

## **CIY: CREATE IT YOURSELF PROJECT**

### **Intentional Style Sheet: The Miracle formula for healing and cleaning A GREEN REPORT**

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Written by Becky of Indiana

"I would like to tell you of the benefits of that plain little old bottle of 3% peroxide you can get for under \$1.00 at any drug store. My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide, or they would lose thousands of dollars."

When this statement came through to me from many email sources, I began to remember the times mom used that little brown bottle of peroxide on our hair as kids. It was used when we had a mouth sore or cut, even a gargle to keep bacteria down. With the way things are so commercial today, it's easy to get lost in all the hype of modern, cleaning agents they sell today. Most of them you notice are "new and improved" to get us to try a wide assortment of new cleaning and hygiene products. After reading this list, I realized there really isn't anything new if it is from nature. And if it isn't I would bet it is not healthy for us. I am truly excited to see the new color trend is GREEN. Waking up to what is natural and works in our homes and on our bodies is none too late. It is time to get back to our roots –the basics of life that we truly need. Because of that I wanted to create this section in my magazine to keep us all intentionally aware of what we are buying and where it is going. When we change our buying habits the companies will also change.

#### **Styling Life Consciously, 1 Step-At-A-Time is our goal.**

This week, add peroxide to your shopping list, and see how many products you could eliminate – and how much money you could save. When the old cleaners with spray tops are finished, recycle them by replacing them with your new mixtures. Tell your friends about your discovery. Pass on the "Good Earth" word.

#### **Here are Becky's household tips for change:**

Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe)

1. No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash. (Small print says mouth wash and gargle right on the bottle)
2. Let your toothbrushes soak in a cup of "Peroxide" to keep them free of germs.
3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.
- 4 After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. I had fungus on my feet for years - until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine, but was healed by soaking in peroxide.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.
8. Tilt y our head back and spray into nostrils with your 50/50 mixture whenever you have a cold, or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue.
9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day.. The pain will lessen greatly.

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contd.

11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
13. I use peroxide to clean my mirrors with, and there is no smearing which is why I love it so much. I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner.

### **HERE'S HOW TO SAVE BIG MONEY AND HELP THE PLANET**

#### **The products that we found we could eliminate:**

Mouthwash

Spray on stain remover

Teeth whitener

All purpose counter cleaner

Glass cleaner

Infection ointment

Hair lightener

Toothache medicine

Foot fungus save or spray...AND MANY MORE TO

#### **DISCOVER MORE USES FOR YOURSELF**

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Please pass this report for green on to all you know as an act of oneness. what we heal for ourselves is how we heal our planet. KatStyle Designs is in no way responsible for the usage of this product. You do so at your risk.

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