or Olive Oil

### **Foaming Soap –**

7oz foaming soap dispenser  
2 Tablespoons Dr. Bronner's Liquid Soap  
1 capful Thieves Household Cleaner  
Water to fill

Or

7oz foaming soap dispenser  
2 Tablespoons Young Living Bath Gel Base  
Essential Oil of Choice  
2 drops Basic H  
Water to fill

**Overnight Toilet Cleaner** – Combine Borax and essential oil. Pour into bowl at night. In the morning, you may brush away the stains. Baking Soda and Vinegar also make a good toilet cleaner.

1 cup Borax  
5 drops Essential Oil (Purification)

**Stove Top Cleaner** – Combine all ingredients. Shake before use. Stove tops and counter tops are left with a clean and natural shine.

24 oz spray bottle of water  
2-3 drops Lavender  
4-5 drops Purification

**Effortless Oven Cleaner** – Spray water generously over the bottom of the oven. Cover with baking soda. Spray more water on top of baking soda (for tough jobs spray with Amazing Cleaner). Let sit overnight, and wipe up grease effortlessly in the morning. Use abrasive pad to help loosen stubborn spills. Spray some Amazing Cleaner on a washcloth, sponge or directly in oven and wash sides, top and inside of the door as well as any grease or baking soda residue on the bottom. Rinse thoroughly.

### **Liquid Dish Soap –**

1 cup Dr. Bronner's Liquid Soap  
1 capful Thieves Household Cleaner  
4 drops Basic H  
1 ½ cups warm water

Or

2 cups Dr. Bronner's  
½ cup warm water  
3 drops essential oils

Mix thoroughly. Shake before use.

*"Nature gave us the gift of healing. Providing our bodies the nutrients and care required to heal, lies in our own actions."*

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