

## Planetary Wellbeing

### Cut Pollution & Toxicity

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

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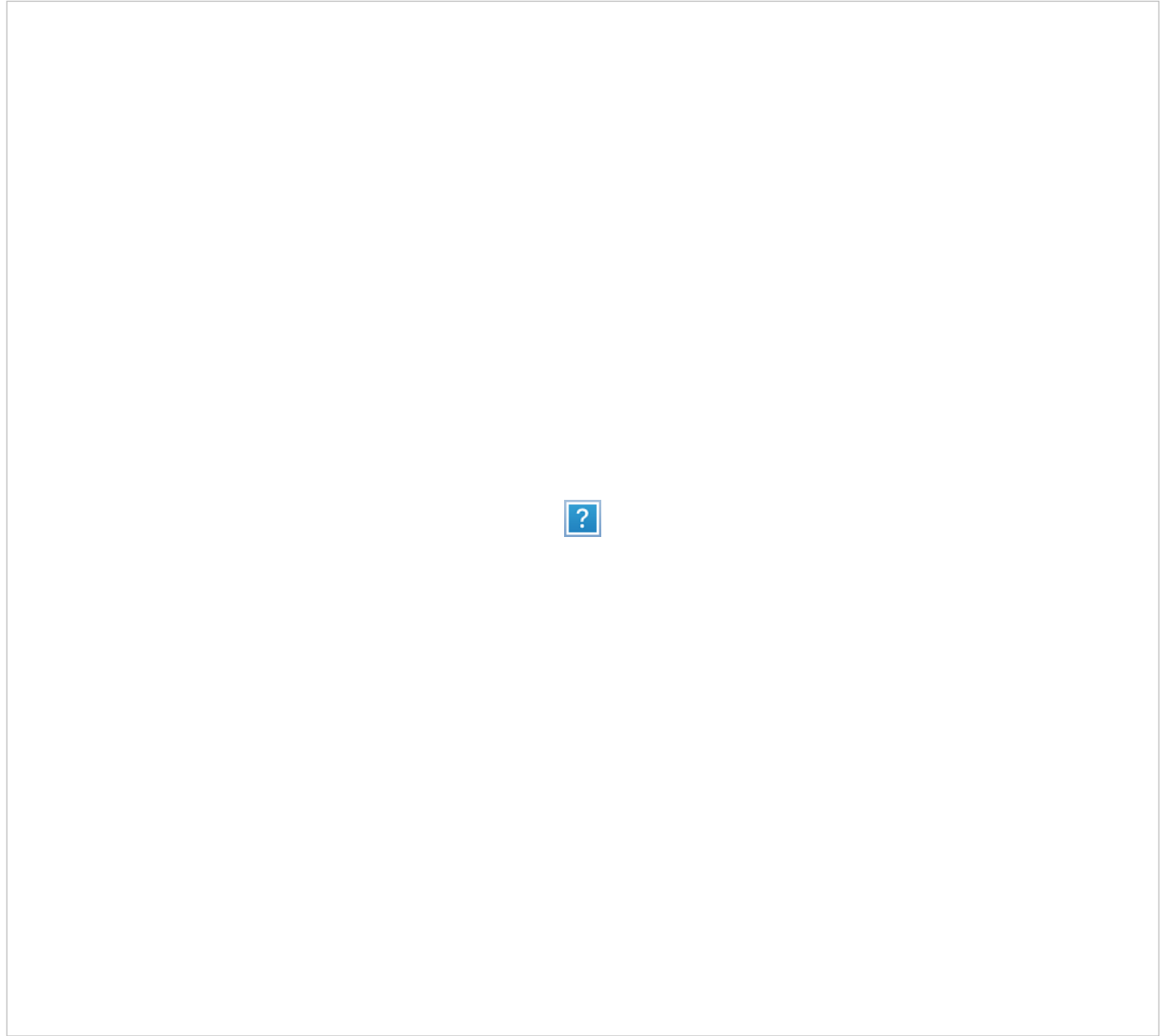


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## Recipes for Natural Liquid Laundry Detergent

Clean clothes are a must, but store bought liquid laundry detergents contain many chemicals, some of which are toxic to your health. Choose [homemade green cleaning recipes](#) like our natural recipes for liquid laundry detergent that are gentle on clothes and safe humans and the planet.



### Quick Facts: Health Hazards of Common Liquid Laundry Detergents

- **Sodium laureth sulfate:** This is a potential cancer-causer and will irritate skin and eyes.
- **1,4 dioxane:** This common chemical will cause organ damage with prolonged exposure, including damage to the nervous system, liver, and kidneys.
- **Acetone:** This chemical is toxic to developing fetuses, as well as your skin, liver and kidneys.

### DIY Green Cleaning Recipes for Liquid Laundry Detergent

1. **Borax, washing soda, and castile soap liquid laundry detergent:** Melt 2 cups of grated castile soap and add to 1 quart of boiling water. Pour mixture into a pail and add 2 cups of borax and 2 cups of washing soda crystals. Stir until dissolved; mixture will be a lumpy gel. Use 1/4 cup for each load of laundry.
2. **Castile soap and washing soda liquid laundry detergent:** Fill pail with 2 1/2 cups hot water, 1 cup washing soda crystals, and 1 cup liquid castile soap. Stir until crystals are dissolved. Use 1/2 cup per load of laundry. Add lemon or lavender essential oil if desired.
3. **Baking soda and castile soap liquid laundry detergent.** Fill a pail with 2 quarts of hot water. Add 1 box (16 oz.) baking soda and 2 cups liquid castile soap. Stir and cool. Use 1/4 cup per load.
4. **Vinegar, borax, and castile soap liquid laundry detergent.** Melt 1 bar of castile soap, or use 1 cup liquid castile soap, and pour in a large bucket. Add 1 cup of vinegar and 2 cups of borax. Blend well. Use 1/4 cup per load.

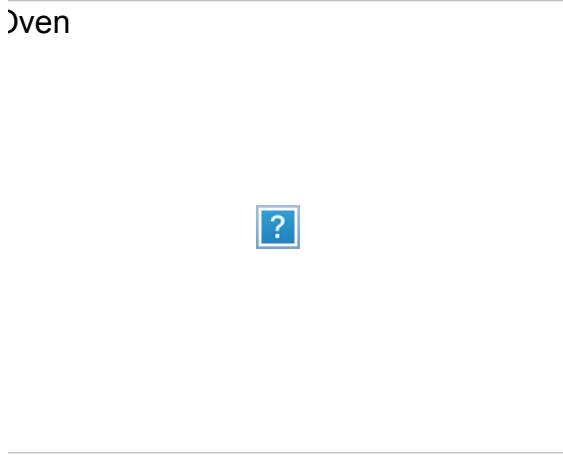
### Dig Deeper: Chemicals in Typical Liquid Laundry Detergents

- 1,4-dioxane: [Science Lab](#).
- Acetone: [Canadian Centre For Occupational Health and Safety](#).
- Sodium laureth sulfate: [Chemtrade International](#).

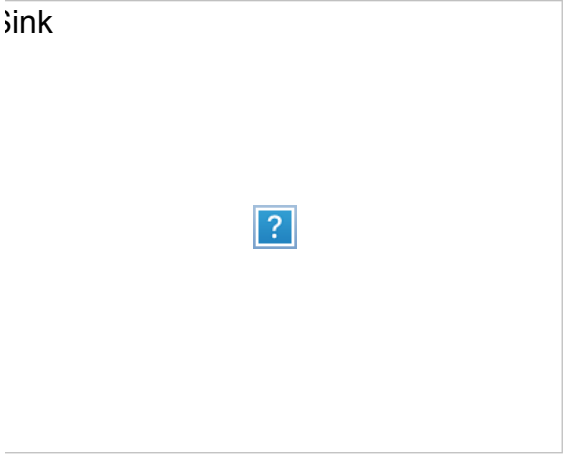
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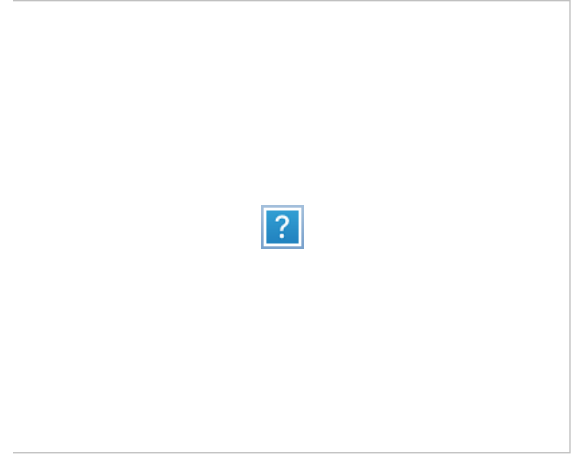
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