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Green Cleaning 101
Fields and Streets
The Prairie Homestead Cookbook

Cancer Nutrition and Recipes For Dummies

In Clean Mama's Guide to a Healthy Home, Becky Rapinchuk, author of Simply Clean and creator of the

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popular cleaning website Clean Mama, provides a step-by-step guide to take charge of your home's wellness with a comprehensive, all-natural cleaning system. Scientific evidence points to a clear link between household chemicals and a number of diseases and chronic health issues. Drawing on this research, Rapinchuk's program delivers an organized, beautiful, toxic-free, environmental-friendly household by providing readers with: A room-by-room guide to cleaning and removing harmful toxins in one's home A Weekend Kick-Start Detox to ease readers into the program Over 50 simple, organic DIY cleaning product recipes Easy to digest research on common toxic products in the home, why they are dangerous to our health, and what to replace them with Tips and tools from a trusted source to create cleaner, safer homes, resulting in healthier families Cleanliness is about detoxing, embracing organic, all-natural methods and products, and protecting the environment. Moms look to Becky to guide them in the best cleaning practices for their home, and will welcome Clean Mama's Guide to a Healthy Home, which shows that going natural isn't just a better way to a cleaner home—it's vital to the health of our bodies, our families, and our planet.

The Kitchn Cookbook

A compendium of practical advice designed to promote environmentally sound daily living offers a wealth of tips for all over the house, garden, schoolroom, and office

Green Clean

Back to basics. 501 Amazing Uses for Salt, Vinegar, Baking Soda, Olive Oil, and Lemons is the essential expert domestic companion. 501 Amazing Uses for Salt, Vinegar, Baking Soda, Olive Oil, and Lemons is a collection of easy-to-use household hints for families who want to have a greener household. Using natural ingredients that are inexpensive, nontoxic, and found in nearly every pantry, these tips make it easy to live green! The first section "The Green Home," introduces readers to the basic ingredients--salt, vinegar, baking soda, olive oil, and lemons--and explains the qualities that make them so useful around the home. Chapters on "The Green Kitchen," "Earth-Friendly Personal Care," "The Eco-Conscious House and Garden," and "Green Living Anywhere," are packed with simple tips for inside and outside the home, from healthy cleaning solutions to natural pet care. Color-coded by main ingredient, each tip has an ingredient list and step-by-step instructions. Full of smart ideas and money-saving options for better living, 501 Amazing Uses for Salt, Vinegar, Baking Soda, Olive Oil, and Lemons is a great reference for readers wishing to simplify their collection of household products and detoxify their homes. With a charming design and simple-to-use approach, this reliable, organic subject gets a treatment that makes it an indispensable reference and a great gift. * This domestic companion includes all the essential information you'll need for creating the best green living space. * Learn how to combine practical household products for a fresh home. 501 Amazing

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Uses for Salt, Vinegar, Baking Soda, Olive Oil, and Lemons is an essential reference guide for anyone ready to create the most happy and healthy home.

How to Talk to the Other Side

Keep your home clean, green, and healthy! Learn how to disinfect and freshen your house using powerful all-natural cleaners made by mixing essential oils together with common nontoxic kitchen ingredients like baking soda, lemon, and vinegar. Discover how fruits and herbs can brighten any room with revitalizing scents.

Supercharge Your Gut

Books are written about recipes all the time, but "Natural Cleaning Recipes" is a bit different. This book focuses on cleaning recipes that can be used to sanitize not only the home, but anywhere else that needs cleaning as well. What most people don't realize is that a lot of simple ingredients that they have in the kitchen can safely help to clean up a mess and kill germs. Protecting yourself from breathing in harsh chemicals while cleaning is very important! In this book the author explains what the process of natural cleaning is, and also how various products can be used to clean a number of different things. The book is ideal for anyone seeking to be more environmentally conscious. The cleaning products that you can make from these recipes can not only be used in the home, but may be used in the office as well. There are even recipes that will help you clean

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your car! If a stronger cleaning solution is required, then suggestions are made for chemical based alternatives that are not extremely hazardous. This simple book will help you take care of the majority of your cleaning needs naturally and safely.

Clean My Space

The Wellness Mama 5-Step Lifestyle Detox

"The follow-up to the bestselling Complete Book of Home Organization, the Complete Book of Clean is a foolproof, eco-friendly guide to cleaning your home. Learn the best seasons to tackle home projects, storage solutions to simplify the process and teach even the messiest kids to clean up after themselves. This book will help you tackle every mess, stain and dust-magnet, and keep things from getting out of hand in the future--all while being friendly to the environment and keeping toxic chemicals out of your home. Whether you're a neat freak or new to the world of homekeeping, let Toni Hammersley be your guide to establishing routines, learning techniques and mastering the best home cleaning hacks out there."--

Natural Cleaning Recipes

Shows how to clean every room in the house quickly, thoroughly, and efficiently using non-toxic products and environmentally-friendly techniques.

Main Street Vegan

Make your own pantry staples, cleaning products, pet food, health and beauty supplies, and hundreds of other household items—fast, fresh, and more naturally. Here are low-cost, all-natural replacement recipes for more than 700 name-brand products that you buy week in and week out at the supermarket, pharmacy, or discount store. Save a fortune making your own everyday cooking, cleaning, and toiletry products! At the same time, you'll fill your cabinets with fresh, super high-quality products that work or taste great—without all the chemicals and preservatives of store-bought versions. Plus, “think green”—you will greatly reduce the amount of useless, environment-damaging waste and garbage—spray bottles, jars, and cans. For cleaning, laundering, and polishing, the compounds are much gentler and less damaging to drains, sewage, and septic systems. The ingredients in most brand-name products account for only pennies of the purchaser's dollar and rest of what you spend covers advertising, packaging, shipping, and the retailer's overhead. Try these easy to make recipes: Food Staples: mayonnaise, peanut butter, breakfast cereals, soft drinks, pasta sauce, pickles, and jellies—save 50% on homemade salsa Beauty and Health Supplies: moisturizers, facials, lip balm, aftershave, decongestant, foot powder, and PMS tea—save 90% on aftershave Household Compounds: glues, wood stains, ant traps, and houseplant food Cleaning Supplies and Polishes: carpet fresheners, cleaners, mildew remover, dishwasher detergent, and fabric

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softener—save 95% on homemade bathroom cleaner
Pet Supplies: liver snaps, dog shampoo, flea dip, cat
litter, pet bird honey treats, and hamster fruit
cup—save 73% on cat treats Garden Products:
fertilizer, soil conditioners, weed killer, deer
repellents, and snail traps And much more Making low-
cost, more natural versions of your favorite name
brand grocery items is simple when you know the
secrets. Homemade is your guide to saving a small
fortune by making everyday household items
yourself.

Homemade

SIMPLE STEPS TO A NATURALLY CLEAN HOME Toxic
chemicals are found in almost all commercial
cleaners—the very products you buy to make your
home hygienic and healthy. Homemade Cleaners
offers a better solution. Its tips, tricks and formulas
guarantee to make your home sparkling and germ-
free. Homemade Cleaners features over 150 recipes
that are: • Toxin-Free • Simple and Affordable •
Highly Effective • Environmentally Sound • Kid and
Baby Friendly Using ingredients like vinegar, baking
soda, and even vodka, the authors tackle the nitty-
gritty of everything from countertop cleaners to air-
purifying plants so you avoid using commercial
products that can cause side effects including skin
irritation, asthma and central nervous system
damage.

Clean Sweep

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Fight cancer from the inside out Cancer treatments such as surgery, chemotherapy, and radiation can be as hard on the body as the disease itself, and detailed nutritional advice is usually not part of the program. Yet eating the right foods can actually help lessen the strength of some of the most powerful symptoms of cancer and the side effects of treatment, allowing the patient to better fight the disease. Now, *Cancer Nutrition & Recipes For Dummies* is your trusted, informative guide to fighting cancer from the inside out. Designed for cancer patients and their families, *Cancer Nutrition & Recipes For Dummies* focuses on foods best tolerated during—and that can ease side effects of—cancer treatment. It also offers advice for menu planning, nutritional analysis, diabetic exchanges, and much more. Serves as a guide for cancer nutrition before, during, and after treatment Gives you a wealth of easy, immediate steps to speed up the healing process through diet Offers advice on treatment as well as solutions to common side effects like dehydration, fatigue, and nausea Enables cancer patients to put their strongest foot forward when starting treatment *Cancer Nutrition & Recipes For Dummies* targets those dealing with cancer and the loved ones who take care of them, aiding both parties in alleviating some of the side effects of the cancer treatment through change in diet.

Zero Waste Home

A charming, comprehensive, and easy-to-use guide to cleaning your home naturally and organically, resulting in a toxin-free environment for you and your

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family. With THE NATURAL HOME, you'll discover how to clean everything in your house the healthy way with just a few inexpensive, easy-to-find products using tried and true cleaning methods that have been around for centuries. Organized by product and location in the home, the book includes an in-depth explanation of natural products like vinegar, lemon, and baking soda which can be used to clean most areas in your home. There's a cleaning guide by room; tips for maintaining materials like marble, stainless steel, and wood; solutions for every stain; natural fragrances for your home; laundry tips; and natural products for pets. Also included are recipes for cleaning products you can make on your own that will help disinfect, whiten, deodorize and remove even the toughest stains in bathrooms, kitchen, carpets, and clothing. Beautifully designed with two-color interiors and filled with dozens of illustrations, THE NATURAL HOME is a charming gift book that shows you how to keep your home sparkling, green, and healthy.

How to Manage Your Home Without Losing Your Mind

A guide to conquering clutter and cleaning your home from one of America's leading housekeeping experts. Drowning in clutter, but don't know where to begin? Feeling overwhelmed by a home that is out of control? It's time to take back your space, and Cut the Clutter can help. From how to combat and stay on top of the clutter tide to the most effective tools and methods for cleaning, expert Cynthia Townley Ewer guides you through solving the many obstacles of

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running an orderly home. Step-by-step instructions, household routines, and quick tips make these daunting tasks easier to tackle, and will leave you with more time and energy for the good things in life. Whether you want to organize your closet, tame your fridge, or conquer the whole house one room at a time, Cut the Clutter will inform you, entertain you, and save your sanity along the way.

Green Dog, Good Dog

"A reduce/reuse/recycle handbook"--Cover.

Top 100 Coffee Recipes

Vinegar is a health remedy, a neutralizer, a cleaner, a condiment, and a preservative. It can kill bacteria, mold, and germs, yet it is environmentally safe. This comprehensive guide covers all types and uses of vinegar (including using it as the basis for kids' science projects).

The Natural Home

Offers simple ideas for reducing Fido's carbon paw print from choosing eco-friendly dog food and other pooch products to dealing with dog poop, and more.

The Organically Clean Home

Eat your way to better gut health, increased energy and happier moods. The research is in and the facts are undeniable: the gut has an immense influence

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over our health - directly impacting immunity, weight, sleep, mood and overall wellbeing. Yet many of us race through life ignoring this incredible ecosystem, until something wakes us up. The good news is that healing and maintaining a healthy gut is not difficult or time consuming. This simple two-day maintenance plan is supported by deliciously nourishing recipes, handy tips and information to enable you to enjoy the countless benefits of a happy, healthy gut, for life.

Homemade Cleaners

There is a revolution going on in America-a green revolution. From organic foods to recycling, millions of families have adopted safer, better, and more responsible ways to live. The latest front in this revolution is the home itself, as households across the country adopt ways to keep their homes clean and healthy-and ways to do it that are environmentally sane. Green cleaning products are "going mainstream," the washington post says, and sales of natural household products have surged by some twenty percent a year for the past five years. GREEN CLEAN is the definitive, step-by-step guide to cleaning better while using natural, safe products. A friendly, accessible introduction explains what green cleaning is, how it can work for your home, and why it's important. Room by room and stain by stain, GREEN CLEAN offers non-carcinogenic strategies for cleaning deeply and more efficiently. GREEN CLEAN breaks environmentally conscious cleaning into simple principles and easily mastered routines, with beginner, expert, and advanced techniques that let

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readers set their own goals and develop their own cleaning plan. Spot illustrations enliven each chapter, showing time-saving techniques, products, and equipment. Room-by-room chapters teach how to make spotless everywhere from under the kitchen sink to the shower curtain and windows. Also included are recipes for safe, simple, and economic cleaning solutions and the lowdown on the best eco-friendly cleaning products on the market today. GREEN CLEAN is an indispensable reference for today's home. Produced in Melcher Media's innovative, patented DuraBook[®] 1/2 format, GREEN CLEAN is waterproof and stain-resistant, meaning that you can keep it right under the sink or in a bucket with your cleaning supplies without ruining it. The book is also fully recyclable, itself proof that green products can be better products.

Grandma's 1001 Uses for Baking Soda and Vinegar

Heloise shares the hints and tricks that have been passed down to her from her mother, the original Heloise, and adapted for today's fast-paced lifestyles. Her tested "kitcheneering" methods help readers shop economically, store foods efficiently, cook easily, and clean up effortlessly -- so they can spend more time with family and friends.

Salt, Lemons, Vinegar, and Baking Soda

Are you becoming more conscious of the ingredients you use to clean your home? Are you fed up with

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using strong chemicals and aware these could be having a detrimental effect on your health? In this book, you will find over 110 recipes for practically any cleaning dilemma, from natural disinfectant to safe and effective stain removal. Each chapter covers every room in your home with simple recipes to make your house sparkly clean, as well as being good to the environment and your health. From bathroom battles to kitchen messes, this book solves every cleaning problem that you might come up with at home. Learn how to make everyday products, such as an all-purpose cleaner and laundry detergent, but also the best way to clean things, such as pillows or carpet that you don't clean every day. You can also find out how to scent your homemade products with essential oils to make your home smell how you want it to. Homemade cleaning products can just as powerful as store-bought, and Natural Home Cleaning shows you how.

Brown Eggs and Jam Jars

An illustrated reference to organizing and detoxifying a home covers a wide range of topics from battling dust mites and dehumidifying to implementing storage solutions and minimizing energy costs. Original.

The Complete Idiot's Guide to Green Cleaning

Cut the Clutter

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The wildly popular YouTube star behind Clean My Space presents the breakthrough solution to cleaning better with less effort. Melissa Maker is beloved by fans all over the world for her completely re-engineered approach to cleaning. As the dynamic new authority on home and living, Melissa knows that to invest any of our precious time in cleaning, we need to see big, long-lasting results. So, she developed her method to help us get the most out of our effort and keep our homes fresh and welcoming every day. In her long-awaited debut book, she shares her revolutionary 3-step solution:

- Identify the most important areas (MIAs) in your home that need attention
- Select the proper products, tools, and techniques (PTT) for the job
- Implement these new cleaning routines so that they stick

Clean My Space takes the chore out of cleaning with Melissa's incredible tips and cleaning hacks (the power of pretreating!) her lightning fast 5-10 minute "express clean" routines for every room when time is tightest, and her techniques for cleaning even the most daunting places and spaces. And a big bonus: Melissa gives guidance on the best non-toxic, eco-conscious cleaning products and offers natural cleaning solution recipes you can make at home using essential oils to soothe and refresh. With Melissa's simple groundbreaking method you can truly live in a cleaner, more cheerful, and calming home all the time.

Heloise, Hints for a Healthy Planet

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you will need and why All Purpose Cleaners Citrus Enzyme Cleaner Disinfecting Wipes Refreshers & Dusting Agents Home Enhancing Spray Homemade Glass Cleaner Dusting Spray Wood Polish Carpet Refresher Carpet Cleaner Kitchen Cleaning Homemade Dish Soap Dishwasher Rinse Aid Crystal Cleaner Oven Cleaner Laundry Spot Remover Homemade Laundry Soap Microwave Cleaner Sink Drain Cleaner Wall Cleaner Stain Removing Crayon Remover Ink Stain Remover Homemade Bleach Washing Machine Cleaner Bathroom Cleaning Homemade Bathtub Scrub Homemade Shower Cleaner Toilet Cleaner Conclusion Author Bio Publisher Introduction In a day and age where everyone is trying to save money as well as the planet, green solutions is the new buzzword around town. This book aims at enriching your knowledge and putting the power back into your hands when it comes to cleaning your home and inevitably controlling what harmful contents you and your family get exposed to in the home environment. The really great thing about making your own cleaning products at home is the fact that most recipes are versatile and can be used for many different purposes, eliminating the problem of having too many different cleaning products, but you will find target specific ideas here to help you clean effectively and eco-friendly. The recipes have been placed in categories such as kitchen cleaning and bathroom cleaning so if you are looking for something specific, just have a look at what area you need to clean and then cross reference with the index. There are some great tips on general cleaning and upkeep in and around the house too. It's safe to say that when in doubt, always try using

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vinegar or baking soda or a mix of the two first to see if that helps. For everything else, use this book as a reference on how to get the job done.

The Naturally Clean Home

Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin The Pioneer Woman Cooks meets 100 Days of Real Food, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and

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browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, The Prairie Homestead Cookbook shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

Household Hints

Aimée's rural homesteader upbringing, years working as a professional chef, and everyday life as a busy mom led to the creation of the hugely popular blog Simple Bites. Raising three young children with husband Danny, Aimée traded her tongs and chef whites for a laptop and camera, married her two passions—mothering and cooking—and has since been creating recipes with an emphasis on whole foods for the family table, sharing stories, tips and inspiring readers to make the family-food connection on the Simple Bites blog. *Brown Eggs and Jam Jars* is Aimée's long-awaited cookbook inspired by her urban homesteading through the seasons and the joyous events they bring. It embraces year-round simple food with fresh flavours from celebrating spring with a stack of Buttermilk Buckwheat Pancakes and pure maple syrup, to a simple late-summer harvest dinner with Chili-Basil Corn on the Cob and Lemon Oregano Roast Chicken. Autumn favourites include Apple Cinnamon Layer Cake with Apple Butter Cream Cheese Frosting and Make-Ahead Currant Scones that

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are delicious topped with homemade Strawberry-Honey Jam with Orange Zest. Comfort meals include Chicken Leek Shepherd's Pie and Slow Cooker Cider Ham; homemade treats abound like Whole-What Chocolate Chunk Cookies with Orange Zest, Cinnamon Shortbread Bars with Dark Chocolate Ganache, Ice Cider Caramel Corn, and much more. Created for the family-minded home cook, Aimée shares over 100 recipes from melt-on-your-tongue maple butter tarts to tangy homemade yogurt that have a touch of nostalgia, feature natural ingredients, and boast plenty of love. Aimée's heart-warming stories capture everyday life in a busy family. In addition, she shares tips and advice on how to get the whole family involved in cooking from the ground up and enjoying homemade food. Brown Eggs and Jam Jars will inspire you to connect your family and food right where you are in life—from growing your own tomatoes to making a batch of homemade cookies. Enjoy your urban homestead!

The Detox Diet, Third Edition

The Complete Book of Clean

Bring your home out of the mess it's in and learn how to keep it under control. "The dirty little secret about most organizing advice is that it's written by organized people," says blogger, speaker, and decluttering expert Dana K. White. "But that's not how my brain works. I'm lost on page three." Dana blogs at [A Slob Comes Clean](#), chronicling her

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successes and failures with her self-described “deslobification process.” In the beginning she used the name “Nony” (short for aNONYmous), because she was sharing her deep, dark, slob secret. Now she has truly come clean—with not only her real name but the strategies she has developed, tested, and proved in her own home. She has learned what it takes to bring a home out of Disaster Status, which habits make the biggest and most lasting impact, and how to keep clutter under control. In *How to Manage Your Home Without Losing Your Mind*, Dana explains that cleaning your house is not a onetime project but a series of ongoing premade decisions. Her reality-based cleaning and organizing techniques debunk the biggest housekeeping fantasies and help readers learn what really works. Chapter titles include *My First Step: Giving Up on the Fantasy The Worst Thing About the Best Way Just Tell Me What to Do Conquering Laundry Get Dinner on the Table Putting an End to the Never-Ending Weekly Cleaning Tasks Don't Get Organized How to Declutter Without Making a Bigger Mess Fighting the Perceived Value Battle But Will It Last? With a huge helping of empathy and humor, Dana provides a step-by-step process with strategies for getting rid of enormous amounts of stuff in as little time (and with as little emotional drama) as possible.*

Kitchen Hints from Heloise

As coffee drinks have risen in status to "state of the art" designer beverages, a unique guide provides a unique selection of innovative culinary delights culled from a broad range of cultures and beverage drinkers

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around the world, including more than 100 recipe secrets to create the best tasting, most relaxing and healthiest cup of "black gold." Reprint.

How to Make Your Own Cleaning Products

Hollywood celebrities are doing it. Corporate moguls are doing it. But what about those of us living in the real world—and on a real budget? Author and holistic health practitioner Victoria Moran started eating only plants nearly thirty years ago, raised her daughter, Adair, vegan from birth, and maintains a sixty-pound weight loss. In *Main Street Vegan*, Moran offers a complete guide to making this dietary and lifestyle shift with an emphasis on practical "baby steps," proving that you don't have to have a personal chef or lifestyle coach on speed dial to experience the physical and spiritual benefits of being a vegan. This book provides practical advice and inspiration for everyone—from Main Street to Wall Street, and everywhere between. "Finally, a book that isn't preaching to the vegan choir, but to the people in the pews—and the ones who can't fit in those pews. This is a book for the Main Street majority who aren't vegans. Once you read this, you'll know it's possible to get healthy and enjoy doing it—even if you live in Paramus or Peoria."—Michael Moore "A great read for vegans and aspiring vegans."—Russell Simmons "Yet another divine gift from Victoria Moran. *Main Street Vegan* covers it all—inspiration, information, and out of this world recipes. This book is a gem."—Rory Freedman, co-author *Skinny Bitch* "*Main Street Vegan*

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is exactly the guide you need to make changing the menu effortless. Victoria Moran covers every aspect of plant-based eating and cruelty-free living, with everything you need to make healthy changes stick."—Neal Barnard, MD, president, Physicians Committee for Responsible Medicine, and NY Times bestselling author of 21-Day Weight Loss Kickstart "A great book for anyone who's curious about veganism. It shows that not all vegans are weirdos like me."—Moby

Clean Mama's Guide to a Healthy Home

Delicious Paleo Dinners Without the Wait Dr. Karen S. Lee, author of Keto Cooking with Your Instant Pot® and Paleo Cooking with Your Air Fryer, has created 75 mouthwatering Paleo recipes that easily come together in your Instant Pot® with ingredients straight from the freezer, so busy families can get amazing, healthy meals on the table without wasting time defrosting meat, prepping sides or cleaning up. You'll never find yourself in a pinch at dinnertime again! This wide array of tasty recipes has endless flavors to discover and countless favorites for your family to love. Enjoy hearty dishes like Thai Green Curry Chicken, Low-Carb Memphis-Style BBQ Ribs, Korean-Style Braised Oxtail, Chipotle Chili con Carne or Weeknight Chicken Piccata. Cook up lighter seafood meals like Sweet Potato Lobster Rolls or Easy Peasy Seafood Paella. There are also tons of warming soups, like Chicken Potpie Soup, and yummy pastas, like Quick Zoodles Bolognese, to indulge in. This exciting collection of delicious new Paleo dinner ideas,

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combined with the speedy cooking and easy cleanup of the Instant Pot®, will make dinnertime an absolute breeze.

Clean Mama's Guide to a Peaceful Home

Every cat deserves the best possible food in their diet, but knowing exactly what cat food and treats are best can be hard — especially with limited nutritional information for many brands and so many of those brands to choose from. For these reasons, many people have turned to creating their own cat food, using naturally healthy recipes and foods over which every cat will salivate. This book has been carefully researched and compiled to provide you and your cat more than 100 healthy recipes that will help your cat live the best possible lifestyle. You will learn how to recognize the nutritional needs of your cats, including what good health entails in their lives and how to change their diet accordingly depending on their exact breed. You will learn what various normal cat foods contain and which nutritional necessities they meet or do not meet accordingly. You will then learn what artificial preservatives might currently be in your cats food and what that can do to them. Dietary experts for pets and cats in particular have been interviewed and their insights have been included in this book to provide detailed information on how to best feed your cats at home. You will learn how and where to buy what you need for your cats new diet and how to slowly and effectively make the change without disrupting their health. Finally, you will learn more than 100 different recipes, with specific tips in

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each one for ensuring your cats utter and complete health both in their everyday meals and in the special treats you may give them. This book, for anyone who has considered the importance of their cats dietary health, is ideal for starting down the path to your own home made foods. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

Vinegar

The creator of the popular cleaning website Clean Mama and author of Clean Mama's Guide to a Healthy Home shows you how to establish systems and rituals to transform your home into a clean, organized, and comfortable space for you and your family. We all want our homes to be cozy and comfortable spaces where we can leave the challenges of the outside world behind and connect with our families. But too often the mess and disorder only add stress. For years, Becky Rapinchuk has taught people how to simplify and improve cleaning routines, and now she

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reveals a game-changing method to help us find joy and make our chores effortless. By pairing up systems—how we get things done so that they become automatic—with rituals—tasks that bring calm and happiness—we can feel more at peace in our homes. Walking readers through each room of the house, Rapinchuk shows how to put new systems and rituals in place that will make the whole home operate more efficiently. Featuring decision trees, checklists, and space to reflect and record progress, *Clean Mama's Guide to a Peaceful Home* makes homekeeping a breeze, allowing us to slow down and focus on the things that really matter.

Purr-fect Recipes for a Healthy Cat

Since 2005, avid readers of *The Kitchn* have come to the site for delicious recipes, how-tos that make meal prep easier, and inspiration on what to buy, how to throw gatherings, and—in general—how to cook well. Now, *The Kitchn* presents its first cookbook ever, packed with tried-and-true reader-favorite recipes, as well as new classics you'll want to make again and again. A cooking school with 50 essential techniques builds your skills so that you can confidently prepare easy anytime meals or experiment and get creative when you have more time on your hands. *The Kitchn* also knows you'll be more inspired to cook if you have an efficient personalized space, so founding editor Sara Kate Gillingham-Ryan and executive editor Faith Durand show you how to set up, organize, and stock your kitchen for the way you love to cook.

501 Amazing Uses for Salt, Vinegar, Baking Soda, Olive Oil and Lemons

Part inspirational story of how the author transformed her family's life for the better by reducing their waste to an astonishing 1 liter per year; part practical guide that gives readers tools & tips to diminish their footprint & simplify their lives. Original.

Natural Home Cleaning

As seen in Real Simple, Shape Magazine, and on Oprah.com Cleaning products that save money--and the planet! Forget about chemical cleaners and pricey "green" products--all you need are a few simple kitchen staples to make your whole house sparkle! The Organically Clean Home features 150 easy-to-make recipes for cleaning products filled with all-natural ingredients you can trust (and actually pronounce!). From dishwasher detergent to antibacterial wipes, America's favorite cleaning blogger Becky Rapinchuk guides you through the steps needed to make these everyday necessities--without spending a fortune. Complete with simple instructions for packaging and storing your homemade cleaners, you'll enjoy turning each room into a beautiful and toxic-free space with fresh-scented products like: Lemon and clove hardwood floor cleaner No-bleach laundry whitener and brightener Peppermint glass and mirror wipes Lavender and lemon bathroom disinfecting spray Citrus foaming hand soap With The Organically Clean Home, you'll save hundreds of dollars every

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month--and have a clean, healthy home that you and your family can feel good about.

No-Thaw Paleo Cooking in Your Instant Pot®

This fully updated edition of *The Detox Diet* guides readers through the detoxification process and follow-up cleansing programs developed by Dr. Elson Haas for those struggling with addictions to sugar, caffeine, nicotine, and alcohol. ■ Do you overeat? Or are you overweight without overeating? ■ Are you often tired or fatigued without knowing why? ■ Do you consume caffeine and sugar to get through the day? ■ Do you suffer from sinus headaches or chronic nasal congestion? ■ Do you experience constipation, heartburn, or indigestion? ■ Do you have high blood pressure or elevated blood cholesterol? ■ Do you smoke and have you tried unsuccessfully to quit? ■ Do you consume alcohol daily or in large amounts? ■ Do you use nonprescription, prescription, or recreational drugs regularly? If you answered yes to any of these questions, Dr. Elson M. Haas can help you regain vitality and start you on a new path to lifelong vibrant good health with his safe, effective detoxification and cleansing program. Fully updated and expanded, the third edition of *The Detox Diet* offers a variety of fasting and juice-cleansing options, fifty deliciously satisfying follow-up recipes, and specially designed menu plans, whether you're struggling with sugar, caffeine, nicotine, alcohol, or common chemical sensitivities. Dr. Haas has added an important new chapter dedicated to teens about

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simple detox activities plus guidelines for dealing with weight and blood sugar issues, eating disorders, body image concerns, and substance abuse. He also answers the most frequently asked question from parents: "Is fasting safe for my teenage daughter or son?" Also included is a fast-food replacement chart; an elimination regimen that zeros in on specific dietary culprits; easy-to-follow detoxing directions that maintain teen-essential protein; and a modified juice-cleansing program developed for this age group. This practical, authoritative book provides valuable help for anyone who wants to improve their health and lower their need for medications. As Dr. Haas explains, "Detoxification is the missing link in Western nutrition."

Green Cleaning 101

There are main basic food items that we already have in our home that can be used as DIY natural cleaning solutions or what's termed as green cleaning. You just have to know which of them can be used to clean what. This includes vinegar, baking soda, salt, olive oil, and other items that are discussed in "Green Cleaning 101 - DIY Natural Cleaning Solutions with Vinegar and Other Frugal Resources That You Already Have". White vinegar is the most dominant ingredient throughout. You might not even need to go out and buy anything extra. But if you're frugal like more of us are becoming these days, it'll cost less than commercial brands and will still get the job done for you in an eco-friendly way which is expanded upon. Are you sensitive or allergic to toxic chemical cleaning

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solutions? When you open or twist off the cap, does your head throb? Do your eyes start watering? Does it become hard to breathe while you're in a room trying to clean it? Well, a DIY book on green cleaning is the way to go and it's really not difficult to do. You just have to be willing to measure and mix easy solutions. Make a large enough amount that will last you for a few cleanings and then you won't need to do it again for a while. Simply double or triple what it says to do and that's all there is to it. Numerous recipes are shared for cleaning floors, toilets, bathtubs, walls, windows, countertops, sinks, mirrors, carpet, clothing, removing rust, etc. There's also a special natural deodorizing solution that not too many know about. NOTE: This particular book mentions some additional items that aren't necessarily food-based but definitely should be included in the mix, so to speak. It even gives suggestions on what cleaning tools you should use to clean specific things with. (You'll see what I mean.) Put "Green Cleaning 101 - DIY Natural Cleaning Solutions with Vinegar and Other Frugal Resources That You Already Have" into action for a healthier environment for you and your family. You'll be glad you did!

Fields and Streets

Katie Wells, author of *The Wellness Mama Cookbook* and founder of Wellness Mama, finally shares the secret of how she manages six kids, a company, and a career without sacrificing a healthy lifestyle with this step-by-step, comprehensive guide to clean, natural living. By following her simple detox plan,

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you'll be able to implement a system for better living by reducing toxic exposure, transforming your diet, and regaining control over your health. Katie provides practical tips for slowly incorporating this rewarding lifestyle into an already busy schedule, giving you the option to choose what area of life you'd like to work on first. You can detox your body with whole foods and natural medicines; clean up your beauty regime with all-natural moisturizers, cleansers, hair products, and makeup; get rid of toxic household products that include bleach, ammonia, and acids; try a digital detox for you and your family; or learn how to de-stress by adopting healthier sleeping habits and finding time for yourself. The Wellness Mama 5-Step Lifestyle Detox is the natural answer to matters of home, nutrition, and motherhood with over 150 homemade versions of essential household and personal products like: - Citrus Fresh All-Purpose Cleaner - Unscented Liquid Laundry Detergent - Lavender and Honey Face Wash - Mineral Foundation - Lemon Cinnamon Cough Syrup - Chamomile Calming Balm

The Prairie Homestead Cookbook

Discover simple, natural, and effective home products you can count on. Trying to avoid all those harmful chemicals in your home and looking for natural solutions? Household Hints has hundreds of fresh, safe, and effective tips, techniques, and recipes--and many are made from the wholesome ingredients already in your kitchen and garden. Inside you'll learn how to make cleaning solutions, scrubs, pet tips,

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natural pest control, gardening, yard, and even beauty care. These recipes and tips for the home are organized by use for ease. With these ingredients you can do almost anything; the possibilities are limitless!

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