



Chemical Cookbook SAMPLE

by
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about the author

Andrew Nisker is a film maker turned eco-activist who has dedicated his life to teaching people and corporations easier ways to live green. His award winning films Garbage! and Chemirical have been translated into six different languages and have been shown in dozens of countries around the world.

When he's not trying to save the world Andrew spends time with his son Sebastian, makes films, is a public speaker and teaches at OCAD college.

For more information on his current projects please visit www.andrewnisker.com

The Chimerical Cookbook

SAMPLE CHAPTER

Helping you detoxify your world
by Andrew Nisker



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PURE GLYCERINE SOAP



HUMBLY

DEDICATED TO

— (1813-1878) —

POWDER SOAP

FOR FAMILY USE

LONDON

TRADE MARK

Chapter 2

NOT SO NEW CLEANING AGENTS

Soap Flakes

Before the advent of soap flakes in early Twentieth century, washing clothes at home was a tedious chore which involved chopping up and mixing pieces of soap to create a laundry solution. For thousands of years soap has been made naturally from animal fats or vegetable oils mixed with lye (sodium hydroxide).

In 1933 the first synthetic detergents were introduced and became all the rage. Synthetic detergents are made of hydrocarbons which can be derived from crude oils. As well as alkali materials for a sudsy reaction, they also have added perfumes or fragrances to give off that summer breeze or fresh air scent.

Synthetic detergents were cheaper to manufacture and consumers loved them. After centuries of scrubbing with soap, the world now had a modern alternative: detergent made from synthetic ingredients mainly derived from petrochemicals. Decades of detergent use has radically altered the environment causing endocrine disruption in species like fish and frogs. Endocrine disruption has also been linked to breast cancer in women. Some chemicals which are of concern are phosphates, naphthas and phenols.

We are in constant contact with clothing and bed sheets (unless you practice nudism year round) and with that comes a constant exposure to harsh chemical residue left on clothes, bed sheets and towels from detergent. Soap flakes, which you can buy in most stores, come in a box just like your regular detergent except they are toxin-free because they are made from, you got it, soap. The following recipes will show you how easy it is to make your own laundry detergent in minutes that will cost pennies per load and save you from being smothered in a toxic residue.

Sodium Bicarbonate (Baking Soda)

It can put out certain fires, it helps dough rise; you can brush your teeth with it, put it in your laundry to neutralize odors, clean your house with it, and even use it to freshen the air in your refrigerator. It's hard to believe sodium bicarbonate is natural and non toxic, but it is, and it's the basis for making powerful homemade cleaning and personal care products.



Pure
Baking
Bicarbona
#1 Baking
Marque de bicar

100's of uses like:
Cleaning for Your Whole Kitchen
Des centaines d'usages tels :
Nettoyer toute votre cuisine

As you will notice, a variety of recipes in this book use sodium bicarbonate because of its ability to neutralize odours and act as a natural scrubbing agent when cleaning certain surfaces like stainless steel appliances, tiles, and porcelain bathtubs. It's comforting to know after I have scrubbed the tub for my son, that he won't be bathing in harmful residue left from mass market cleaners that often irritate children's sensitive skin. I love using it in the kitchen as well so I can enjoy a toxic free food prep area. It's easy to find and it will help you naturally clean and deodorize your home.

Sodium Borate (Borax)

Although using Borax is as natural as using pepper on your food, it can be hazardous to use around infants, pets and in food prep areas if not properly rinsed away. Yes, it can be toxic but it is still a greener and safer alternative to chlorine bleaches and brighteners. Use it as a grease cutter, as a drain treatment, for cleaning tiled surfaces, counters, bath and shower enclosures, and as an odour remover.

The other night I baked a juicy lasagna using my mother's favorite recipe. This baby was so juicy, that in fact (pause, I'm going to go grab a piece, it was so good!) it splattered all over and baked into the walls of my oven. I grabbed the Borax, smeared it over the schmaltzy mess and within a few hours the charred remains were nothing but a memory. The last time I cleaned the oven with an everyday supermarket cleaner, I had to air out the house for two days to get rid of the strong chemical odors. Even the first few dishes I cooked in the oven tasted like industrial oven cleaner. Maybe having food cooked in an oven that was cleaned with cancer-causing ingredients like butane, monoethanolamine, diethylene glycol monobutyl ether (remember, inhaling DGMBE while drinking can lead to liver and kidney problems), sodium hydroxide and diethanolamine was the problem. They can even cause dizziness, vomiting and even blindness. Borax is good to have around but make sure to store it safely away from little hands and pets.

Washing Soda (sodium carbonate)

Natural "soda ash" is refined from the mineral trona, which is mainly mined in Wyoming's Green River Basin. Used to make glass and used for other industrial purposes for over 5000 years, Sodium Carbonate acts as a water softener when applied in the laundry room. It helps to remove greasy stains like I often get while eating my favorite snack: popcorn smothered in fresh, warm butter. Washing soda is also good to add to your all-purpose house cleaner. It works wonders on stains and streaks on walls and tiles, but it might be a bit harsh on waxy surfaces like wood floors. You can pick it up in the laundry section of your local grocery store.



Isopropyl Alcohol

Amazing, Alcohol is so versatile. It sterilizes surfaces. It also gets people drunk so that they can injure themselves and then use more alcohol to clean their wounds. But Isopropyl Alcohol isn't for mixing a highball with, it's best used in a diluted form for disinfecting places that you wouldn't want to lick: toilet seats, cutting boards after making hamburger patties, the carpet while potty training a puppy, I think you get the idea. Like Borax, Isopropyl Alcohol can be toxic if swallowed, so don't even think about adding a shot to your OJ to test it out. Instead, use it to make glass, plastic and porcelain surfaces sparkle. **Don't use it near open flames or hot surfaces like stoves and toasters because you will catch on fire.**

Speaking of injuring yourself, here's something that will help you heal: take one part rubbing Alcohol and two parts water, stick it in a plastic freezer bag and you will create bag full-o-slush. Perfect for wrapping around strained muscles or just keeping your picnic basket cool. Store it in a dry cool place away from flames, kids and pets.

Laundry Detergent

Using cleaning agents, like Borax, Soap Flakes and Baking and Washing Soda you can make a simple laundry detergent. Below are two recipes to get you started BUT remember you can change the consistency and potency of your detergent by simply adding more or less water to the recipes below. With various types of water (hard or soft) the formulation might be different depending on where you live. This recipe will cost you pennies per load, so don't worry about wasting money as you slowly master the perfect formula. Remember the final product you create will be lumpy and like a good martini it will require stirring or shaking before using. Finally, if you want a natural scent, check out our list of essential oils and add a drop or two, or three to each load. You can also add the essential oil to a wash cloth and include it in your dryer. To get rid of static, try using a crumpled piece of tin foil.

Natural Laundry Liquid Soap

This is so simple you will not believe it. Yes, this is it.

Imperial	Metric	Ingredient
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34 cups	8.5 L	Water
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2 cups	500 mL	Washing Soda
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2 cups	500 mL	Borax
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2 cups	500 mL	Soap Flakes
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or grate a bar of pure natural soap using a food grater.

Bring 4 cups (1 L) of water to a boil.

Add the grated natural soap to the boiling water and dissolve over low heat. Take your time and think about what you are going to do with all the extra cash you won't be spending on the store bought laundry soap.

Find a stainless steel or aluminum pail with a lid and pour the soap/water mixture into it. Then stir in the Washing Soda and Borax until it disappears.

Finally, add 30 cups (7.5 L) of water to the mixture, combine and you are ready to start washing.

Pow Pow Powder Laundry Soap

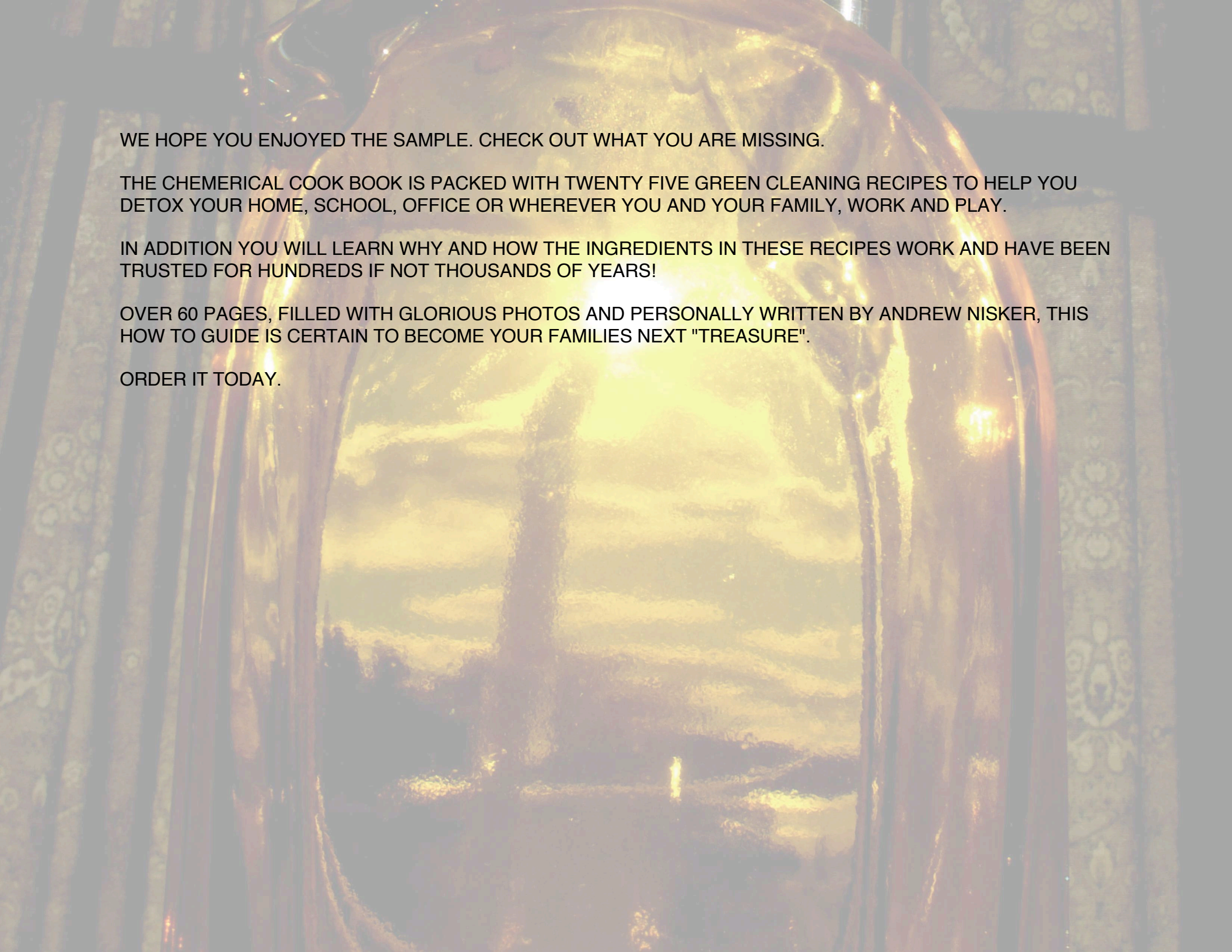
This is kinda fun to make. I especially like watching all the liquid become powder.

Imperial	Metric	Ingredients
1/3 cup	75 mL	Liquid Castile Soap
1 cup	250 mL	Washing Soda
1 cup	250 mL	Baking soda
1 cup	250 mL	White Vinegar

Starting with the liquid soap, add washing soda, then baking soda.

Slowly add vinegar (if you add too much too fast, the mixture will foam over like a volcano). Keep mixing until the ingredients turn from a paste into a powder.

Grab one of your glass or stainless steel containers for storage and use a ¼ cup in every load for fantastic results.



WE HOPE YOU ENJOYED THE SAMPLE. CHECK OUT WHAT YOU ARE MISSING.

THE CHEMERICAL COOK BOOK IS PACKED WITH TWENTY FIVE GREEN CLEANING RECIPES TO HELP YOU DETOX YOUR HOME, SCHOOL, OFFICE OR WHEREVER YOU AND YOUR FAMILY, WORK AND PLAY.

IN ADDITION YOU WILL LEARN WHY AND HOW THE INGREDIENTS IN THESE RECIPES WORK AND HAVE BEEN TRUSTED FOR HUNDREDS IF NOT THOUSANDS OF YEARS!

OVER 60 PAGES, FILLED WITH GLORIOUS PHOTOS AND PERSONALLY WRITTEN BY ANDREW NISKER, THIS HOW TO GUIDE IS CERTAIN TO BECOME YOUR FAMILIES NEXT "TREASURE".

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Chemerical Cookbook

Is a simple how to guide to help you get started detoxifying your home by teaching you how easy it is to make your own cleaning products. Easy to use and practical, learn how to save money, live a healthier life while saving the planet and your community from thousands of harmful chemicals.