

## Cleaning with Nature's Fresh

Nature's Fresh Enzyme Spray can be used with *Sunshine Concentrate* other products in the Nature's Fresh product line to replace all your cleaning supplies with non-toxic, environmentally-friendly products.



**Dishes:** Use *Nature's Fresh Dish Soap* and *Nature's Fresh Dishwasher Gel* to clean dishes with natural plant-based surfactants from coconut. These non-toxic, biodegradable products leave dishes clean and have a fresh scent from natural essential oils. *Nature's Fresh Enzyme Spray* can also be added to the dishwasher as a rinse aid.

**Laundry:** Use *Nature's Fresh Enzyme Spray* on stains a few minutes before washing. Use *Nature's Fresh Laundry Soap* and *Nature's Fresh Fabric Brightener* to wash clothes and remove stains. Both of these products are pH neutral and biodegradable. These concentrated products are free of phosphates, chlorine and other harmful chemicals. In the dryer, use *Nature's Fresh Bamboo Dryer Sheets* to remove static electricity, soften fabrics and leave a fresh citrus scent.

**General Cleaning:** Use *Nature's Fresh Citrus Surface Cleaner* on any washable, non-porous surface such as: kitchen counter tops, stoves, refrigerators, floors, tile, walls, backsplashes, sinks, pantry surfaces, porcelain, showers and tubs. Use *Nature's Fresh Enzyme Spray* to remove odors and stains from carpets, upholstery and other fabrics. For quick clean-up jobs use *Nature's Fresh Surface Wipes*, which disinfect surfaces with Silver Shield, a patented non-toxic colloidal silver product that kills harmful microbes without damaging friendly ones.

**Windows:** Diluted with an equal amount of water *Nature's Fresh Enzyme Spray* makes an excellent glass cleaner.

**Carpet Cleaning:** *Nature's Fresh Enzyme Spray* can be used for spot cleaning stains and odors. Simply spray it directly on the affected area and blot with a towel. It can also be used in carpet cleaning machines. Mix 1/4 cup of *Nature's Fresh Enzyme Spray* with three gallons of water and use it in the carpet cleaning machine along with 2-3 Tbsp of *Sunshine Concentrate* and a 10-20 drops of essential oils also as an alternative to the chemical carpet shampoos. Be sure to use cold water and let the mixture sit for about 30 minutes to activate the enzymes.

## How Nature's Fresh Works

*Nature's Fresh Enzyme Spray* is a mixture of six different classes of enzymes (derived from plants) suspended in water. It also contains a small amount of surfactant (an agent to reduce liquid surface tension so it will spread out) to help evenly disperse the enzymes when sprayed.



For those into chemistry, the enzymes in the Nature's Fresh product include 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), and ligases (enzymes that catalyze the linking together of two molecules).

For those who aren't into chemistry, this simply means that *Nature's Fresh Enzyme Spray* contains a wide variety of enzymes that can catalyze a wide variety of chemical reactions. This allows it to chemically alter a wide variety of organic odor molecules and organic stain molecules. It also allows it to catalyze a wide variety of healing actions in the human body.

## Nature's Fresh Enzyme Spray and The Other Nature's Fresh Health Home Cleaning Products Are Available From

# Nature's Fresh Enzyme Spray

## First Aid Kit and Household Miracle Worker in a Bottle

- ✓ Completely Non-Toxic
- ✓ Safe for Children and Pets
- ✓ Biodegradable
- ✓ Effectively Removes Odors
- ✓ Breaks Down Stains
- ✓ Natural Pain Reliever
- ✓ Healing First Aid Spray

*Nature's Fresh Enzyme Spray* is a natural and completely non-toxic household stain remover and deodorizing agent that is remarkably effective at knocking out all kinds of odors (pet smells, smoke, food odors, and even the smell of skunk).

Unlike chemical cleaning products, deodorizers and household products, Nature's Fresh uses natural, non-toxic enzymes to break apart stain and odor molecules. Nature's Fresh works on just about all *organic* stains and odors.

The enzymes in Nature's Fresh have numerous other uses, too: as a mouthwash, underarm deodorant, drain opener, tooth whitener and topical remedy for burns, minor injuries, rashes, back problems and minor pains. etc.

*Nature's Fresh Enzyme Spray* is one of the products in the *Nature's Fresh Healthy Home* line of non-toxic, biodegradable, home cleaning products. Other products in the line include:

- Nature's Fresh Dish Soap
- Nature's Fresh Automatic Dishwasher Gel
- Nature's Fresh Laundry Soap
- Nature's Fresh Fabric Brightener
- Nature's Fresh Bamboo Dryer Sheets
- Nature's Fresh Citrus Surface Cleaner
- Surface Wipes with Silver Shield

## Other Household Uses

**Air Freshener:** *Nature's Fresh Enzyme Spray* doesn't just mask odors, it actually breaks them down and eliminates them. Spray it directly on affected pet accidents and other odor sources. 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.

**Body Odor:** *Nature's Fresh Enzyme Spray* can be used in place of chemical underarm deodorants. It eliminates odor for about 3-4 hours, but lasts even longer when essential oils have been added (as suggested in above).

**Mold and Mildew:** Spray *Nature's Fresh Enzyme Spray* directly on affected area or make a spray with 2 tsp Tea Tree oil, 1 cup *Sunshine Concentrate*, 1 cup *Nature's Fresh Enzyme Spray* and 1 cup water. It removes the mildew and sets up a protective barrier that lasts about one month. You can also use *Nature's Fresh Surface Wipes with Silver Shield*.

**Odors:** Spray *Nature's Fresh Enzyme Spray* directly clothes to remove cigarette smoke, body odor and other smells. Allow them to air out for a short period of time after spraying.

**Traveling:** Put a mixture of *Nature's Fresh Enzyme Spray* in a 2 or 4 oz. spray bottle with a few drops of tea tree oil, eucalyptus oil, or Guardian oil and carry it with you when you travel. Spray it around your hotel room to get rid of odors and chemicals. Spray it on toilet seats before using public rest rooms. *Nature's Fresh Enzyme Spray* can also be used in the car to give automobiles a clean, fresh smell.

**Clogged Drains:** The enzymes in *Nature's Fresh Enzyme Spray* can break down material that is clogging drains. Pour a bottle down the drain, let it sit overnight and run hot water through it the next morning. Enzymes are good for septic tanks, too.

**Pets:** *Nature's Fresh Enzyme Spray* is great for 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 if your pet gets sprayed.

**Plants:** *Nature's Fresh Enzyme Spray* can be mixed with the water used to water plants. It helps plants hydrate faster and grow better. It can be mixed with water and sprayed directly on plants to freshen them, or put in the water for cut flowers.

**Mouthwash:** Swish a little *Nature's Fresh Enzyme Spray* around in the mouth to relieve bad breath. It also helps teeth and gums. Some people even brush their teeth with it.

## First Aid Kit in a Bottle



*Nature's Fresh Enzyme Spray* can be sprayed on topically for a wide variety of health problems. It can even be taken internally (about 1-2 tablespoons per day) to help heal both acute and chronic health problems. It tastes a bit soapy, but you can disguise the taste in something like pineapple juice without deactivating the enzymes. Here are some specific uses:

**Pain Relief:** *Nature's Fresh Enzyme Spray* can be very effective in relieving pain when applied topically. It works even better when some *Deep Relief essential oil* is added to it. Just spray it on for tension, back pain, arthritis, injuries, etc. Many people have reported dramatic results with various kinds of arthritis pain using it topically. Others have reported using *Nature's Fresh Enzyme Spray* both topically and internally to ease the severe pains associated with fibromyalgia. This is not a permanent cure for these problems, so other supplements, dietary changes, etc. need to be implemented to remove the underlying causes of painful conditions like arthritis or fibromyalgia.

**Back Pain:** *Nature's Fresh Enzyme Spray* has worked wonders for many people with chronic back pain. It can be used by itself or in combination with *Tei Fu oil* or *Deep Relief oil* to ease pain and promote healing. Massaging *Lobelia Extract* and *Tei Fu oil* into the muscles along both sides of the spine, then spraying on *Nature's Fresh Enzyme Spray*, can help realign the spine.

**Disk Problems:** *Nature's Fresh Enzyme Spray* is particularly effective for disk problems. It has been applied topically to ease pain and promote healing for slipped disks, herniated disks and degenerative disks. It can also be mixed with *PLS II* and a little *goldenseal* to make a poultice, which can be applied over areas in the back with disk problems to promote healing without surgery.

**Breast Problems:** Women have been amazed to find that spraying *Nature's Fresh Enzyme Spray* on the breasts has helped lumps to disappear. There is some 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. This causes toxins to build up in the lymphatics in the chest and breast area. One person who started using *Nature's*

*Fresh Enzyme Spray* for a deodorant and had a breast lump disappear that she had for over 10 years. Other women have started using *chlorophyll* internally and *Nature's Fresh Enzyme Spray* externally to control body odors have also reported improvements in breast health.

**Minor Injuries:** *Nature's Fresh Enzyme Spray* can be applied topically to minor injuries to prevent bruising and reduce swelling. It also helps bruises to heal faster. It is applied topically to these injured areas. It can also be used as the liquid in a poultice to apply to an injury. Simply empty capsules of *PLS II* or *Bone/Skin Poultice*, then add enough *Nature's Fresh Enzyme Spray* to make a paste. Apply the paste to the injured area and cover with a bandage. (Poultices should be changed every 6-8 hours.)

**Rashes, Bites and Stings:** *Nature's Fresh Enzyme Spray* has also been used topically to relieve the itch, swelling and discomfort of rashes, bites and stings. People report it has been effective for ant bites, mosquito bites, chigger bites, and even jelly fish stings. It is also helpful for eczema and other skin rashes.

**Burns and Sunburn:** *Nature's Fresh Enzyme Spray* can help ease the pain of sunburn (and other burns) and promote more rapid healing. Apply *Aloe Vera gel* liberally to the affected area, then spray repeatedly with *Nature's Fresh Enzyme Spray* to keep the skin moist.

**pH Balancing:** Taken internally, *Nature's Fresh Enzyme Spray* helps to balance the body's pH. Test someone's pH with pH testing strips, have them take it internally for a few days, then retest.

**Teeth and Gums:** *Nature's Fresh Enzyme Spray* can be used as a mouth rinse or brushed onto the teeth and gums. A great mouthwash solution for gingivitis is a mixture of *Nature's Fresh Enzyme Spray* and *Silver Shield*. Combined with Clove Oil it can be applied topically to the gums to ease toothache pain or help to prevent soreness after getting braces.

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