

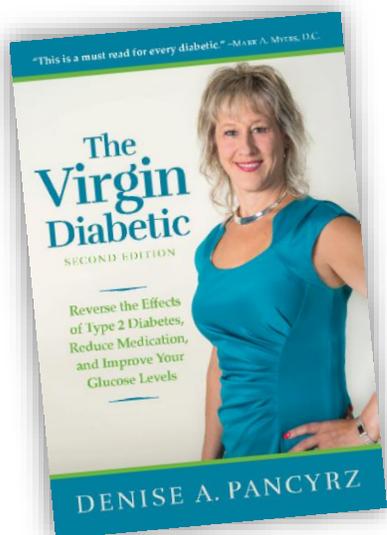


I was diagnosed with Type 2 Diabetes and prescribed four insulin shots per day along with a handful of medications.

I was told by the medical community I could never stop insulin or drugs – in fact, the dosages would increase with age.

Well, I dared to step away from the traditional medical management and reversed my diabetes – no more insulin shots – no more medications. All accomplished through holistic nutrition.

Read my miraculous story of reversing diabetes in my 2<sup>nd</sup> edition book, *The Virgin Diabetic*.



Available On:

[Amazon.com](https://www.amazon.com)

[BarnesandNoble.com](https://www.barnesandnoble.com)

## Homemade Cleaners and Disinfectants

**Cleaning** refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

**Disinfecting** refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface *after* cleaning, it can further lower the risk of spreading infection.

Make your own with ingredients such as white vinegar, essential oils and as you probably already know, bleach.

### Consider white vinegar and essential oils–

White vinegar reduces surface bacteria, making it a safe alternative to bleach.

In a 1994 study by the Journal of Environmental Health, vinegar was found to reduce the amount of bacteria on a hard surface, although it was less effective than commercial cleaners.

Vinegar will work for those who value a safe cleaning method and want to rid their homes of harmful chemicals, but it won't leave surfaces completely bacteria-free.

Therefore, I suggest adding essential oils such as tea tree, citronella, geranium, lemongrass, orange, lavender and patchouli (bacteria-fighting oils).





### Option 1

Add the following to a spray bottle:

- 3/4 cup distilled water
- 1/4 cup white vinegar
- 7 drops lavender essential oil
- 7 drops tea tree essential oil



### Option 2

The CDC has a webpage to make your own [disinfectant solutions](#). To make a bleach solution, mix:

- 5 TB (1/3 cup) bleach per gallon of water -or-
- 4 TB bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation.

**Do not mix bleach and ammonia or other cleanser.**



### When cleaning

When you clean surfaces **DO NOT** move in a back and forth manner. Move your cleaning cloth in one direction. Pick up your cloth, place the clean side on the surface and move in one direction, continue in the same manner.

**Factoid:** When I was in the lab industry, we trained phlebotomists (people that draw your blood) to cleanse the area where they draw blood to cleanse in an "outer" circular motion, not to go back and forth. Make sure the next time you get your blood drawn pay attention!





**Sources:**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html)

<https://www.diynetwork.com/made-and-remade/make-it/easy-essential-oil-disinfecting-spray>

<https://www.ncbi.nlm.nih.gov/pubmed/8893526>

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