HEALTHY TIPS

Replace Store-Bought Cleaning, Cosmetic, and Personal Care Products with These Common Ingredients That Are Safer, Natural, and Effective

By bestfolkmedicine · 14/07/2018 · 2 min read



Unfortunately, even though there is an abundance of store-bought cleaning products available, they are not good for us because of their high level of toxicity. To make matters worse, even personal care and cosmetics is filled with dangerous chemicals which can cause allergies, irritation, hormonal imbalance, and even cancer!

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

This being said, you should opt for natural products instead. They are often safer and more effective than the store-bought ones. With this in mind, we made a list with the 7 best ingredients that you can rely on and avoid exposing yourself and your loved ones to adverse chemicals. They have some pretty amazing health benefits as well!

The Best 7 Replacements for Store-Bought Cleaning Products, Cosmetics, and Personal Care Products

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Coconut Oil

Coconut oil is known to have the power to better the digestion, increase the level of energy, control the blood sugar and cholesterol, encourage weight loss, balance the hormones, alleviate migraines, support the functioning of the thyroid gland, reduce Alzheimer's symptoms, etc. It can be also used to moisturize the skin, prevent the appearance of wrinkles and age spots, and treat many other skin problems. You can freely use it as a natural lip gloss, deodorant, and wood polisher.

Lemon juice

When you consume lemon juice on a daily basis, you will significantly strengthen your immunity, better the digestion, lower skin pores, prevent wrinkles, and cleanse the whole body of toxins. Freshly squeezed lemon juice is a natural disinfectant and it can bring relief from sore throat. If you want to lighten your hair, clean grass, and whiten clothes, lemon juice is the right product for you.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Castor oil

This oil is highly recommendable against menstrual cramps, cracked heels, and dry skin and cuticles. It is great in stimulating the growth of the eyelashes and the growth of plants and it can also repel rodents. If you have constipation problems, castor oil can be used as a laxative.

Baking soda

Baking soda is highly effective in bringing relief from heartburn and it can treat diaper rashes. You can also use it, diluted with water, as toothpaste, body scrub, deodorant, oven cleaner, floor cleaner, toilet cleaner, laundry detergent, and fire extinguisher.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

White vinegar

This vinegar is known to bring immediate relief from upset stomach and heal bee stings faster. You can use it as an ingredient for cleaning silver and windows and it can also unclog drains.

Castile soap

This soap is one of the best natural remedies against eczema, acne, and psoriasis. You can also use it as a shampoo for your pets, as a body wash, dish soap, and an agent for floor mopping.

Apple cider vinegar

This ingredient is so potent that it can detox the whole body, balance the blood pressure, fight off fungal infections, soothe sunburns, and prevent colds. If you want to remove bad odor from clothes, this is the ingredient you need. It can repel fleas as well.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

Read online: https://bestfolkmedicine.com/2018/07/replace-store-bought-cleaning-cosmetic-and-personal-care-products-with-these-common-ingredients-that-are-safer-natural-and-effective/

Downloaded on 24/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.