

The Self-Sufficiency

Shoppe Newsletter

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Chemical Free Living

Most people believe that it would be difficult (if not impossible) to find natural chemical free alternatives to all household products.

In actual fact there are an abundance of common, safe & chemical-free household items that have many hidden uses.

In the work that I do with The Self-Sufficiency Shoppe I say to people that there are four reasons for promoting the use of 'natural alternatives':

1. It's safer – better for you and your family in terms of chemicals, sensitivities and reactions.
2. It's cheaper (saves money) to use simple, easy-to-locate alternatives to commercial products.
3. It's better for the planet – because there is less chemicals, less residue from mass production, less containers and less disruption to the environment.
4. It's reassuring to know what to use when the need arises – whether due to financial constraints, chemical sensitivities or concern for your impact on the planet.

Of all the above points, surprisingly by far, the most common reason people come to my workshops, purchase products or publications or just come along to listen to what I have to say is because of concern for the amount of hidden chemicals in the products they buy.

People really are feeling 'duped' and 'cheated' by commercial offerings. They no longer trust the ethics of many of the big companies and see it that their agenda is more about 'profit' by selling cheaply made and chemically laced products than the welfare and satisfaction of the customer. Many people feel trapped having to purchase products that are unhealthy and chemically laced when there are no other safe and affordable alternatives. Although companies purport to clearly and honestly label their products – the general view seems to be that mandatory labelling requirements are manipulated to hide the truth behind what commercial products contain.

Although the issue of processed and chemically laced food has been brought to the surface of late – with people now aware of the benefits of eating food in it's natural, simplest form. A bigger issue remains about everything else we use – whether it be for skin-care, teeth cleaning, hair care (including hair dyes), general household cleaning, deodorising, insecticides, paints, glues, and the list

goes on and on. Every time we clean, for example, using detergent based products (laundry detergents, dish detergents, shampoos, shower gels, hand washes, toothpaste, etc.) we come in contact with the dreaded sodium laureth sulfate – and now some common soaps contain the same chemical - all solely to enhance the frothing affect of the product. Reports are that talc is carcinogenic, aluminium in most antiperspirants cause health problems, hair dyes are carcinogenic, powerful (plug-in type) air fresheners cause respiratory problems, household cleaners are dangerous and poisonous (more so for people with underlying health conditions or sensitivities) and certain insecticides can cause chemical reactions – not to mention their affect on the planet and other life forms!

For most people usage on an occasional basis is fine – but the problem lies in that we use many of these items on a daily basis. When our bodies are young and resilient the affects of such chemicals are not so obvious, but as our bodies age and chemicals build up (that we are not able to break-down or process) our resistance wanes and reactions and health problems begin to arise. We all react in different ways – I for one never gave a second thought to the issue of chemical reactions until later in life hair thinning and loss became a problem. Through my own research I found out that the most likely cause was a chemical reaction to sodium laureth sulfate. Having had dandruff continuously as a child due to using commercials shampoos containing sodium laureth sulfate it eventually took it's toll on my naturally fine and fairish hair! So everybody is different, everyone's body reactions differently – I meet people every day that have had or are having some sort of reaction to the chemicals they use and, as a result, have changed some part of their lifestyle to deal with the problem.

Although we live in a modern world with a modern lifestyle – and in some cases chemical-free alternatives are just not possible – BUT in most cases there are natural alternatives for just about everything – if we look hard enough for the answers. Here's some examples (the numbers in brackets at the end of each

section indicate the Information Booklet source for more detailed information):

Chemical Free CLEANING: Alternatives include: Lemons, Vinegar (Cider is more natural), Salt (Grandma did most of her cleaning with salt and common soap – nothing else!), Oatmeal, Eucalyptus oil, Tea leaves. (Booklet No. 23)

Chemical Free SKIN-CARE: Oatmeal Lemon juice, Cider vinegar, Herbs (fresh straight from garden are the best!), Honey, Egg, Fruit and Vegetables, Yoghurt, Oils (i.e. almond oil), Beeswax. (No. 30)

Chemical Free ALTERNATIVES TO SOAP: Oatmeal, Lemon, Soapwort (or similar plants), Bicarbonate Soda. (No. 25)

Chemical Free DEODORANTS: Herbs (i.e. thyme, rosemary, sage), Rice-flour, corn-flour or orris root powder, Cider Vinegar, Lemon juice, Dried flowers or flower waters (rosewater, orange flower water). (Booklet No. 2)

Chemical Free HAIR CARE: Pure soap – in place of detergent-based shampoos, Egg, Herbs, Pure water rinse, Yoghurt, Cider Vinegar, Oil. (Booklet No. 14)

Chemical Free HAIR COLOURS Lemon juice, Herbs, Rhubarb, Black tea or coffee, Turmeric, Red wine, Beetroot, Calendula, Henna, Red hibiscus, Walnut husks. (Booklet No. 71)

Chemical Free ORAL CARE: Yoghurt, Herbs, Cloves & cardamom, Salt (warm water rinse). (Booklet No. 1)

Chemical Free AIR FRESHENERS: Fresh flowers and plants, Pot pourri Incense, Essential Oils (i.e. oil burners) Vinegar, Lemons. (Booklet No. 22)

Chemical Free INSECT REPELLENTS Dried or fresh herbs, Chilli, pepper, Lemon juice, Vinegar, Pyrethrum spray, Garlic, Essential oils. (Booklet No. 20)

Other Chemical Free Alternatives

Glue: Flour and water, ground rice, water, sap from certain trees, beeswax. (No. 18)

Paint (Whitewash): lime and water (with various additives – such as sour milk, salt, linseed oil). Colouring – clay, earth, charcoal. (Booklet No. 6)

Chemical Free Alternatives for NATURAL COLOURS & DYES: Plant juices, Coffee or Tea, (No. 75)

Chemical Free FOOD COLOURS - Egg yolk, turmeric, saffron, tea, coffee, carrot, beetroot juice, berries, fruits, red wine spinach juice. (Booklet No. 75)

CHEMICAL-FREE GARDEN

Compost based fertilizer, Garlic & chilli Chive spray, Onion water, Pepper or cayenne, Eucalyptus oil, Pyrethrum spray Soap (pure soap – not detergent), Coffee. (Booklets No. 19 & 21)

Need More Information?

The Shoppe has available a large range of information regarding chemical free living.

Go to: www.theshoppe.com.au to download



Environmentally-friendly Basics

6 common household products – Bicarb Soda, Vinegar, Lemon, Eucalyptus Oil, Soap, Oatmeal - that have a multitude of safe, environmentally friendly uses around the home. Very cost effective!

6 Booklets: No. 9 - Uses for Bi-carb Soda, No. 10 - Humble Lemon, No. 33 - Versatile Vinegar, No. 51 - Uses for Eucalyptus Oil, , No. 50 – Recycling Soap, No. 58 - Old-time Oatmeal. **Price: \$42.00 (Available for instant download)**



Chemical Free Options Booklet Set

The specifics about living chemical free and environmentally friendly

7 Booklets: No. 4 – Making Beeswax Products, No. 6 – Making Whitewash, No. 20 – Natural Insect Repellents, No. 18 – Homemade Glues, Pastes & Putties, No. 75 – Natural Colours and Dyes, No. 55 – Handyman Hints, No. 35 – Natural Pet Care. **Price: \$59.00 (Available for instant download)**



Natural Body Care

Safe and chemical free alternatives for: hair-care, hair dyes and colours, deodorants, foot and teeth care.

5 Booklets: No. 1 Homemade Toothpastes & Mouthwashes, No. 2 Recipes for Homemade Deodorants, No.14 Natural Hair Care, No. 27 Fantastic Feet, No. 71 Natural Hair Colours & Dyes. **Price: \$39.00 (Available for instant download)**



Natural Air fresheners & Deodorisers

Safe, chemical free alternatives to fit everyone's budget!

5 Booklets: No. 8 – Uses for Essential Oils, No. 22 - Air freshener & Deodoriser Substitutes, No. 34 – Practical Candle-making, No. 38 - Sweet Scents, No. 57 - Home-made Incense **Price: \$39.00 (Available for instant download)**

Living in Harmony with the Planet Workshops



Environmentally friendly Household Workshop

Safe practical alternatives to common household products using what's available in the house and garden – vinegar, bicarb soda, herbs, pure soap, eucalyptus oil, rice flour, etc.

Workshop includes take home samples see www.theshoppe.com.au for more info

Caring for Natural Materials



I'm often asked how to care for specific types of natural materials that, because of their 'natural' characteristics, do not lend well to modern cleaning chemicals and commercial products. I've heard many stories during my workshops about people using commercial cleaning products on 'sensitive' natural based items to only end in a disaster that cannot be fixed. Here's a bit of useful information from booklet No. 59 'Caring for Natural Woods and Fibres' based upon some of the most commonly asked questions from workshop attendees.

Straw Matting: Clean by wiping with a large cloth dipped in salt water. Dry as you work over the mat area (i.e. on the floor). The salt will prevent the straw from discolouring.

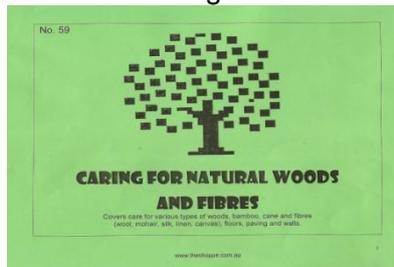
Sea grass Matting: Clean as for straw matting. Sea grass matting tends to absorb unpleasant odours. To remove any odours, place platefuls of sliced unskinned onions around the room, close the doors and windows and leave for 48 hours. Then remove the onions and allow the room to air.

Bamboo: To clean bamboo use a brush dipped in warm water and salt. The salt will prevent the bamboo from changing colour.

Cane: As with bamboo, salt water is the best way to clean cane.

Care must be taken when repainting light 'woods' - such as cane or bamboo. Some strong products used on hard surfaces (such as brick, plaster, metal or wood) will cause cane to deteriorate. In particular paint strippers or removers fall into this category. Always make sure that you have thoroughly washed off old paint and the stripper with warm soapy water as soon as the stripper has done its job. Then allow the surface to thoroughly dry (at least a week) before repainting.

Canvas - Salt water is best for cleaning canvas. Soak and/or scrub in a mild salt water solution. Detergent is not recommended.



Dye 'runs' in Coloured Clothing: Natural fabrics, such as cotton, linen, silk with the problem of the dye 'running' (seeping from the fabric when wet) are best washed separately (for the first 2-3 washes) in a bucket containing water and 2 tablespoons vinegar. This will stop the dye from running.

Faded or Fading Clothes – rinse in the water remaining from boiling legumes – it will help avert fading.

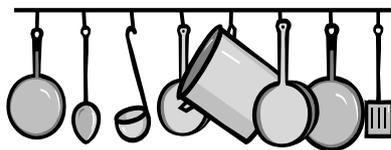
**From No. 59 - Caring for Natural Woods & Fibres
Price \$8.00 (Available for instant download: www.theshoppe.com.au)**

HOW TO DOWNLOAD PUBLICATIONS (booklets/booklet sets)

1. Go to www.theshoppe.com.au
2. Click on 'Shoppe Publications' (to the right of the screen)
3. Scroll down to find your chosen title - Click 'ADD TO CART' (new window will appear)
4. Click 'Continue shopping with The Shoppe' to order more booklets or
5. Follow the prompts: 'Proceed to Check-out' (You can pay by either debit or credit card, Mastercard, Visa, American Express or Paypal)
6. When payment has been processed your booklet will appear immediately for download in PDF (Acrobat) format
7. Save to your computer for printing, ebook reader, tablet, etc.

That's it! To order and download 'Booklet Sets' simply follow the same procedure - i.e. Click on 'Booklet Sets'. If you have any problems email pam@theshoppe.com.au for help

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Your Favourite Recipes

Rosemary Oil

Hi Pam,

I'm training to be a chef and have recently discovered that oils can be infused with herbs to make them more flavoursome for cooking, salads, etc.

here's how I do it:

Kerry – Christies Beach SA

Collect a handful of fresh rosemary leaves and stems. Wash well and allow to dry. Place the herbs in a clean 500ml (or suitably sized) bottle. Fill the bottle with oil (olive oil, safflower, peanut or similar). Leave at least 3-4 days to allow the flavour of the rosemary to develop in the oil. Use for making salads or cooking.

Many thanks, Kerry, for your recipe. Making infused oils is very easy and economical thing to do and creates such a flavoursome ingredient for use in the kitchen. I use my own homemade infused oil all the time – I am partial to garlic so add slivers of fresh garlic and a few peppercorns to my oil. Sometimes I might also add some chilli. Other herbs can be used, such as sage, thyme, mint or even lavender! Sometimes leaving the oil in filtered sunlight (such as on a window shelf in the kitchen) will help with the infusion process. More information about making infused oils, vinegars and other products are in No. 61 'Harnessing Herbs'. Most of us have an array of herbs growing in our backyard – it's such a pity not to use them to the fullest – this little booklet has lots of wonderful ideas.

Pam



**No. 61
Harnessing
Herbs - \$12.00
See page 6 for
download
information**

Your letters, recipes, comments are always welcome. So please keep them coming in – send to:

**The Self-Sufficiency Shoppe: P.O. Box
390 Park Holme 5043 or email:**

theshoppe@tpg.com.au

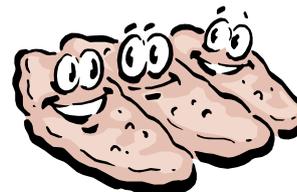


Removing Splinters

Dear Pam,

Here's my tip for quick removal of splinters. Use Vegemite! Yes Vegemite – place a little on a bandaid. Apply to the splintered skin – leave overnight and in the morning it's gone! The kids love it – as it's just Vegemite - the same stuff they put on their toast in the morning! No arguments about using stuff (such as special creams and things from the Chemist) that are unfamiliar and 'scary'!

Brenda – via email



Potato Wedges

Hi Pam – Do you have a recipe for the potato wedges sold at fast food outlets. My kids love them – are they baked or fried? **Jeannie – Gawler East SA**

Hi Jeannie,

Here's one from No. 54 International Meals on a Budget (\$12.00 - download)

Spicy Cujan Potato Wedges:

Ingredients: 4 large potatoes, 1 tablespoon sweet paprika (spice), 2 tspns each garlic & onion powders, 1 tspn each dried oregano, thyme, white pepper (or cayenne pepper or chilli) to taste – all optional (leave out if non-spicy potato wedges are preferred).

Method: Wash potatoes and cut into wedges. Place potatoes in plastic bag. Pour in spice mix and shake well to fully coat potatoes. Lay wedges onto well greased baking tray. Bake in moderate oven until brown. Serve with sour cream

or a mixture of cream (plain or sour) and mayonnaise.

And here's another one from No 53 'Homemade Spice Blends (\$12.00 - download)

Potato Wedge Mix : Mix together equal quantities of cumin, black pepper, paprika, sugar and salt.

Method: Cut potatoes into wedges (do not peel). Put into plastic bag with spice mix.

Coat wedges well. Place on oven tray and bake in hot oven until golden brown. A little oil or egg-white coated onto potatoes will give a thicker, crunchier surface.

Serve with sour cream or mayonnaise.

Linda's Singapore Curry Powder

Many people from my 'Old Time Kitchen Skills' Workshop over the past months have asked for the recipe for making Linda's very aromatic 'Singapore Curry Powder' (passed around during the

workshop for everyone to smell!). So here it is! Many thanks to Linda for passing it on to me. Pam

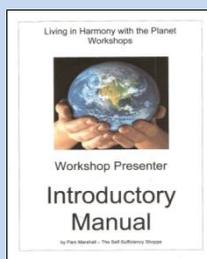
Ingredients: 3-4 dried red chillies, 6 tablespoons coriander seeds, 1 tablespoon cumin seeds, 1 tablespoon fennel seeds, 2 teaspoons black peppercorns, 2.5 cm/1 piece cinnamon stick, 4 green cardamoms, 6 cloves, 2 teaspoons turmeric.

Method: For a fiery curry leave the stalks and seeds on the chillies – remove them for a milder curry. Dry-fry or roast the chillies with all other ingredients except the turmeric. Stir continuously until the mix begins to give off a heavy aroma. Break the cinnamon stick into small pieces and remove the seeds from the cardamom pods. Grind all together (in pestle and mortar or coffee grinder) to a fine powder. Add the turmeric. Store in air-tight container ready for use. (Makes about 10 tablespoons).



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Environmentally Friendly Living - Old Time Kitchen Skills - Soap Making
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