



For Immediate Release: Oct. 18, 2012

DIY Green Cleaning! Videos from Maid Brigade Offer Healthy Home Cleaning Tips and Recipes

Video Series Shows How to Clean with Products Safe Enough to Eat

ATLANTA—Using vodka as a natural air freshener, salt and lemon to scour the sink, or a banana peel to polish your shoes are just a few of the natural approaches to healthy home cleaning as featured in the new [DIY Green Cleaning!](#) video series from Maid Brigade – the green cleaning leader.

“Because young children are particularly susceptible to toxic chemicals including those found in traditional cleaning products, limiting or reducing exposures while they are young helps protect them from potential health risks now and in the future,” says Marie Stegner, consumer health advocate for [Maid Brigade](#).

Cleaning chemicals often contain harmful toxins such as endocrine disruptors. According to Dr. Phil Landrigan, MD, in an [article for The New York Times](#), endocrine disruptors “can interfere with the body’s hormone signaling system, potentially causing reproductive disorders, neurologic impairments and immune dysfunction.”

In the Maid Brigade DIY Green Cleaning! video series, Stegner and Leslie Reichert – a nationally recognized green cleaning expert, Maid Brigade Advisory Board Member, and author of [The Joy of Green Cleaning](#) - show how you can clean and deodorize your home using simple, non-toxic ingredients from your pantry. Videos in the series include:

- Make Your Own All-Natural Furniture Polish
- Handy Household Cleaning Tips Using Food
- Green Clean Your Kitchen in Less Than 10 Minutes
- Quick Bathroom Clean-Up with Toothpaste and Mouthwash
- Green Tips for Removing Pet Hair and Odor

“Children are known to explore with their hands and mouths,” comments Reichert. “The Maid Brigade *DIY Green Cleaning!* video series shares ways to reduce and prevent chemical exposures from traditional cleaning products, which makes a huge difference in your family’s overall health and well-being.”

About Maid Brigade

Headquartered in Atlanta, Maid Brigade is the only [cleaning service](#) that is Green Clean Certified® with more than 400 franchise service areas in the United States and Canada. Established in 1979, Maid Brigade is the green cleaning industry leader and has a longstanding legacy of providing quality customer service and consistent and thorough cleaning using the most advanced techniques and equipment. The company has also implemented a consumer advocacy program in response to reports from the Environmental Protection Agency linking chemicals in traditional cleaning products to a wide range of health risks. For more information visit www.maidbrigade.com or call 866-800-7434.

###