

SPRING CLEANING

House, Body, and Mind

SPRING NEWSLETTER 2015

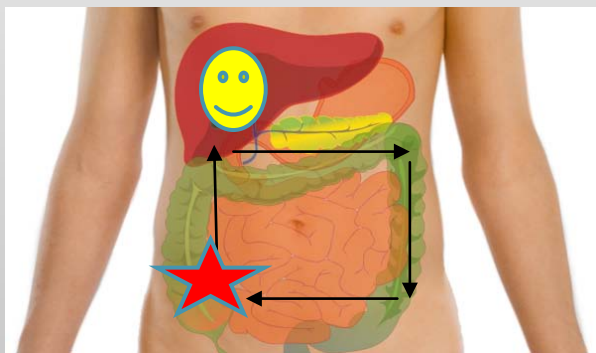
As the snow melts away and the rain rinses off the streets, many people get an urge to do some **SPRING CLEANING**. Here are some natural tips to help you clean your house, body and mind this spring! For more details check out the [WELLNESS BLOG](#).

HOUSE: EARTH FRIENDLY CLEANING

Vinegar is a natural non-toxic cleaning product. For most uses a basic 1:1 ratio with tap water will do the job. Best for hard **NON-POROUS** surfaces like mirrors, windows and stainless steel. **Do not** use vinegar to clean wood, granite, and marble! Find a good quality water sprayer and fill ½ with water, ½ with plain white vinegar and you are ready to clean!



BODY: SUPPORT YOUR LIVER/COLON



The **LIVER** and **COLON** are major organs for detoxification. One way you can support their efforts to do **CASTOR OIL RUBS**. Before you go to bed place a loonie sized amount of castor oil in the palm of your hand, gently rub around the tummy in the direction shown in the picture about 5 times. Start at the Star, after add some to your liver (the smiley face) It can stain material so make sure to wear a old shirt to bed.

MIND: CLEAN OUT YOUR CLOSET

Go through your closet and donate **ALL** the clothes you haven't worn in the past year. Place the keepsakes in a different closet or storage box. **BY** letting them go you gain closet space, give to someone in need (like your little sister...☺) **AND** you **CLEAR YOUR MIND!**

