

## Cleaning with Nature's Fresh

Nature's Fresh used with *Sunshine Concentrate*, a natural household cleaning product, and a few essential oils can eliminate the need for just about all other household cleaning products. This helps protect the family's health by reducing exposure to chemicals.



**Walls:** For spots, spray Nature's Fresh directly on spots, for large jobs mix 1/4 cup Nature's Fresh with one gallon of water and a capful of Sunshine Concentrate to create an effective general cleaning solution. This solution will remove food stains, cigarette smoke and dirt.

**General Cleaning:** Nature's Fresh is great for cleaning counter tops, cabinets and floors in the kitchen and bathroom. It can be sprayed on directly, or diluted in water (about 1/8 cup per gallon). Add about 15-20 drops of a disinfecting essential oil such as Thyme or Tea Tree and you have an all-natural disinfectant spray for bathroom and kitchen cleaning.

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

**Laundry:** Allow clothes to soak in 1/4 to 1/2 cup Nature's Fresh per load of laundry. Use cold or warm water (heat deactivates enzymes). Use 1-2 Tablespoons Sunshine Concentrate in place of laundry detergents.

**Stains:** Spray Nature's Fresh directly on the stain and allow to stand for a few minutes before washing

**Dishes:** Many people have found that Nature's Fresh can be added to the dishwasher in place of a spot remover. It helps remove stains and odors from plastic storage containers when sprayed onto the containers and allowed to sit for a few minutes before washing.

**Carpet Cleaning:** Nature's Fresh 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 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 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 contains a wide variety of enzymes that can catalyze a wide variety of chemical reactions. This allows it to chemically airer 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 is Available From

# Nature's Fresh

## 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 is a natural and completely non-toxic household stain remover and deodorizing agent that is remarkably effective at knocking out all kinds of odors (petsmells, 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.

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 works on just about all *organic* stains and odors.



## Other Household Uses

**Air Freshener:** Nature's Fresh doesn't just mask odors, it actually breaks them down and eliminates them. Spray Nature's Fresh 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 (eucalyptus, pink grapefruit, lavender, etc.) to a bottle of Nature's Fresh.

**Body Odor:** Nature's Fresh 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 directly on affected area or make a spray with 2 tsp Tea Tree oil, 1 cap Sunshine Concentrate, 1 cup Nature's Fresh and 1 cup water. It removes the mildew and sets up a protective barrier that lasts about one month.

**Odors:** Spray Nature's Fresh directly on 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 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 can also be used in the car to give automobiles a clean, fresh smell.

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

**Pets:** Nature's Fresh 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 can be mixed with the water used to water plants. It appears to help plants hydrate faster and grow better. It can also 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 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 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. Nature's Fresh 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 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 easing various kinds of arthritis pain using Nature's Fresh. Others have reported using Nature's Fresh both topically and internally to ease the severe pains associated with fibromyalgia. Nature's Fresh 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 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, can help realign the spine.

**Disk Problems:** Nature's Fresh 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 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 N;SP Manager had a client who started using Nature's Fresh 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 externally to control body odors as a means of keeping their breasts healthy and are reporting good results.

**Minor Injuries:** Nature's Fresh can be applied topically to minor injuries to prevent bruising and reduce swelling. It also helps bruises to heal faster. Nature's Fresh can help sprains, strains and even broken bones 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 to the powders 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 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 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 to keep the skin moist.

**pH Balancing:** Taken internally, Nature's Fresh really helps to balance out the body's pH. Test someone's pH with pH testing strips, have them take Nature's Fresh internally for a few days, then retest. It is a very effective way to balance the system.

**Teeth and Gums:** Nature's Fresh can help to heal problems with teeth and gums. It 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 and colloidal silver. Nature's Fresh and Clove Oil can be used together to ease toothache pain. Nature's Fresh has also been reported to keep teeth prevent soreness after getting braces.

### For Educational Purposes Only

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