# **Healthy Hints**



## Use natural products

Use natural products to clean your home – white vinegar, apple cider vinegar, lemon juice, baking soda, salt.

Use these products in your bathroom – white vinegar, apple cider vinegar (shower scum and odours), baking soda (cleaning fixtures), borax (mix ½ cup with water for disinfecting surfaces)

#### Products for cleaning your toilet:

Baking soda - pour half a small box of baking soda into the toilet bowl and let it sit overnight.

In the morning, flush the mixture before scrubbing with a toilet brush.

White vinegar - Pour a cup of household vinegar into the bowl and let sit overnight, then scrub in the morning.



#### Water conservation

Conserving water generally is a great idea and good for your aerated septic system and the irrigation area. Avoid long showers, letting water run whilst washing our hands, brushing teeth, cleaning and multiple loads of washing and repair any leaking taps or running toilets.



#### The benefit of bucket!

If you want to use harsher products, use a bucket and discard the products. For example, if you are using disinfectants, wipe surface with water from a bucket of water and then discard in the garden.

Or soak clothes in Napisan in a bucket and then discard remnants outside (not down drain)



#### Unblocking your drains

You may need a plumber but it may also be worthwhile to try unblocking a drain by using baking soda, vinegar, boiling water and a plunger. Pour the boiling water down the drain and add baking soda, allow it to sit for a few minutes.

Then use white vinegar, some more boiling water and pour it over the baking soda. Put the plug in and leave it to sit for a couple of minutes. The final step is to rinse the drain one last time with boiling water and if still clogged, try using a plunger to dislodge the contents blocking the drain.



### Unclogging your drains

To avoid using antibacterial drain cleaners, try pouring 170g of sodium bicarbonate down the drain followed by 120ml of white vinegar. Seal the drain with a wet cloth and let it sit for about 30 minutes. After 30 minutes, pour about 500ml of boiling water down the drain to wash away remnants.

You can also lower the risk of blocked drains by using less toilet paper.



We make the decisions about water and septic simple