

FROM KITCHEN AND BATHROOM SURFACES . . .



INCLUDING
GRANITE
TILE
GLASS
HARDWOODS
VINYL
AND
STAINLESS



To places of imagination, romance and respite . . .



**. . . EVEN WAYS TO ADDRESS SUBBORN PROBLEMS LIKE STAINS, HARD WATER SPOTS, DIRT,
GREASE AND GRIME . . . INDOORS OR OUT**



Including tips for
your plants and
garden . . .



**A Simple Health Solutions Approach To
Your Home . . . A Chemical Free Sanctuary
by Doctors Curt Eastin and Peggy Parker**

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Introduction

This book is the result of so many questions we have received through the years. As doctors of natural medicine, we strongly advocate the reduction and dependence on hazardous chemicals in the environment, especially in our homes.

These chemicals place a burden on the fragile eco-systems on this planet we call home as well as the eco-system inside our bodies. You see, the greater the burden of detoxification we place on our body, the more difficult it is to maintain healthy cells.

The great news is that high quality ionizers provide effective and affordable solutions to reducing or eliminating caustic and cleaning chemicals from your home and even your yard.

Now, if that were not enough, each product you eliminate has a far reaching positive result for our planet. It is estimated that 90% of all plastic ever manufactured is still in existence in the environment . . . Sadly the remaining 10% has been burned—contributing to the destruction of the protective ozone layer. So each plastic bottle that you no longer purchase reduces the burden of plastics in the environment.

As wonderful as that is there is more . . . Since every product sold has to be shipped from the manufacturer to a warehouse to a retailer, you have effectively reduced the amount of fossil fuel used in transportation . . . And so the long term ramifications continue . . .

Each product you eliminate means that you have reduced the chemical burden in our water supply . . . this alone has far reaching positive effects.

If all these were not reason enough to fully utilize your ionizer, you can also save a bundle of money every month!

We offer our sincere thanks to each of you who make the commitment to replace even one chemical cleaner in your home by following our suggestions . . .

Doctors Curt Eastin and Peggy Parker

Household Tips

We would all like to view our homes as sanctuaries or havens of rest and safety. Ironically it is often the opposite. It is often one of the most hazardous places we spend time. The vast majority of the products on the market designed to clean our homes, our clothes, our bodies and even our yards are among some of the most toxic substances legally produced.

But there is great news! Most of these products can be replaced with water . . . Not just any water, but the highest quality ionized water! The tips contained in the next few pages will provide you with economical and environmentally responsible ways to fully utilize your water ionizer!

Supplies:

You will need a few storage containers, ideally glass containers, but a few large plastic spray bottles for cleaning can be helpful. I generally keep a 1/2 gallon glass jar in my sink to collect the discharge water, just remember to move the jar when you stop producing water to maintain the pH level.



General Laundry

Replace your laundry detergent with 1 liter of pH 11.5 Strong Alkaline Water. For chemical free, clean laundry, simply pour Strong Alkaline Water into the detergent dispenser in your washing machine.

Since laundry detergent is a soap, its purpose is to break down the oils that trap dirt in the fabrics of our clothes. The chemical reactions between the dirt and the soap attracts the dirt and oils which are supposed to be removed through rinsing. However, soap is not easily rinsed out, and as it lingers in your rinse water, the oils and dirt are re-deposited on your clothes. This leaves behind stains, odors (often masked with perfumes) and a film that creates a dingy appearance.

Strong Alkaline Water has the ability to do what no soap product can do, it totally emulsifies oil on contact. This releases the dirt and allows it to be thoroughly rinsed away. Because there is no soapy residue to be re-deposited on your clothes, your laundry will be cleaner, brighter and your fabrics will last longer.

Imagine all the benefits of using Strong Alkaline Water to replace your laundry detergent . . . It is much less expensive, there are no harmful chemicals to irritate your skin or to harm the environment, no plastic bottles to build up in landfills, all of that plus fresh, clean clothes!



Stain Removal

Stains can be divided into 2 basic categories, oil based and protein based stains. Each type requires a different approach to removal. Unlike harsh chemicals that can harm fabrics, remove or fade colors water has the advantage of cleaning without damaging fabrics.

Oil based stains are best addressed as soon as possible with pH 11.5 Strong Alkaline Water. The emulsification property of this water lifts the oils out of the fabric. Pre-treat the stain by either spraying the area until saturated or actually soaking the garment in Strong Alkaline Water for at least 20 minutes. Following pre-treatment immediately with either hand washing or machine washing will produce better results.

Protein based stains are best addressed with pH 2.5 Strong Acid Water. This water acts as a mild hydrochloric acid and effectively breaks down protein structures without removing or fading colors. Thoroughly saturate the stain or soak in a basin of Strong Acid Water. Colors remain bright and whites are whiter.

Soaking your load of whites in a basin filled with Strong Acid Water overnight will remove the odors from athletic socks, t-shirts and work clothes while removing the dingy film that keeps whites from looking bright and fresh. After soaking it is best to put them through a rinse cycle in the washer before continuing with the instructions for General Laundry.



Creating Fresh Smelling Laundry Without Harsh Chemicals

Fresh smelling laundry is always associated with clean laundry. But in the case of traditional laundry products those "fresh" smells we have associated with cleanliness are nothing more than harsh chemicals that can irritate your skin, introduce petrochemicals into your body, create a burden on the environment and are associated with a build up in your clothes dryer which can actually start a fire.

The first step in producing great smelling laundry is to thoroughly clean it by following the General Laundry and Stain Removal directions. To add another layer of fresh smells to your sheets, towels and clothes, add 2 drops of a pure essential oil of your choice to 1/4 cup pH 11.5 Strong Alkaline Water. The Strong Alkaline Water effectively disperses the essential oil so that the water is completely infused with the scent of the oil. Soak an old wash cloth in the water and place in the dryer with your freshly washed laundry and dry as usual. Essential oils are a great way to add a scent to your clothes without the use of harsh chemicals. Lavender is a great choice for sheets, pajamas and socks. A citrus scent like grapefruit or sweet orange oil are great choices for your clothes. The scent is faint but fresh.

Store excess water in a small jar and simply place the cloth in the jar to revitalize before adding to your next load. This is a very cost effective and environmentally responsible choice for freshly scented laundry.



Flooring

This is a simple job for pH 4-6 Mild Acidic Water. Saving the discharge water from your drinking water or producing fresh Mild Acidic Water is a great step in creating clean floors.

Hardwood floors are beautiful and easy to care for with these tips. If you have been a fan of distilled white vinegar in cleaning you will be very happy with the results you get when using Mild Acidic Water. It has the same sheeting action without the offensive odor. It strips the soapy film left by traditional cleaning products leaving a remarkable shine.

Tile, vinyl and laminate floors can benefit from Mild Acidic Water as well. Begin by thoroughly cleaning the floor with the type of floor cleaner recommended for your particular flooring. Follow cleaning by rinsing with Mild Acidic Water. The results speak for themselves.



Rug and Carpet Cleaning

Rugs and carpets are notorious for retaining odors from pets, cooking, food spills and much more.

Traditional cleaning methods use a combination of steam and detergent. The problem, just like laundry detergent, is that the dirt and oils trapped in the soap are re-deposited on the carpet if not thoroughly rinsed. Even worse the soap residue actually attracts more dirt and oils, so that clean carpet doesn't stay clean long.

Following the same procedures as outlined in the section on Stain Removal for Laundry will result in great spot treatment. Pet odors can be eliminated with pH 2.5 Strong Acid Water without removing or fading the color of the carpet or rug. This is especially important in hand woven Persian rugs.

Overall cleaning is easily accomplished with a steam cleaner and pH 11.5 Strong Alkaline Water. Begin by properly pre-treating any stains and then fill the water canister as directed with Strong Alkaline Water. To add a fresh scent to your carpets, add 10 drops of your favorite essential oil to the final rinse water. You now have clean carpets without the harsh chemicals.



Bathrooms

The cleaning products for this room in the house are generally among the harshest and most hazardous substances allowed on the market. Yet every stubborn problem we encounter in the bathroom is easily and effectively addressed with high quality ionized water! It couldn't be more simple or better for your family than this!

Soap scum on tile can be a real problem. Here are 2 tips for that problem, first switch to an organic body wash as outlined in our Water Protocols book in the Protocols for Various Skin Conditions section. Body wash is better for your skin and does not leave that nasty soap scum. Now for the second tip, 2.5 water in a spray bottle removes that nasty film.

Hard water spots and rings are both unsightly and often quite difficult to remove. Soak the area in pH 2.5 Strong Acid Water, scrub with a soft brush and your bathroom will sparkle! Lime scale build up in your shower heads can easily be removed as well. Detach the shower head and soak in a basin of 2.5 water for at least 30 minutes, scrub with a medium bristle brush and all traces will be gone without any harsh chemicals.



Cleaning and Disinfecting Tubs, Sinks, Showers and Toilets

Generally speaking, most surfaces in your bathroom are among the most "germ" laden in your entire house. So the best place to start your cleaning is by disinfecting all surfaces.

This is accomplished quickly and easily with an overall spray of pH 2.5 Strong Acid Water. It has been demonstrated that Strong Acid Water kills all microbes within 30 seconds of contact. Once you have done the initial spray then the actual cleaning can begin.

All tile surfaces, porcelain and chrome are most effectively cleaned with Strong Acid Water. Spray the areas down, follow with a soft bristled brush or rag then dry with a lint free towel.

Windows, mirrors and glass shower doors are a snap to clean with pH 4-6 Mild Acidic Water. It works much like distilled white vinegar in its sheeting action. Spray surfaces down then wipe dry with a lint free towel.

To give your bathroom a fresh scent, make a room spray from pH 11.5 Strong Alkaline Water and your favorite essential oil. Mix 3-4 drops of essential oil with 2-4 oz of Strong Alkaline Water in a spray bottle with a fine mist setting. When you have finished cleaning the bathroom, simply mist the air and any fabric surfaces since they hold the scent longer.



Kitchens

Kitchens are often referred to as “the heart of the home.” Our families and friends always seem to gather here. So it makes sense that we want to make this area of food preparation, eating and entertaining a safe and comfortable area.

As in the case of bathrooms, kitchens are often filled with hazardous cleaning chemicals. And just as in the case of cleaning and disinfecting bathrooms, every kitchen surface can be effectively cleaned with high quality ionized water.

Solid Surface Countertops like granite, laminate, tile, glass, stainless steel and even butcher block surfaces all benefit from disinfection with pH 2.5 Strong Acid Water. Begin by removing all debris and spills. Oil based spills can be easily cleaned with pH 11.5 Strong Alkaline Water while protein based spills can be easily cleaned with pH 2.5 Strong Acid Water. Wipe all surfaces down and then apply a light spray of Strong Acid Water to all surfaces. If you have chosen a very fine mist no drying is necessary.

Stainless Steel Appliances often show lots of fingerprints and readily streak when cleaned with typical kitchen cleaners. The soapy residue left from these cleaners dulls the surface and attract even more oils. The best way to keep your stainless appliances shiny and resistant to fingerprints is to spray them first with pH 11.5 Strong Alkaline Water to remove any traces of oil, dry thoroughly, then mist with pH 2.5 Strong Acid Water to disinfect, then spray with pH 5.5 Mild Acidic Water and dry thoroughly with a lint free cloth. This process works well for both small and large stainless kitchen appliances as well as stainless steel sinks.

To remove stains from **Porcelain Sinks** liberally apply pH 2.5 Strong Acid Water to the stains, cover with a cloth saturated in Strong Acid Water and allow to sit overnight. If any stain remains, create a mild abrasive paste by mixing sea salt or baking soda with just enough Strong Acid water to dampen. Apply to the stain and scrub with a medium bristle brush.

Wash down your **Cabinets, Brushed Nickel or Chrome Faucets, Exhaust Fan, Oven and Walls** with pH 11.5 Strong Alkaline Water. Its amazing ability to break down fats and oils, dirt and grime makes fast work of these jobs.

Clean, disinfect and deodorize your **Refrigerator and Freezer** with pH 2.5 Strong Acid Water. Spray the surface down, wipe with a clean cloth and dry with a towel!



Bedrooms

If the kitchen is “the heart of the home” our bedrooms are our sanctuaries . . . A place of rest, repose and respite . . .

We actually spend more time in our bedrooms than any other single room in the house. So it’s logical that we want our bedrooms to be as fresh and chemical free as possible. While it may take a bit of thought the end results are definitely worth the effort.



Room Sprays—Whether you are going for fresh or romantic . . . whether you are a Rose, a Violet, an Apple or even an Ivy, there is a perfect scent for every room and every mood. This is never more evident than in your bedroom. Choose your favorite essential oil and mix 5-6 drops of oil in 1/4 cup pH 11.5 Strong Alkaline Water and pour into a spray

bottle with a fine mist setting. A great way to keep your closets, drapes, rugs, pillows and duvet covers fresh is a weekly mist with your signature room spray. Lavender is a great choice to promote restful sleep, while citrus and mint are invigorating, spicy cinnamon promotes passion and rose is the essence of love.

Linens—Follow the suggestions in the General Laundry section. Adding essential oils to the drying cycle is a great way to set the stage for a restful night’s sleep. A great tip for storing linens is to spray a few sheets of paper towels with your favorite room spray, allow them to dry and place between the folds of your sheets and towels before storing in your linen closet.

To keep your mattress, pad, blankets and pillows fresh and clean mist them with pH 2.5 Strong Acid Water as an anti-microbial. A fine mist is adequate. Allow them to fully dry then follow up with a light misting with your room spray. Now your fresh linens will stay fresh even longer.

Closets and Drawers—To keep your clean clothes smelling fresher longer spray seasonally wipe out drawers and wipe down shelves with pH 2.5 Strong Acid Water to deodorize and kill the bacterial and fungal microbes that promote musty odors. A weekly or monthly mist with your favorite room spray will provide a faint but fresh scent every time you open a drawer or a closet door.

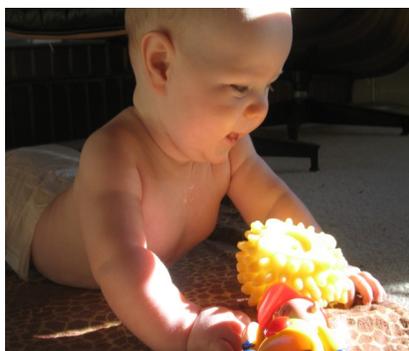


From Baby Toys to Diaper Pails

Babies smell so sweet . . . of course until that moment they don't . . .

Surfaces in your precious baby's room are some of the most important to keep clean, disinfected and chemical free! Yet we are encouraged to use harsh chemicals like detergent, bleach and sanitizing wipes to clean everything from diapers to toys.

A baby's immune system is still delicate and under development. Constant assaults by hazardous chemicals can delay or even impair this all important system. So taking steps to remove these health hazards has long lasting ramifications.



Every nursery should have 4 glass spray bottles with very fine mist settings in different colors and clearly labeled.

Bottle number 1, a spray bottle filled with pH 2.5 Strong Acid Water. Use this to spray diaper changing surfaces, the inside of diaper pails, crib rails, toys and the myriad of other things a baby would put into its mouth. Spray the changing table after each use, the crib and toys at least one time per week. Also immediately spray down those protein based stains before tossing the clothes into the hamper. Mist all drapes or curtains and rugs weekly. To ensure the highest level of antimicrobial properties, replace this water every 2-3 days.



Bottle number 2, a spray bottle filled with pH 4-6 Mild Acidic Water. This water is perfect for spraying down painted furniture surfaces, follow by wiping down with a soft cloth to keep the entire room clean and bright.

Bottle number 3, a spray bottle filled with pH 11.5 Strong Alkaline Water. Spray this water on all oil/fat based stains on your baby's clothes before tossing into the laundry hamper.



Bottle number 4, a spray bottle filled with a mixture of pH 11.5 Strong Alkaline Water and 3-4 drops of essential oil of lavender. Just before bedtime, spray baby's sheets, bumper pads and blankets with a light mist of this sleep enhancing mist. Lavender is well known to create states of relaxation and enhance deep, restful sleep. All upholstery fabrics, drapes and rugs also benefit from a quick spray every week to keep baby's room smelling fresh.



Miscellaneous Cleaning Projects

Replacing chemical cleaning products is as easy as turning on your faucet. It's easy to determine which pH of water produced by your high quality water ionizer will be up to the job. Start by determining what you want your product to accomplish, then think about the unique properties of each water.



The unique characteristics of pH 2.5 Strong Acid Water are disinfecting, deodorizing, breaking down proteins and brightening.

The unique characteristics of pH 4-6 Mild Acidic Water include its ability to strip soapy residue, to cause a sheeting action and to shine.

The unique characteristics of pH 11.5 Strong Alkaline Water are emulsifying fats and oils, lifting dirt, cleaning like soap without leaving that soapy residue that can dull finishes and attract more dirt.

Windows, mirrors and glass can all be shiny and streak free when polished with pH 4-6 Mild Acidic Water. Using a spray bottle with a fine mist setting will always provide better results. (If you are cleaning glass with lots of fingerprints it is helpful to start with pH 11.5 Strong Alkaline Water to remove the oils. Spray and wipe down with a soft cloth then continue with the following instructions.) Fill a spray bottle with fresh pH 4-6 Mild Acidic Water, wipe with a soft, lint free cloth. Follow with a completely dry lint free cloth to be certain that the surface is thoroughly dry. This step also polishes the surface and makes it more resistant to the oils in the skin that leave fingerprints.

Dusting and conditioning wood surfaces is easily accomplished with a combination of pH 11.5 Strong Alkaline Water and a bit of lemon or orange oil. In a spray bottle mix 1/4 cup Strong Alkaline Water and 1 teaspoon lemon or orange oil and mix well. Set the mister to a medium setting. Lightly spray the surface and wipe with a soft, lint free cloth. The best results are obtained when you use a second cloth to completely dry and polish the wood. To clean wood trim around windows, doors and baseboards, dampen the cloth with the spray and wipe down.

Spot cleaning upholstery is a breeze. Once again, consider the source of the stain. Using a small basin of either Strong Acid or Strong Alkaline Water a cloth, sponge or brush, saturate the stain then blot up the excess water with a cloth or dry sponge. Allow to air dry and repeat if necessary.



Outdoor Furniture

Our outdoor living spaces remind us to relax, to enjoy nature and our friends and families. However our outdoor furniture is assaulted in many ways . . . it is exposed to dust, rain and the ravages of sun, wind and cold temperatures. These harsh elements tend to quickly oxidize wood and metal while dust breaks down the fibers in fabric cushions and umbrellas rather quickly. So keeping up with nature can be a bit of a challenge. Here are some suggestions to stay ahead of the curve . . .

When ever necessary the fastest way to begin the cleaning process is to use a bucket of pH 11.5 Strong Alkaline Water a large sponge, a medium bristle brush and a soft cloth. Use the Strong Alkaline Water liberally to remove dirt, dust and oily residue from all metal, wood and glass surfaces. Rinse thoroughly.



For glass surfaces spray with pH 4-6 Mild Acidic Water and polish with a soft lint free cloth.



The final step for your metal and wood surfaces is to apply a final spray made from 1 cup pH 11.5 Strong Alkaline Water and 3 Tablespoons lemon or orange oil. Mix thoroughly and pour into a spray bottle with an adjustable spray set to medium. Shake the bottle frequently if the oil begins to separate. Spray the surfaces and allow to penetrate for 5-20 minutes. Apply spray to a soft cloth and polish all sides of your furniture. The Strong Alkaline Water penetrates the wood while the oil seals and protects both wood and metal.

Caring for Indoor and Outdoor Plants

Many indoor plants as well as outdoor shade loving plants grow best in an acid based soil. Their natural woodland habitat is rich in composting leaves and decaying wood. So to keep these plants healthy and thriving water them with pH 4-6 Mild Acidic Water. Once a month water with a mix of equal parts pH 2.5 Strong Acid Water and pH 4-6 Mild Acid Water. This maintains a slightly acidic soil.



Plants that thrive in full sun as well as members of the succulent family prefer a more neutral pH soil. Regularly water these plants with pH 4-6 Mild Acidic Water. Once a month water with a mix of equal parts Mild Acidic Water and pH 9.5 Drinking Water. This maintains a more neutral pH soil.



Bulbs of all kinds prefer a slightly alkaline soil. To maintain the proper pH, water regularly with a mix of equal parts Mild Acidic Water and pH 9.5 Drinking Water.

Acid loving bushes like Rhododendrons and Azaleas benefit from a monthly application of pH 2.5 Strong Acid Water during the growing season.

Most indoor plants thrive on regular watering with pH 4-6 Mild Acid Water. However there is another step you can take to grow healthy plants. Heating the house during winter months dries out the air causing plants to suffer dehydration. One way to protect the leaves is to mix 1/2 cup pH 11.5 Strong Alkaline water with 2 tablespoons sweet almond oil, fill a spray bottle and mist the leaves. Wipe with a very soft cloth. This gives a layer of protection from dehydration while removing dust and providing a healthy looking shine. Repeat every 8-10 weeks.

Enhancing germination of vegetable and flower seeds can be attained by soaking seeds for 6-8 hours in pH 11.5 Strong Alkaline Water before planting. You will find that most seeds will begin to sprout during that soak. Plant the seeds according to package directions and water with Strong Alkaline Water until seedlings break through the soil.



Physicians, international lecturers and published authors, Curt Eastin and Peggy Parker broke the code . . . The code that can activate your body's natural healing potential!



Curtis Eastin, DDS, ND operates a highly successful medical-dental practice in Coeur d'Alene, Idaho. With degrees in both Dentistry and Naturopathic Medicine he is a uniquely qualified Dental Physician.

He earned a B.S. degree with honors in Chemistry and Zoology from the University of Washington, a doctorate with High Honors from the University of Washington School of Dentistry and a second doctorate with high honors, this time in Naturopathic Medicine, from the National College of Naturopathic Medicine. Dr. Eastin has also completed residency programs in both dental medicine and naturopathic medicine and served as officer in charge of oral surgery at USAF Hospital Beale.

Dr. Eastin is credited as being the first to discover the true source of antioxidants found in high-quality ionized water . . . These antioxidants provide this water with its uniquely and profoundly powerful qualities. Dr. Eastin's understanding of the chemistry and physics of ionized water, completed the story told by Dr. Parker's ground-breaking clinical research.



As a traditionally trained Naturopathic Physician and internationally renowned lecturer, Dr. Peggy Parker has earned a well-deserved reputation for progressive thinking and innovative therapies in the field of natural medicine.

Dr. Parker, former Medical Director of Fusion MediSpa, has studied with some of the finest herbalists, homeopaths, naturopaths and medical doctors in the world, culminating with her doctorate in Naturopathic Medicine and a Biological Medicine Diploma through the prestigious Paracelsus Biological Medicine Network. Her colleagues regard her as the foremost expert in world on the subjects of pH, cellular hydration, cellular oxidation and transport of minerals across cell membranes.

After years of clinical research, Dr. Parker made an amazing discovery that explains the root cause of most modern illness . . . a discovery that points directly down the path to healing and optimal health.

Dr. Parker discovered that by correcting oxidation of the cell membrane with high-quality ionized water; the healing power of the cell becomes activated. This profound discovery will change the face of medicine.