



# FORMULAS AND STUFF (THE FITTEST SURVIVE Book 2)

*julie lowe*

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## FORMULAS AND STUFF (THE FITTEST SURVIVE Book 2) julie lowe

Having used bicarbonate of soda and vinegar for many cleaning jobs about my house for many many years, I was prompted by the arrival of my grandchildren to study more household products, cosmetics and medicines. This book gives you most of the recipes I have collected over the years and the up to date ones that I have discovered or invented. The main impetus for this was to avoid damaging chemicals for my family and the environment but very quickly it became apparent that the cost of making our own stuff was minimal, for example 5 gallons -22 litres - of laundry detergent, both pure and non toxic cost £1.73 ! Have fun, Stay Well.

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