

Alternative

household product recipes

1(888)CLEAN LA
www.888CleanLA.com

AS SEEN ON
ktla 5

* Disclaimer: Please note that this recipes page was developed and tested by a previous consultant. However, since results may vary, we recommend you test the recipes on a small area before applying to the whole.

KITCHEN

Spray Disinfectant Cleaner

½ cup borax

1 gallon hot water

Dissolve borax in hot water. Wipe down areas to be disinfected.

Abrasive Cleaner

Sprinkle *baking soda* or *borax*, add *juice of ½ lemon* and scrub.

Brass/Copper Tarnish Remover

Salt

Flour

White vinegar

Mix together equal parts salt and flour, then add white vinegar to make a paste. Rub into the stain. Repeat if necessary.

Metal Cleaner

Fresh squeezed juice of 2 lemons

1/3 cup baking soda

1 teaspoon fine salt

6 tablespoons clay powder

Mix all ingredients together until pasty. Add water or more clay if needed. Rub paste onto metal with extremely fine steel wool and allow to sit for fifteen minutes. Wash off with a sponge and clear water. Polish metal with a soft cloth. Do not use on aluminum.

Silver Polish

Rub with paste of *baking soda* and *water*.

Glassware/Crystal Spot Removal

Dip spotted glassware into *water* to which a splash of *vinegar* has been added, dry with lint-free dishcloth.

Dishwasher Detergent

2 tablespoons baking soda

2 tablespoons borax

Mix baking soda and borax and put mixture in dishwasher.

Window Cleaner

Option 1:

Juice from one fresh lemon

2 cups water or club soda

1 teaspoon peppermint essential oil (optional)

1 teaspoon cornstarch

Mix all ingredients and pour into plastic spray bottle. Shake well.

Option 2:

8 parts water

1 part vinegar

Mix ingredients, scrub and wipe with *newspaper*.

Drain Cleaner/Opener

¼ cup vinegar

¼ cup baking soda

Mix ingredients and pour mixture down drain. Let stand for a few minutes and rinse with *boiling water*.

Oven Cleaner

Mix equal parts of *castille soap*, *borax* and *water*. Apply mixture, let set for 20 minutes. Scrub with mixture of baking soda and salt.

BATHROOM

Bathtub/Sink Stains

Scrub with paste made from *cream of tartar* and *hydrogen peroxide*.

Soap Film on Fiberglass Surface

Apply *baking soda* with damp cloth, rub and rinse off residue well.

Soap Film/Mildew on Shower Curtains

Pour full-strength *vinegar* on the shower curtain to remove soap film and mildew.

Shower-Door Track Cleaning

Pour full-strength *vinegar* into the track, let soak for a few minutes, rinse.

Toilet Lime Deposit Removal

Pour full strength *white vinegar* in the bowl, let sit for several hours. Scrub with sturdy brush.

Toilet Bowl Cleaner

$\frac{1}{2}$ *teaspoon sodium lauryl sulfate*
 2 *tablespoons baking soda*
 2 *tablespoons vinegar*
 1 *teaspoon orange essential oil* or 1 *teaspoon grapefruit essential oil (optional)*
 2 *cups water*

Mix all ingredients. Vinegar and baking soda will foam when mixed. Let mixture stand for 10 minutes before pouring into a spray bottle.

FURNITURE POLISH

Lemon Scented Polish

1 *teaspoon lemon oil*
 2 *cups mineral oil*
 Mix and apply with soft cloth.

Dark Wood Polish

1 *teaspoon olive oil*
 Juice of one *lemon*
 1 *teaspoon brandy or whiskey*
 1 *teaspoon water*
 Mix and apply with soft cloth. Must be made fresh each time.

Unscented Polish

3 *parts olive oil*
 1 *part vinegar*
 Mix and apply with soft cloth.

Oak Furniture Polish

1 *quart of beer*
 1 *tablespoon sugar*
 2 *tablespoons beeswax*
 Boil beer with sugar and beeswax. When cool, wipe mixture on wood, allow to dry and polish with soft cloth.

Heat Blemish/Scratch Remover

Rub in *mayonnaise* and wipe off. Buff with clean cloth.

Water Spot Treatment Polish

Toothpaste (not gel)
Baking soda
Pecan
 Apply equal parts toothpaste and baking soda with a soft, damp cloth. Rinse out the cloth and wipe off any residue. When the finish is smooth, buff with a clean soft cloth. Restore color and shine by rubbing the spot with the meat of half a pecan, then buff.

PAINTS/REMOVERS

Enamel Paint Drips/Spill Remover

Wipe up spills and drips with a soft wet towel lathered with *pumice soap* (the sooner the better).

Removing Paint from Skin

Rub with *mineral oil*. Wash with soap and water.

Arts and Crafts Paint

$\frac{1}{2}$ *cup cornstarch*
 2 *cups cold water*
Food coloring
 Mix cornstarch and water in a saucepan. Bring the mixture to boil and continue to boil until it thickens. Let cool slightly. Pour into jars and color each with food coloring.

SPOT REMOVERS

All-purpose Spot Remover

¼ cup borax

2 cups cold water

Dissolve borax in cold water. Sponge it on and let it sit until dry. Wash with soap and water to completely remove spot. Works well on blood, chocolate, coffee, mildew, mud and urine.

Club Soda

Pour *club soda* on fresh spots and stains to remove wine and foods from clothing, carpets and linens.

Ink Spot Remover

Cream of tartar

Lemon juice

Warm water

Put cream of tartar on the stain and squeeze a few drops of lemon juice on top. Rub into the stain for a minute, brush off the powder with a clean brush and sponge immediately with warm water. Repeat if needed.

PETS

Pet Stains

Soak stained area in warm *soapy water*. Sponge with equal parts of *water* and *white vinegar*. Blot dry.

Dog House Flea Repellent

Wash dog houses with *salt water*. Scatter *fresh pine needles* or *cedar shavings* under your pet's sleeping pad. Keep bedding clean.

PEST REPELLANT

Mouse Repellent

Stuff all cracks around gas and water pipes with *steel wool* to keep mice out.

Ant Repellent

Sprinkle *red chili powder*, *cream of tartar powder*, *salt* or *sage* near ant infestations.

Roach Repellent

Place *bay leaves* in cracks around room.

Insecticide

Mix *dishwashing liquid* and *water*, spray infected area.

Moth Ball Alternative

Place *cedar chips* or blocks in desired area.

Anti-Insect Air Spritzer

2 cups vodka

1 tablespoon citronella essential oil

1 tablespoon eucalyptus essential oil

1 teaspoon geranium essential oil

1 teaspoon rosemary essential oil

1 teaspoon orange essential oil

1 teaspoon lemon essential oil

Mix all ingredients and shake well. Mist into air to keep bugs away.

Bug Repellent, Body

2 tablespoons citronella essential oil

2 tablespoons rosemary essential oil

2 tablespoons geranium essential oil

2 tablespoons eucalyptus essential oil

½ cup olive oil

Mix all oils together. Dab on clothing and skin. Avoid eyes and mouth.

GARDEN

Chili-Vinegar Spray for Fruit Trees

4 jalapenos, habaneros or other hot chiles, seeded and chopped

2 cloves garlic

1½ quarts water

2 oz. Beer

½ cup vinegar

Mix chopped chiles, garlic, water and beer. Cover and bring to a boil for 5 minutes, then let the mixture steep in the pot for 24 hours. Add the vinegar, strain well and pour into a sprayer. Spray leaves (but not blossoms). Will help keep birds away.

Aphids on Rose Bushes

Mulch *banana peels* into the soil at the base of the rose bushes. This will strengthen them and ward off disease-bearing aphids.

Cucumber Beetles

Make beetle traps from *open cans or milk cartons* baited with *melon* or other garden targets. Place the traps around the garden and check them early in the morning and discard.

Earwig Repellent

Option 1:

Make rolls out of newspaper, soak them in water then set them out overnight. First thing in the morning the rolls will be full earwigs. Put the rolls in a tightly sealed bag and out with the trash. Keep at this for a while and you will be rid of your problem.

Option 2:

Fill old tuna or petfood cans with ½ inch of vegetable oil; place several cans around the infested area. When full- just dump bodies in trash and refill.

Fungus and Mildew

1 bulb of garlic (about 20 cloves), chopped

1 quart of hot water

Place chopped garlic in the water and let steep for at least 24 hours. Strain and spray on plants to eliminate fungus and mildew.

Pest Spray

1 cup grated castile soap

1 cup coarsely chopped tobacco leaves, fresh or cured

3 cups boiling water, divided

1 entire bulb garlic, peeled and crushed or chopped

1 cup of chopped fresh tansy (optional)

In a bowl, dissolve soap in 1 cup boiling water and set aside. In a blender, pour remainder of boiling water over tobacco leaves and let set for ten minutes or so. Add garlic and tansy (if available) and whirl until smooth. Strain through cheesecloth and discard solid materials. Add herbal liquid soap to mixture and stir;

pour into a spray bottle. To use, spray the herbal liquid on insects and their environs at early morning and dusk for three days in a row. Because this mix drives most bugs away, but does not kill them, apply as needed.

Deer Repellent for Fruit Trees

To repel deer, roll several pounds of soft, scented herbal soap into balls. Tie the balls into small bundles, using cloth or net and string. Hang several bundles from each fruit tree. The deer won't come near the trees. As a bonus, rain will eventually melt the soap bundles and lend a bit of alkalinity to the soil below.

Snail Repellants

Bury a small bowl or can flush with the ground and fill it with *beer* to attract and trap snails.

Fertilize Naturally

Use compost to return needed bacteria, enzymes and nutrients to the soil. Include clover or other nitrogen-fixing plants in the lawn to make it self-fertilizing.

Dry Out Lawn Fungus

Dethatch; add soil bacteria and re-seed. Fungus grows only in wet, thatchy, overfertilized lawns.

Beneficial Bugs

Lady Bugs (Ladybird Beetles) – eats Psyllids, aphids and eggs of the Colorado Potato Beetle.

Green Lacewings – eats aphids, mites, mealybugs and other small insects.

Ground Beetles (Carabid Beetles) – eats cutworms, grubs, root maggots and other soft-bodied pests.

Parasitic Wasps – kills whiteflies, moths and Mexican bean beetles.

Beneficial Plants

Basil – planted alongside tomato plants helps control tomato hornworms.

Thyme – planted with cabbage helps control flea beetles, cabbage worm and white cabbage butterflies.

Marigold – planted in vegetable gardens produces a scent that repels many garden pests.

Mint – repels mosquitoes and produces an odor that aphids and cabbage pests dislike.

Garlic – planted close to roses it can protect bushes from black spot, a fungus disease; can be grown in rings around a crop to repel aphids; spray garlic tea (see above) on plants to eliminate fungus and mildew.

BEAUTY PRODUCTS

Hair Dye Alternatives

Lighten hair:

1 tablespoon lemon juice
1 gallon warm water

Rinse hair with mixture.

Red tones:

Rinse with strong tea of *rosehips* or *cloves*, or use *strong black coffee*.

Cover gray:

½ cup dried sage
2 cups water

Boil sage for thirty minutes, then steep for several hours.

Apply tea to hair after it cools. Allow to dry, then rinse and dry hair again. Apply weekly until you have the shade you want and then monthly to maintain color.

Darken hair:

Rinse hair with a *strong black tea* or *black coffee*.

Hair Shampoo Alternatives

Everyday shampoo:

Castille bar soap

Water

¼ cup olive oil, almond oil or avocado oil

½ cup distilled water

Grate castille bar soap and mix it with water in a blender or food processor. Blend 1 cup of castille liquid with olive oil, avocado or almond oil and distilled water.

Dandruff remedy:

Wet hair and rub in a handful of dry *baking soda*, then rinse.

Hair Spray

1 chopped lemon (or 1 orange for dry hair)

2 cups pure hot water

1 ounce vodka

Place lemon and hot water in a pot, and boil until only half remains. Cool and strain. Place in a fine spray bottle and test on hair. If too sticky, add more water.

Store in the refrigerator, or add 1 ounce vodka per cup of hair spray as a preservative (with vodka, hair spray may be stored unrefrigerated for up to two weeks).

Jewelry Cleaning

Rub a small amount of *toothpaste* on jewelry with finger, rinse well and polish with a soft cloth.

Skin Freshener/Soother

Add *pulp-free aloe vera juice* to *water* in a spray bottle and spritz arms, legs, back and face.

Skin Astringents

Option 1:

Lettuce leaves

Water

Boil green lettuce leaves for 10 minutes in enough water to cover. Let cool and strain.

Option 2:

Vodka

Strong chamomile or mint tea

Mix 1 part vodka with 9 parts strong chamomile or mint tea.

Option 3:

2/3 cup pure water

2 tablespoons vodka

¼ cup borax

Combine ingredients in a blender until borax is dissolved.

Option 4:

¼ cup lemon juice

¼ cup lime juice

¼ cup pure water

1/8 cup vodka

Blend ingredients. Strain to remove pulp.

Deodorant

Pat *baking soda* under arms after showering. Skin should be slightly damp, but not wet. If too abrasive, mix with *cornstarch* or *white clay*.

Talcum Powder

Use *cornstarch*, *rice starch* or *oat flour* on skin.

MISCELLANEOUS HOME MAINTENANCE

Homemade Glues

Option 1:

6 tablespoons gum arabic

1 cup water

½ cup plus 2 tablespoons natural glycerin

Dissolve gum arabic in water, add glycerin, and mix well.

Apply to both surfaces with a toothpick or tongue depressor. Hold together for 5 minutes. Make fresh batch each time.

Option 2:

4 tablespoons wheat flour

6 tablespoons cold water

1 ½ cups boiling water

Blend flour into enough cold water to make a smooth paste. Boil water and stir into flour mixture until mixture is translucent. Use when cold.

Option 3:

3 tablespoons cornstarch

4 tablespoons cold water

2 cups boiling water

Blend cornstarch and cold water to make a smooth paste. Stir paste into boiling water, continue to stir until mixture becomes translucent. Use when cold.

Bleach

Use *vinegar* or *baking soda* as a substitute.

Air Freshener

Set *potpourri* or *fresh oranges* with cloves in a dish.

Car Wash Soap

3 cups grated castille soap

½ cup sodium lauryl sulfate

3 cups boiling water

1 tablespoon borax

1 tablespoon balsam fir essential oil (optional)

Dissolve castille soap and sodium lauryl sulfate in boiling water; add borax and essential oil and mix well.

Upholstery Cleaner and Rug Shampoo

4 cups water

1 cup white vinegar

3 tablespoons sodium lauryl sulfate

2 teaspoons baking soda

1/8 teaspoon lavender essential oil (optional)

1/8 teaspoon ginger essential oil (optional)

Mix all ingredients together and fill a handheld rug/upholstery shampoo bottle half full. Shake the bottle vigorously and shampoo furniture using small circular motions. Scrub sudsy area well.

Laundry Soap

¼ cup clay powder

2-3 tablespoons essential oil of choice (optional)

13 cups borax

12 cups baking soda

4 cups sodium lauryl sulfate

Mix clay powder and essential oil. Add remaining ingredients and mix well in a 2-3 gallon pail. Use 1/8 cup of laundry powder per load.

Spray Starch

1 tablespoon cornstarch

1 pint cold water

Dissolve cornstarch in cold water. Pour mixture into a spray bottle and squirt to apply (shake before each use).

Carpet Deodorizer

Baking soda

Sprinkle baking soda liberally on area for treatment. Wait fifteen minutes or longer, then vacuum. Repeat if necessary. Carpet should be completely dry before application. Please note: several pounds of baking soda are needed for a nine-by-twelve-foot room.

Removing Grease Spots from Walls

Make a paste of *baking soda* and *water*. Apply thick paste to the grease stain and let it dry. Brush the residue off with a soft brush or cloth.

AUTOMOTIVE CARE

Windshield Cleaner

Club soda

Spray on the windshield and wipe dry. Not recommended for use in the vehicle's windshield-spray reservoir because it could freeze.

Battery Cleaner (Removes built-up acid)

Baking soda

Water

Sprinkle baking soda onto battery terminals. Spritz with water to dampen. Let set for about one hour. Sponge off with water. Air dry.

Cleaning Polish (shiny, protective finish similar to wax)

½ cup flakes of grated hand soap

½ cup water

½ ounce beeswax

½ cup jojoba

Mix soap flakes and water in a bowl or jar and allow the soap to dissolve over night. Combine the beeswax and jojoba in a double boiler over medium heat until the wax is melted. Remove from the heat and add the soapy water. Mix with an electric hand mixer until creamy. Dab some onto a soft cloth, then buff to a shine with a soft cloth. Excess polish can be stored in a container for future use.

Vinyl Smell Reducer and Natural Engine Degreaser

¼ cup washing soda

1 gallon warm water

Dissolve washing soda in warm water. Saturate a sponge with the mixture and wash the vinyl or pour on engine areas that need degreasing. Rinse thoroughly. Excess should not be stored -- discard all leftovers.

Leather Wash

¼ cup vodka

¼ cup distilled vinegar

3-4 drops of jojoba or olive oil

Combine all ingredients in container. Shake to blend. Pour mixture onto a soft rag and rub into leather. Do not rinse.

Bug Remover

½ cup baking soda

Liquid soap

Combine baking soda with enough liquid soap to make a paste. Scoop the paste onto a sponge and scrub over splattered bugs until they are loosened. Rinse well. Safe to use on painted surfaces and chrome.



Upon 72 hours notice, the Department can provide program information and publications in alternate formats or make other accommodations for people with disabilities. In addition, program documents are available at our main office in Alhambra (900 S. Fremont Ave.), which is accessible to individuals with disabilities. To request accommodations ONLY, or for more ADA information, please contact our departmental ADA Coordinator at (626) 458-4081 or TDD (626) 282-7829, Monday through Thursday, from 7:00 a.m. to 5:30 p.m.

RETAILERS OF UNCOMMON INGREDIENTS

The Chemistry Store

2640 NE 5th Avenue
Pompano Beach, FL 33064
888-816-4441 (8-5 M-F EST)
fax 954-946-4144
www.chemistrystore.com

KIC Chemicals

451 Main St.
P.O. Box 437
Armonk, NY 10504
914-273-6555
914-273-6760 FAX
E-mail: chem@kicgroup.com
www.kicgroup.com

SunFeather Natural Soap Co.

1551 Hwy 72
Potsdam NY 13676
315-265-3648 (9-5 M-F EST)
Fax: 315-265-2902
Email: sunsoap@slc.com
www.sunsoap.com

David Cookson & Co., Inc.

Large Quantities Only
170 Kinnelon Road
Kinnelon, NJ 07405

973-283-1500
Fax: 973-283-1860
Email: info@cooksonco.com
www.cooksonco.com

Camden-Grey Essential Oils

7178-A SW 47 St.
Miami, FL 33155
Toll Free: 877-232-7662
Fax: 305-740-8242
Email: camdeng@bellsouth.net
www.essentialoil.net

OurPetsNet

Monmouth, IL
Email: info@our-pets.net
www.our-pets.net/store_primate3.htm

A Garden Eastward

Ludowici, GA 31316
912-545-0085 (8-5 M-F EST)
Email: brinkley@accessatc.net
<http://addy.com/brinkley/supplies.htm>

Rainbow Meadow Inc.

8433 South Ave., Suite 2
Poland, OH 44514
800-207-4047
Fax: 330-729-0685

Email: andy@rainbowmeadow.com
<http://rainbowmeadow.com>

Legend Gift Shop

3095 Jefferson Street
Napa CA 94558
707-224-7707
Email: legend@gateway.net
www.legendgiftshop.com

Tools-Plus

153 Meadow st
Waterbury Ct. USA 06702
800-222-6133(7-5 M-Sat, Th til 8 EST)
Fax: 203-753-9042
Email: seth@tools-plus.com
www.tools-plus.com

PETSMART

various locations
888-839-9638
Email: orderstatus@petsmart.com
www.petsmart.com

PETCO

various locations
858-453-7845
www.petopia.com

Go Herbal

800-823-9945
Fax: 602-832-0990
Email: meester@goherbal.com
www.goherbal.com

Essential Oils

1754 Central Park Drive
Okemos, MI 48864
888-387-3451(10-9 M-F,
10-6 Sat, 12-5 Sun EST)
Fax: 517-349-5473
Email: sales@ess-oils.com
www.ess-oils.com

Taste Of Britain

73 South Peachtree Street
Norcross, GA 30071
800-749-0739
Fax: 770-242-0551
Email: tob@tasteofbritain.com
www.tasteofbritain.com

Whole Foods Market

various locations
888-945-3637
www.wholepeople.com

Paint, home improvement or hardware stores

MotherNature.Com

360 Massachusetts Avenue
Suite 103
Acton, MA 01720
800-517-9020 (8am-11pm M-F EST)
Fax: 877-355-1144
www.mothernature.com

Chemron Corp.

93447 Paso Robles, CA
Tel: 805-239-1550
Fax: 805-239-8551
www.cosmos.com.mx/chem/chemron

Note: Retailers listed here should not be considered as being endorsed by Los Angeles County. They are presented as a convenience to locate less common ingredients. Any retailer of ingredients of these recipes that would like to be listed here should contact HHW Public Education Coordinator at 888-CLEAN-LA or eganda@ladpw.org.

INGREDIENTS NOT AVAILABLE IN MOST GROCERY STORES

Cost per unit specified

Retailer																				
Ingredient (Unit)	The Chemistry Store	KIC Chemicals	SunFeather Natural Soap	David Cookson & Co., Inc.	Camden-Grey Essential Oils	OurPetsNet	A Garden Eastward	Rainbow Meadow Inc.	Legend Gift Shop	Tools-Plus	PETSMART	PETCO	Go Herbal	Essential Oils	Taste Of Britain	Whole Foods Market	Paint, Hardware, Home Imp.	MotherNature.Com	Chemron Corp	
borax (1 lb.)	1.43	-	2.00	-	-	-	1.56	-	-	-	-	-	-	-	-	-	-	-	-	-
clay powder (1 oz.)	-	-	1.00	-	0.60	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
castille soap (1 oz.)	-	-	0.46	-	-	-	yes	-	-	-	-	-	-	0.83	1.75/	-	-	-	-	-
lemon oil (1 oz.)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	19.17	-	-	-	-
mineral oil (1 oz.)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
sodium lauryl sulfate(1oz)	0.04	-	0.42	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes
beeswax (1 oz.)	-	-	1.25	-	0.53	-	0.56	0.49	-	-	-	-	-	-	-	-	-	-	-	-
pumice soap (1 oz.)	-	-	0.67	-	-	-	-	-	4.50/ bar	0.14	-	-	-	-	-	-	-	-	-	-
jojoba	look in health food stores or herb suppliers																			
washing soda	look in the laundry supply section of most grocery stores																			
aloe vera juice (1 oz.)	-	-	-	-	0.18	-	-	-	-	-	-	-	-	0.37	-	-	-	-	-	-
gum arabic (1 oz.)	-	-	-	-	-	3.20	-	-	-	-	-	-	-	-	-	-	-	-	-	-
natural glycerin (1 oz.)	0.12	yes	2.00	-	0.23	-	0.33	0.36	-	-	-	-	-	-	-	-	-	-	-	-
almond oil (1 oz.)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.55	-	0.73	-	-
avocado oil (1 oz.)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.78	-	1.84	-	-
various essential oils																				
peppermint (2 oz.)	-	-	6.50	yes	3.50	-	5.05	7.73	-	-	-	-	-	-	-	-	-	-	-	-
grapefruit (2 oz.)	-	-	9.00	Yes	3.28	-	3.36	3.82	-	-	-	-	-	-	-	-	-	-	-	-
rosemary (2 oz.)	-	-	8.00	-	4.00	-	6.73	6.43	-	-	-	-	-	-	-	-	-	-	-	-
cedar (2 oz.)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
citronella (1 oz.)	-	yes	-	yes	1.95	-	2.79	0.76	-	-	-	-	-	-	-	-	-	-	-	-
eucalyptus (2 oz.)	-	-	6.00	yes	1.54	-	3.33	1.62	-	-	-	-	-	-	-	-	-	-	-	-
geranium (2 oz.)	-	-	76.00	yes	10.93	-	9.76	23.12	-	-	-	-	-	-	-	-	-	-	-	-
orange (1 oz.)	-	yes	-	yes	1.38	-	1.88	0.80	-	-	-	-	-	-	-	-	-	-	-	-
lemon (2 oz.)	-	-	6.00	yes	3.63	-	4.50	5.78	-	-	-	-	-	-	-	-	-	-	-	-
lavender (2 oz.)	-	-	15.00	-	6.10	-	11.87	6.64	-	-	-	-	-	-	-	-	-	-	-	-
ginger (1 oz.)	-	-	-	yes	4.21	-	5.03	3.86	-	-	-	-	-	-	-	-	-	-	-	-

Note: Some volumes will not be available as specified in this chart, the quantity have been adjusted for comparison purposes. Prices listed are subject to change. A dash “-“ box means the ingredient is probably not available at that retailer.

A PROGRAM OF THE LOS ANGELES COUNTY DEPARTMENT OF PUBLIC WORKS



Maintaining a Woman's Health - Naturally & Holistically

Often putting themselves last, women tend to overlook the importance of **maintaining a healthy mind and body**.

The unique health care issues women face throughout their lives include **physical issues** such as [sexual and reproductive health](#), [fertility](#), [menopause](#), [urinary tract infection](#) (UTI), and [premenstrual syndrome](#) (PMS). Women also confront vital **psychological concerns** like [stress management](#), [anxiety](#), [depression](#), and even [premenstrual dysphoric disorder](#) (PMDD).

At [Native Remedies](#) you will find a comprehensive set of herbal remedies to help you manage and optimize women's health – naturally and safely.

View Natural Products for Women's Health

- [Menopause](#)
- [Sexual Health](#)
- [Urinary Tract](#)
- [Candida Balance](#)

- [Menstruation/ Premenstrual](#)
- [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

Does this sound familiar?

Maybe you are one of the many women who suffer the aches, pains and emotional stresses of PMS? Perhaps you are one of the 30-40% of women who report crippling symptoms of irritability, mood-swings, cramping, tender breasts, migraines or headaches, low energy, bloating and bad skin, distressing enough to severely obstruct your everyday life?

Having tolerated this, you may then become one of the unfortunate 75% who suffer hot flashes, sleep disturbances, vaginal dryness and mood swings as you go through your menopause. Did you know that Doctors in the US prescribed 65 million drugs last year to women desperate for help with the above problems?

These drugs carry potential serious side effects! But...it doesn't necessarily have to be this way. You do have natural alternatives... [*Xtend-Life Female Rejuvenator*](#) may be the answer for you.