

**Nature's
Fresh**

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An Important Question: Are You Poisoning Your Home Trying to Keep It Clean?

Is Your Home Really Clean or just free of dirt?

1. Do you buy your cleaning products from supermarkets, hardware stores or other mainstream retail outlets?
2. Do you spray or hang commercial air fresheners in your home?
3. Do you use laundry products that contain fragrance?
4. Do you use bleach in your home or laundry?
5. Do you use disinfectant cleaners to clean your home?
6. Do you use disinfectant hand soaps?
7. Do you use a commercial oven cleaner?
8. Do you use commercial carpet cleaners?
9. Do you dry-clean clothes?
10. Do you use mainstream-type commercial tub, tile and bathroom cleaners?
11. Do you use a mainstream commercial product as an all-purpose cleaner?
12. Does your furniture polish say "flammable"?
13. Do you spray commercial dusting products?
14. Do you have stain-resistant carpeting and/or upholstery?
15. Do you use commercial pesticides to control household and yard pests?
16. Do you use commercial personal care products and cosmetics?
17. Do you have a number of partially-used commercial cleaning products under your kitchen sink?
18. Do you get a headache, feel dizzy, get rashes or sinus congestion when you clean?

Scoring Your Results

Score one point for each "yes" answer

Interpreting Your Results

- **0-4 points -Congratulations you have a fairly non-toxic home!**
- **5-9 points -You need to do some “cleaning up”**
- **10+ points -You’ve got a serious indoor pollution problem**

Alarming Facts

- Drugs are designed to resist chemical breakdown, so they often become persistent organic pollutants most water supplies now contain pharmaceutical drugs
- The primary use of radioactive materials is in medicine
- Pollution from drugs, personal care products and household cleaning products is a more serious environmental problem than industrial pollution

The Solution

Don't just keep your home clean, also keep it poison free!

Nature's Fresh

- A blend of six different types of enzymes with a small amount of natural soap
- Used for cleaning and removing odors and stains
- Also useful as a topical first aid remedy



Enzymes in Nature's Fresh

- Oxidoreductases (enzymes that catalyze oxidation-reduction reactions)
- Transferases (enzymes that promote transfer of a group from one molecule to another)
- Lyases (enzymes that form double bonds on the substrate)
- Hydrolases (hydrolytic enzymes-splitting water)
- Isomerases (enzymes that catalyze the conversion of its substrate to an isomeric form)
- Ligases (enzymes that catalyze the linking together of two molecules)

General Cleaning

- Spray directly on to affected areas to help remove dirt, pet accidents and odors, cooking odors, etc.
- It is completely non-toxic so it is safe to use around food, children and pets.



Walls

- Spray directly for spot cleaning
- Mix 1/8 to 1/4 cup and a capful of Sunshine Concentrate with a gallon of water for a cleaning solution
- Nature's Fresh will remove food stains, cigarette smoke and dirt from walls and other surfaces
- Also great for cleaning counter tops, cabinets and floors in the kitchen and bathroom

Disinfectant Spray

- Add about 15-20 drops of a disinfecting essential oil such as thyme or tea tree and you have an all-natural disinfectant spray for bathroom and kitchen cleaning.
- Can also be sprayed anywhere mold and mildew accumulate, especially when essential oils have been added. It removes the mildew and sets up a protective barrier that lasts about one month.

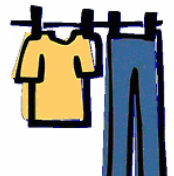
Glass Cleaner

- When diluted with an equal amount of water, Nature's Fresh makes an excellent glass cleaner.



Clothes

- To remove odors from clothes, spray them directly and allow them to air out for a short period of time.
- Spray on towels to freshen them.



Laundry

- To remove stains, spray directly on stain and allow it to set for a few minutes before washing (remember, hot water will deactivate the enzymes so either let it set for at least 10 minutes or wash with cold water).
- Use as a laundry booster. Put 1/4 to 1/2 cup in with each load (cold water only) and let it set for a few minutes before beginning the cycle.



Air Freshener

- To create a pleasant smelling air freshener spray, simply add about 15-20 drops of one of your favorite essential oils (lemon, pink grapefruit, lavender, etc.) to a bottle

Dishes

- Use in dishwasher in place of a spot remover
- Helps remove stains and odors from plastic storage containers. Spray on and let containers sit for a few minutes before washing.



Carpet Cleaning

- Use for spot cleaning stains and odors. Spray it directly on the affected area and blot with a towel
- Use 1/4 cup Nature's Fresh with three gallons of cold water and about 1/4 teaspoon of Sunshine Concentrate for carpet cleaning machines. Let sit for 30 minutes before using
- Add a few drops of essential oils to the mixture for a fresh, clean scent

Auto

- Use in the car to give it a clean, fresh smell and remove chemical odors.



Travel

- Travel or auto refresher spray -add a few drops of tea tree oil, eucalyptus oil or Disinfectant essential oil blend into a 2-4 oz. spray bottle of Nature's Fresh
- Spray it around your hotel room to get rid of odors and chemicals
- Spray it on toilet seats before using public restrooms

Clogged Drains

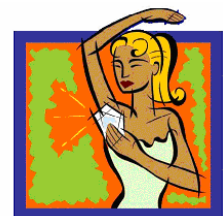
- Can help sluggish drains
- Pour a bottle down the drain, let it sit overnight, then run hot water through it the next morning
- Enzymes are excellent for septic tanks, too

Drain Cleaner

- 4 Food Enzymes
- 2 Mega Chel Oral Chelation formula tablets (crushed)
- 2 oz. Nature's Fresh
- Blend and pour down drain every hour until clear

Body Odor

- Nature's Fresh makes a great underarm deodorant.
- Eliminates odor for about 3-4 hours, then needs refreshing.
- Add some of your favorite essential oils to prolong the effect.



Skin and Hair Care

- Many women spray it on their skin and report it helps skin stay younger and healthier looking
- Spray it on the skin after showering or before dry skin brushing
- It has been used as a quick-fix hair spray, too

Pets

- Spray it on the cat litter box and give the cat some chlorophyll to eliminate odors
- Spray it directly on dogs to eliminate odor, it will even remove the smell of skunk
- Spraying on the fur between washings has helped to control fleas
- Helps get urine stains and odors out of carpets



Mouthwash

- Swish a little Nature's Fresh around in the mouth to relieve bad breath
- A great remedy for severe bad breath use a mouthwash of Nature's Fresh and Silver Shield liquid
- Some people even brush their teeth with it

Gums and Teeth

- Apply topically to help diseased gums heal
- Mix with clove oil for temporary relief of toothache pain
- Has been reported to keep teeth from getting sore after braces

Contact Lenses

- Dilute 1 part Nature's Fresh with 3 parts distilled water to make a contact lens cleaning solution.
- Because of the soap content, you will need to rinse contacts before putting them in your eyes

Plants

- Mix 1 tablespoon per ½ gallon of water and add a drop of Sunshine Concentrate to water plants
- Add essential oils like eucalyptus to repel insects and spray mixture directly on leaves
- Add kelp, fish emulsion or other fertilizer to create a foliar feeding spray
- Spray directly on plants full strength to freshen them up



First Aid Spray

- Nature's Fresh makes an excellent "first aid" remedy for many problems
- Enzymes ease pain, speed healing and break down toxins



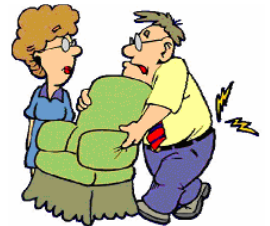
Pain Relief

- Nature's Fresh often relieves pain when applied topically
- The effect is stronger when essential oils are added (especially a pain-relieving blend of oils like Deep Relief)
- Nature's Fresh is generally not a direct cure, but works synergistically with other remedies to ease pain and speed healing



Back Problems

- Spray directly on back for backache
- Herbal back adjustment.
 - Start by massaging equal parts of lobelia and capsicum extract into the muscles beside the spine
 - Follow with a pain-relieving essential oil blend like Tei Fu
 - Finish by spraying on the Nature's Fresh



Disk Problems

- Spray directly over problem areas
- Disk healing blend
- Mix 3-4 capsules of PLS II with 1 capsules of Goldenseal and add enough Nature's Fresh to make a paste
- Apply topically

Breast Problems

- There is evidence that the use of underarm antiperspirant deodorants increases the risk of breast cancer because it stops toxins from being eliminated through the sweat glands under the arms.
- Women have reported that by using Nature's Fresh as a deodorant, breast lumps have disappeared
- Nature's Fresh applied directly to the breasts has also been helpful for breast problems.

Minor Injuries

- Nature's Fresh can be applied topically to minor injuries to prevent bruising, reduce swelling and help bruises heal faster
- It has also helped sprains and broken bones heal faster
- It can be sprayed on topically or used to make a poultice



Bites and Stings

- Nature's Fresh spray has also been used topically to relieve the itch, swelling and discomfort of bites and stings
- People report it has been effective for ant bites, mosquito bites, chigger bites, and even jelly fish stings

Burns & Sunburn

- Nature's Fresh can help ease the pain of sunburn and other burns
- Apply Aloe Vera gel or Herbal Skin Treatment liberally to the affected area then spray repeatedly with Nature's Fresh to keep the skin moist

