

# Safe Cleaning Products



*A Good Stuff Shopping Guide*

[www.gimmethethegoodstuff.org](http://www.gimmethethegoodstuff.org)

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Gimme the Good Stuff PO Box 24  
Bausman, PA 17504 <http://gimmethethegoodstuff.org>

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Manufacturers change the ingredients in their products frequently; always read labels or call companies to verify.

This book is not intended as a substitute for the medical advice of health professionals. The reader should regularly consult health professionals in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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Gimme the Good Stuff

# Why This Matters

For decades, we've been hearing about how polluted the world is. What you might not know is that, in many cases, the air inside our homes is even more polluted than the air outside, thanks in part to the harsh cleaning products many of us use.

If you've downloaded this guide, it's because you want to choose the healthiest cleaning products for you and your family. You know you can't simply trust every label that claims products are "safe," "natural," or "eco-friendly," as these terms are largely unregulated.

Because of "trade secret" laws, manufacturers are not required to disclose what's in their cleaning products, so reading labels can be confusing. Often, you'll just see something vague, like "plant-based surfactant," which doesn't tell you what specific ingredient is used. (And "plant-based" doesn't necessarily mean safe—just consider tobacco!).

I know how time consuming and frustrating it can be to research this stuff—you're running on two hours of sleep and trying to figure out how to spell (let alone pronounce!) "phthalates."

**I created this Safe Cleaning Products Shopping Guide to empower you to make important changes for your family. We've done the research and taken all the guesswork out of it for you.**

Are you ready to *truly* clean your home, reduce your exposure to the Bad Stuff, and fill it with Good Stuff? Let's get started!



## How I Got Here

When I was pregnant for the first time in 2009, I was already committed to a pretty healthy lifestyle; I ate organic food, and I stopped highlighting my hair and painting my nails while I was pregnant. The next logical step was to look into the ingredients in the products I planned to use for my baby, as well as the stuff I used inside my home. It didn't take much digging before I realized, much to my dismay, that even "natural" products from brands I trusted had scary ingredients—chemicals linked to everything from ADHD to leukemia.

So I started researching *everything*—shampoo, mattresses, paint for the nursery, car seats, laundry detergent, diapers...nothing escaped my scrutiny. Soon, friends began to reach out to me because they'd heard I was amassing lists of "Good Stuff" for babies and pregnant women. And so, shortly after the birth of my son, I gave birth to a website, [gimmethegoodstuff.org](http://gimmethegoodstuff.org), where I provided these lists in the form of [Safe Product Guides](#).

# How We Find the Good Stuff

I, along with a team of researchers, writers, and scientists (including both of my parents, each of whom is a Certified Holistic Health Coach), do exhaustive research to find the Good Stuff. We contact companies directly and find out everything we can about their products, including what ingredients they use, where the ingredients are sourced, how they are manufactured, and what is in the packaging. If a product passes this level of scrutiny and we are considering carrying it in our online store, we try it out to make sure it actually does its job; the purest product is not Good Stuff if it doesn't work as well (or at least *almost* as well) as the conventional stuff!

**In short, the Good Stuff products that we choose to sell in our online store have aced our review process, which means they don't contain any concerning ingredients, *and* they do their job.**

## Scary Stuff

Once you realize how many unregulated chemicals there are in most consumer products, it's impossible—although tempting—to just stick your head in the sand. The good news is that there is *lots* of safe stuff on the market—it's just a matter of being able to identify it! That's where Gimme the Good Stuff comes in.

So what makes something the Good Stuff? Here are some of the things you won't find in any of the cleaning products that have made their way onto the list that follows:

**Artificial fragrances.** Phthalates aren't the only problem with scented products, although they are the most notorious. Synthetic fragrance blends can contain hundreds of hormone-disrupting chemicals, and companies aren't required to disclose *any* of them on the label!

**Synthetic colorants.** Linked to ADHD and other disorders, artificial dyes are definitely not the Good Stuff. I don't need bright green dish soap, do you?

**Toxic preservatives.** Preservatives can be some of the most noxious ingredients in cleaning products. Parabens and BHA are preservatives you may already know to avoid; both are linked to cancer. Even many "natural" brands use neurotoxic methylisothiazolinone and other hormone disruptors.

**Anti-bacterial bad guys.** Triclosan and the like may be responsible for the growth of super bugs—as well as endocrine disruption and possibly tumor growth, too.

**Scary surfactants.** Many foaming agents that are “naturally derived” are not necessarily safe—although some are. We’ve done the research on what’s toxic and what’s not, and none of the Good Stuff ever contains sodium laureth sulfate, cocamidopropyl betaine, or any of the “PEG” chemicals.

There are many more sketchy ingredients that I won’t get into, because talking about dangerous toxins really isn’t much fun, and our focus here is on the Good Stuff. Check the [glossary](#) on our website for more info on Bad and Sneaky ingredients. For a list of safe cleaning products, turn the page!



# Safe Cleaning Products Shopping List

With the list that follows, you can easily replace all your household cleaning and laundry products with Good Stuff.

Please note: ***A recommendation for a product is NOT an endorsement of the company's entire line!*** Some companies make some great, natural products, while other products by the same company might contain questionable or downright toxic ingredients. We've put a double asterisk (\*\*) next to products from companies where this is particularly true. Also: The advice and opinions presented by Gimme the Good Stuff are based on our own research process. Statements made here have not been evaluated by the FDA and are not intended to diagnose, treat, or cure any illness. Manufacturers change the ingredients in their products frequently; always read labels or call companies to verify.

Look for the ♥ for my top pick. These products are my personal favorites, and usually what I use in my own home.



## **BASIC CLEANING**

### **PRODUCTS**



### **All-Purpose Cleaner**

[Aunt Fannie's Cleaning Vinegar](#)

[E-Cloth General Purpose Cloths](#)

[Eco-Me All-Purpose Cleaner](#)

♥ [MamaSuds All-Purpose Cleaner](#)

[Meliora All-Purpose Cleaning Tabs](#) (use with [this](#))

[Poofy Home All-Purpose Cleaner](#)

[Sonett All-Purpose Cleaner](#)

### **Anti-Bacterial/Sanitizing Cleaners**

[CleanWell Botanical Disinfectant Spray](#)

♥ [Force of Nature All-Purpose Cleaner](#)

[Lumion Natural All Surface Disinfectant Spray](#)

### **Floor Cleaner**

[Aunt Fannie's Vinegar Wash Floor Cleaner](#)

♥ [Eco-Me Floor Cleaner](#)

[Sonett Floor Mopping Fluid](#)



## **Glass Cleaner**

[Eco-Me Glass Cleaner](#)

[Citra-Solv Citra Clear Window & Glass Cleaner\\*\\*](#)

♥ [Sonett Multi-Surface & Glass Cleaner](#)

## **Multi-Purpose Scrub**

[Eco-Me Lemon Fresh Scrub Cleanser](#)

♥ [Tandi's Naturals All-Purpose Scouring Powder](#)

[Sonett Scouring Powder](#)

[Sonett Scouring Fluid](#)

## **Toilet Bowl Cleaner**

[Better Life Toilet Bowl Cleaner](#)

[Eco-Me Toilet Bowl Cleaner](#)

♥ [MamaSuds Toilet Bombs](#)

[Seventh Generation Toilet Bowl Cleaner\\*\\*](#)

[Sonett Toilet Cleaner](#)

## **Tub & Tile Cleaner**

[Better Life Tub & Tile Cleaner](#)

[Boulder Clean Foaming Bathroom Cleaner](#)

[E-Cloth Bathroom Cleaning Cloths](#)

♥ [Eco-Me Lemon Fresh Tub & Tile Cleaner](#)

[Seventh Generation Tub & Tile Cleaner\\*\\*](#)

[Sonett Bathroom Cleaner](#)



## DISHES



### **Dish Soap**

[Attitude Baby Dish Soap](#)

♥ [Better Life Dish Soap](#)

[Eco-Me Dish Soap](#)

[Meliora Solid Dish Soap Puck](#) (use with [this brush](#))

[Sonett Dishwashing Liquid](#)

[Tandi's Naturals Solid Dish Soap](#)

### **Dishwasher Detergent**

[Better Life Dishwasher Gel](#)

[Eco-Me Auto Dish Detergent](#)

[MamaSuds Automatic Dishwasher Detergent](#)

[Seventh Generation Automatic Powder—Free & Clear\\*\\*](#) (avoid gel version)

♥ [Sonett Dishwasher Tablets](#)

### **Dishwasher Rinse Aid**

♥ [Eco-Me Auto Dish Rinse Aid](#)

[Ecover Rinse Aid\\*\\*](#)

[Seventh Generation Rinse Aid—Free & Clear\\*](#)

## **Sponges & Dish Cloths**

[Full Circle Bubble Up Brush Set](#)

[Full Circle Natural Scrub Sponge](#)

[Full Circle Plant-Based Dish Cloths](#)



## **LAUNDRY**



## **Bleach**

[Eco-Me Laundry Whitener, Brightener](#)

♥ [Meliora Oxygen Brightener](#)

[Seventh Generation Chlorine Free Bleach\\*\\*](#)

[Sonett Bleach Complex & Stain Remover](#)

## **Dryer Sheets/Balls**

[Cora Ball Fiber Catcher](#)

[Seventh Generation Natural Fabric Softener Sheets\\*\\*](#)

♥ [Soaring Heart Dryer Balls](#) (also make clothes dry faster)

## **Laundry Detergent**

[Christina Maser Vegan Concentrated Laundry Soap](#)

[Eco-Me Laundry Detergent](#)

[MamaSuds Liquid Laundry Soap](#)

[MyGreenFills Refillable Laundry Wash](#)

[Pure Natural Laundry Detergent](#)

[Sonett Laundry Liquid](#) or [Powder](#)

♥ [Tandi's Naturals Concentrated Laundry Soap](#)

## **Stain Remover**

♥ [Sonett Gall Stain Remover](#)

[OxiClean Laundry Baby Stain Soaker](#) or [Versatile Stain Remover](#)\*\*

## **OTHER HOUSEHOLD PRODUCTS**

### **Air Fresheners**

[Aura Cacia Aromatherapy Mist](#) or [Room Diffuser](#)

[Christina Maser Room & Linen Spray](#)

[Eco-Me Vitamin-Infused Air Fresheners](#)

♥ [Moso Natural Air Freshener, Filter, and Purifier](#)

### **Liquid Hand Soap**

[MamaSuds Lemon Hand Soap](#)

♥ [Sonett Foaming Hand Soap](#)

[Zum Wash Liquid Soap](#)\*\* (avoid Frankincense & Myrrh scent)

