

For Immediate Release

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Don't Let Spring Cleaning Make You Sick!

New book addresses non-toxic cleaning room by room

A new book urges spring cleaners to take a second look at their cleaning products. Armed with practical tips for making eco-savvy substitutions in each room, readers can significantly improve the health of their homes and the environment.

Written by professional organizer Candita Clayton, owner of Your Life Organized LLC, **Clean Your Home Healthy: Green Cleaning Made Easy** (Morgan James Publishing) is the new bible for the environmentally conscious spring cleaner. In this book, Clayton takes her mission to help clients conquer clutter room by room to a whole new level.

Readers will learn 'Good Bathroom Habits' and 'Kitchen Savvy', and even learn how to create the 'Non-Toxic Nursery'. They'll discover what types of candles (soy only, with unleaded wicks) to light when they're setting the mood, how to scent clothes naturally with herbal sachets, and how to keep kitchen surfaces clean and germ-free without pesticides or bleach. Clayton also makes sustainable and eco-friendly recommendations for furniture, wall color, and home decor.

"Both as a mother and a professional organizer who spends a lot of time in clients' homes, I know the importance of making educated decisions about what products you bring into your home," Clayton says. "I decided to write this book to help people make more informed choices about the products they use, so they can change their health and their environment for the better."

Some of Clayton's favorite 'green' cleaning companies include Mrs. Meyers, Method, Ecover, Seventh Generation, and Whole Foods' 365 Brand. She points out that Mrs. Meyers has recently launched a product line designed specifically for cleaning baby's room; these products are sure to be must-haves for new and expectant parents. A long-standing favorite product is Method's Microfiber cleaning cloth, which can be used over and over for dusting, window cleaning, and even removing fingerprints from stainless steel.

Those who want to be environmentally conscious on a budget should employ what Clayton dubs the 'Fab Five': hydrogen peroxide, lemon juice, baking soda, castile soap, and white vinegar. The Back-To-Basics chapter of **Clean Your Home Healthy** is devoted to the myriad uses of these simple ingredients.

Clean Your Home Healthy: Green Cleaning Made Easy can be purchased on Amazon.com, and on Target.com. For more information about Candita Clayton and the organizing services offered by Your Life Organized, LLC, please go to www.yourlifeorganized.com. For articles, tips, and tricks, visit her blog at www.yourlifeorganized.typepad.com.

