

	<b>#1 Maintain Typical Current Cleaning Practices</b>	<b>#2 Reduce but not Eliminate Chemical Use</b>	<b>#3 Convert to use of gentle home-grown cleaning practices</b>	<b>#4 Upgraded use of gentle home-grown cleaning practices</b>	<b>#5 Convert to chemical-free cleaning practices</b>
	Use a variety of commercially available disinfectant cleaners around the house.	By introducing high-quality microfiber cleaning tools to reduce chemical use.	By eliminating commercial cleaners and using more natural products such as vinegar, hydrogen peroxide and baking soda.	By introducing high-quality microfiber cleaning tools to products such as vinegar, hydrogen peroxide and baking soda.	By using high-quality microfibre products for cleaning and polishing throughout the house.
<b>Effectiveness</b>	Based on hospital studies - cleans 75% of dirt and removes 40% - 99.9% of pathogens/allergens* (depends on following instructions exactly)	Based on hospital studies - cleans 99% of dirt and removes 99.9% of pathogens/allergens**	Based on laboratory studies - cleans 75% of dirt and removes 25% - 30% of pathogens/allergens	Based on laboratory studies - cleans 99% of dirt and removes 99.9% of pathogens/allergens	Based on hospital studies - cleans 99% of dirt and removes 99.9% of pathogens/allergens
<b>Cost</b>	\$300 - \$600 per year	\$200 start up - followed by \$100-\$300 per year	\$100 - \$200 per year	\$200 start up, followed by \$50 - \$100 per year	\$200 start up, followed by \$20 per year
<b>Time</b>	High	Med-High	Very High	High	Med-Low
<b>Human Health</b>	Harmful, potentially toxic	Harmful , but not as bad as #1 due to reduced exposure	Neutral	Positive	Positive
<b>Environmental Impact</b>	Harmful, potentially toxic	Harmful , but not as bad as #1 due to reduced volume	Neutral	Neutral	Neutral
<b>Safety Precautions?!</b>	wear rubber gloves to avoid absorption of toxins through skin, wear a mask to avoid inhaling fumes	wear rubber gloves to avoid absorption of toxins through skin, wear a mask to avoid inhaling fumes	wear rubber gloves to protect skin from drying out, wear gloves and a mask when using caustic chemicals such as washing soda/borax	wear rubber gloves to protect skin from drying out, wear gloves and a mask when using caustic chemicals such as washing soda/borax	rubber gloves optional as a matter of personal preference

University of California Davis  
 Medical Centre, Sacramento,  
 California  
 Feiring Heart Clinic Eidsvoll  
 Norway

Good Samaritan Hospital,  
 San Jose, California,

Feiring Heart Clinic Eidsvoll  
 Norway

Healthy Home Institute,  
 Kelowna BC

Healthy Home Institute, Kelowna B.C. - Testing was conducted using two types of Formica countertop material (one very smooth and one with a slight texture - both surfaces are typical of those found in a kitchen.) All surfaces were contaminated with a solution containing two microorganisms (Staphylococcus aureus and Escherichia coli) and common dirt taken from a vacuum cleaner bag.

Table 1: Cloth Testing Smooth Formica Surface

<b>Type of Cleaning Material</b>	<b>Cleaning Agent</b>	<b>Percent Effective (%)</b>
High Quality Micro Fiber (new)*	Tap Water	99.95%
High Quality Micro Fiber (used)*	Tap Water	99.95%
Conventional Dish Cloth (new)	Lysol Pine Action Cleaner <sup>TM</sup>	92.78%
Conventional Dish Cloth (new)	Bleach Water (60ppm)	99.00%

\*"New" is defined as 12 or less previous uses, and "used" is defined as more than 50 uses.

Table 2: Cloth Testing Textured Formica Surface		
<b>Type of Cleaning Material</b>	<b>Cleaning Agent</b>	<b>Percent Effective (%)</b>
High quality Micro Fiber (new)*	Tap Water	99.97%
High Quality Micro Fiber (used)*	Tap Water	99.96%
Conventional Dish Cloth (new)	Lysol Pine Action CleanerTM	92.36%
Conventional Dish Cloth (new)	Bleach Water (60ppm)	99.71%
*“New” is defined as 12 or less previous uses, and “used” is defined as more than 50 uses.		