

Planetary Wellbeing

Cut Pollution & Toxicity

- Cleaning & Laundry
- Green Carwash
- Low-Toxin Manufacturing
- Natural Garden & Lawn Care
 - Organic & Sustainable
 - Agriculture
- Pest Control
- Plant-Based Eating
- Zero Emissions
- Zero Toxin Parenting

Ensure Animal Wellness

Guard Water Resources

Ocean Awareness

Protect Biodiversity

Reduce Resource Consumption

Save Energy & Climate

Popular Bags



[Shop all popular bags](#)

DIY Green Cleaning Recipes for Clothes Whiteners

Laundry whiteners are essential for keeping clothes and linens bright and white, but store bought bleaches and other clothes whiteners contain toxic chemicals for you and the environment. Our [homemade green cleaning recipes](#) for natural clothes whitener recipes will brighten your laundry without risking your health or negatively affecting Mother Earth.

Quick Facts: Health Hazards of Common Laundry Whiteners

- **Sodium hypochlorite (bleach):** Chlorine bleach is bad for the planet and your family's health – our guide to avoiding bleach will tell you why.
- **Sodium hydroxide (lye, caustic soda, soda lye, ascarit):** Lye is dangerous and can damage your reflexes, cause internal organ damage if swallowed, and will burn eyes and skin.
- **4,440 child bleach poisonings per year:** In a study conducted of the nearly 12,000 children aged 1-5 who visited emergency rooms per year because of accidental poisonings, bleach was the poisonous agent in 37% of the cases. ^[1]

DIY Green Cleaning Recipes for Clothes Whiteners and Bleach Alternatives

1. **Lemon whitener:** Cut up some lemons and put them in a tub of hot water. Add the clothing you need to whiten, and let them soak for a few hours or overnight. Drain the tub and then wash clothes as normal.
2. **Baking soda whitener:** Add a cupful of baking soda to your laundry load in addition to your regular laundry detergent to brighten whites and deodorize.
3. **Vinegar whitener:** To both whiten and disinfect clothing, add 1/2 to 1 cup white vinegar to your washer along with your regular laundry detergent.
4. **Borax whitener:** To use as a presoak, add 1 cup of borax to a tub of cold water and soak clothing for 30 minutes and then wash as usual. To add a natural clothes whitener boost to your regular loads of laundry, add 1/2 cup of borax along with your regular detergent before washing clothes.

Dig Deeper: Chemicals in Clothes Whiteners

- Sodium hypochlorite: [Health Protection Agency](#).
- Sodium hydroxide: [University of Maryland Medical Center](#).

[1] *The Facts About Childhood Poisonings with Home Cleaning Products*. (2012 August 2). Retrieved from Goodhousekeeping.com's thedailygreen:<http://www.thedailygreen.com/environmental-news/latest/home-cleaning-products-0802#ixzz27DgKliYb>

Image via Flickr: ...loveMaegan – <http://www.flickr.com/photos/lovemaegan/4682386653/lightbox/>

Image via Flickr: Golf Bravo1 – <http://www.flickr.com/photos/tmu-na/2316269326/lightbox/>

Share:

Related Articles

Peanut Butter

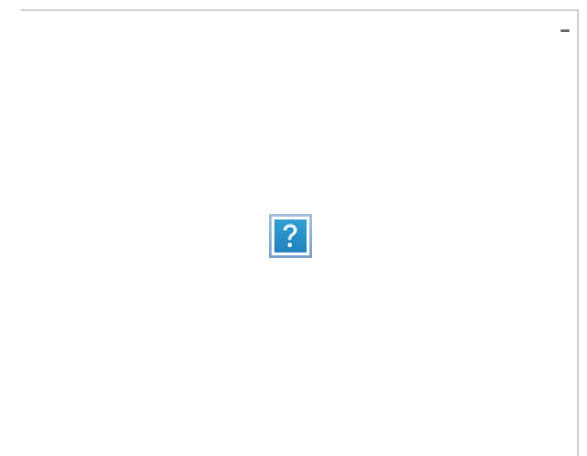


Natural Recipes for Gum Remover

Paint remover



Natural Recipes for Paint Remover



Recipes for Natural Window Cleaner

Comments

0 Comments

Sort by Oldest



Add a comment...

Facebook Comments Plugin

