

Stone Counter Cleaner

Use this to clean up stains—big and small—on your granite, marble, and more.

Yields approximately 2½ cups

2 cups water

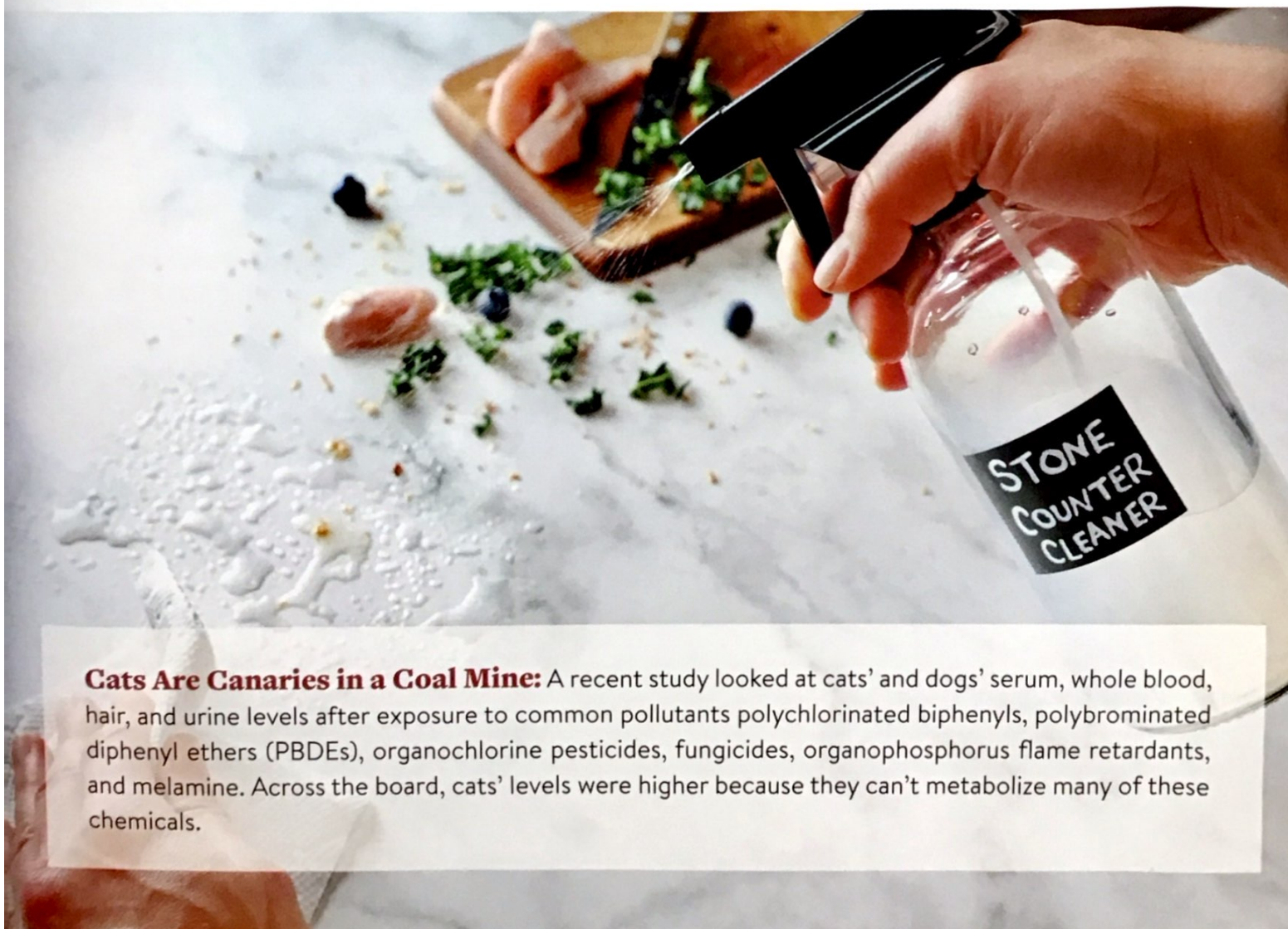
½ cup rubbing alcohol

3–5 drops castile soap

Optional: ½ ounce colloidal silver

Optional: 3 drops essential oil

1. Mix well in a spray bottle.
2. Spray directly on the stain and wipe clean with a soft cloth.



Cats Are Canaries in a Coal Mine: A recent study looked at cats' and dogs' serum, whole blood, hair, and urine levels after exposure to common pollutants polychlorinated biphenyls, polybrominated diphenyl ethers (PBDEs), organochlorine pesticides, fungicides, organophosphorus flame retardants, and melamine. Across the board, cats' levels were higher because they can't metabolize many of these chemicals.