



WHY DISINFECTING ALONE WON'T WORK

Recently, I received a call from a perspective client asking if I disinfect homes. I tried to explain that disinfecting is done as a part of the cleaning process. The caller would hear none of it.

The U.S. Centers for Disease Control and Prevention (CDC) recommends that all surfaces be disinfected on a routine basis to fight against COVID-19 and other viruses. But disinfectant by itself will have little or no effect. The surfaces have to be thoroughly cleaned before a disinfectant is used.

By cleaning, you are using agents and tools to remove particles such as dirt, food, feces, blood, saliva, animal dander, dead skins and other body secretions, from various surfaces. With friction and fluids, you're reducing and, in some cases, removing the organic matter that contributes to the growth of bacteria and viruses.

And, "By cleaning you will remove particles of dirt that could shelter the viruses and prevent them from being killed by the disinfectant," according to Cindy Weinbaum who recently retired from the CDC.

If soil is left to dry onto a material or surface, the disinfecting or sanitizing process will be weakened or ineffective. Therefore, it's only after the surface or material has been cleaned by rubbing or scrubbing, wiping or mopping with the appropriate solution, that it's time to bring out the disinfectant.

Through the process of disinfection, you can destroy or remove most pathogenic microorganisms on surfaces. Disinfectants, which are chosen for their antibacterial, antiviral and antifungal properties, are used to kill these microorganisms by destroying their cell walls or interfering with their metabolism. The CDC recommends using a disinfectant that contains more than sixty percent alcohol. Still, not all disinfectants are created equal and some won't necessarily kill all microorganisms, especially resistant bacterial spores. In those cases, sterilization may be required.

Through sterilization, which is often accomplished with various methods such as chemicals, high pressure or heat, you can destroy all forms of life, including transmissible agents like viruses, spores, bacteria and fungi.



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Special points of interest

- Kleen Fiction—Read the story about the mysterious house-keeper
- Find out the difference between cleaning, sanitizing and disinfecting
- Get discounts on green cleaning products.
- Read our tips on how to select eco-friendly cleaning products.



Appointments Available

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THE MYSTERIOUS HOUSEKEEPER

Even before Camley Whitmore turned on the lights to her condo in Atlanta, she could smell the subtle difference. She did a quick walk-through. The changes were difficult to miss. The surfaces were shining, strewn clothes had been picked up off the bedroom floor and the bed had been made. The wooden floor of her apartment gleamed with a newness and a quick check of her bathroom showed the tub, previously marred with a ring of grease and grime, had been scrubbed clean along with the sink and shower. She thought of calling the police. But what would she say, 'someone had broken into my home, not to steal, but to clean?'

Wait. Perhaps her friend, Tonie, did it. After all, she had given her a key in case of an emergency. But even as she dialed Tonie's number, she realized the idea was ludicrous. Tonie Cromwell had one approach to cleaning.

"My favorite time to clean is later," she would always say, repeating a quote she read somewhere else. Still, they had that in common. Neither of them liked to clean.

"No, it wasn't me," Tonie said after Camley told her what happened. "Perhaps, they were hired by the previous tenant?"

"If that was the case, how did they get in? I changed the lock."

Then she saw the note on the kitchen counter. *Hi, Cammie. The cleaning cloths are in the washing machine. Don't forget to put them in the dryer.* Signed the Housekeeper.

Cammie...? Her insides felt like it was being squeezed. Only one person called her that and that person was no longer around.

She told Tonie. "Perhaps...?"

"What?"

"Well...Come on Cam, you must see how strange it is that a housekeeper

showed up so soon after..."

"Nonsense," Camley didn't see the need to let her finish. "There has to be a plausible explanation."

She left the housekeeper a note. *Who are you? Who hired you?* She saw the response two weeks later when she once again returned to a clean home.

I'm your housekeeper. You hired me. Is there a problem?

When did I hire you? And how did you get in?

A few weeks ago. You left a key for me under the mat.

Weeks passed as they corresponded through notes. But Camley was no closer to an answer. She thought of changing the lock. But her home looked and smelled so much better. Nothing was missing and never once did the housekeeper demand any payment. But she couldn't let it go. She had to figure out who this housekeeper was and who hired her.

Perhaps, if she confronted her in person. She didn't know what time the housekeeper came, but it was always on a Tuesday. Her birthday was coming up. She decided to arrange for the day off from work.

But the housekeeper showed up that Monday.

Why did you come a day early?

Because I remembered the next day was your birthday.

How did you know about my birthday? Don't you remember? You told me about your birthday and asked me to come a day earlier.

When did I do that?

When you hired me.

Camley was even more puzzled. Did she really hire a housekeeper? For a while days have passed in a haze, and everything had become monotonous. She had been raised by a single mother who had sacrificed to see her go to college. She would listen to her rant



Nature Kleen offers the best in residential green cleaning

8 NATURAL WAYS TO DISINFECT YOUR HOME

Vinegar: Made from acetic acid and water, vinegar is naturally antibacterial and antifungal. It's effective in killing bacteria and viruses by chemically changing their proteins and fats and destroying their cell structures, according to abc.net.au. Vinegar, which kills about 80 percent of germs, has been known to kill E. coli, salmonella and shigella bacteria, according to Donna Duberg, assistant professor of clinical laboratory science at Saint Louis University.

"Vinegar is almost 100 percent effective killing germs if you leave it on for at least 60 seconds, and it leaves a nice shine," Duberg told the AARP.

Essential Oils: Some essential oils have antifungal, antiviral and antibacterial properties. Basil oils have been shown to kill E. coli, listeria and salmonella bacteria, according to the AARP bulletin. For a stronger disinfectant, combine vinegar with essential oils such as rosemary, thyme or basil. Tea Tree, citronella, geranium, lemongrass, orange and patchouli are also great choices in fighting bacteria.

Vodka: Made from fermented potato, most vodka is 80 or 40 proof alcohol by volume and can be used as a disinfectant to remove mold and mildew. It degreases, removes stains, shines fixtures and refreshes fabric. But most importantly, with alcohol concentrations more than 60 percent, it can kill various types of bacteria and viruses. Alcohol is effective at killing enveloped viruses (viruses that have an outer wrapping) such as the coronavirus, but is less effective against non-enveloped viruses, according to eco-watch.com. Since protein denaturation works faster when a small amount of water is mixed with the alcohol, it's best to use a solution with 60 percent alcohol. Pure alcohol would evaporate too quickly to effectively kill bacteria or viruses.

Continued on page 7

Nature Kleen: The Green Cleaning Company offers the best solutions in cleaning, disinfecting and sanitizing. Founded in 2003 by Kimathi Lewis, this eco-friendly cleaning company is a respected leader in residential and commercial green cleaning in metro Atlanta. We are experts in our field and our excellent service and products show our dedication to creating clean and healthy environments.

We equate cleanliness with good health, which is why our cleaning solutions are made of natural and organic ingredients that are specially created to reduce the toxins in homes and offices.



THE MYSTERIOUS HOUSEKEEPER, CONT'D

and rave about some perceived injustice and quietly took the blame for some misplaced wrong that Camley felt she had done. And just as quietly she would smile when Camley came back later to apologize. Sometimes Camley wished her mom would scream and argue with her. But that was never her way. Even when death came, she didn't fight back and quietly went in her sleep.

Her mom had been her shelter when the storm of the world seemed overpowering. When she died, much of Camley's strength left her. With the little energy she had left, Camley had showed up at the senior residential home where her mother had been living, piled away her mementos in a box and placed it in her closet. Everything else, she asked the center to donate.

As she thought of her mom, she remembered the box and decided to go through it. She had reached halfway through the box when she saw an envelope addressed to her. Inside the envelope was a note:

Hi, Cammie. I hope you liked my gift. I knew you wouldn't hire a housekeeper, so I decided to do it for you. She has been paid up for the year. Surprise. Love, mom.

CLEANING, SANITIZING & DISINFECTING DEFINED

Cleaning reduces germs, dirt and impurities from surfaces or objects by using soap or detergent and water. It lowers the risk of spreading infection by washing germs down the drain. Cleaning removes the food and water that allow germs to survive and reproduce. It also removes dust, molds, irritants and allergens that can trigger asthma symptoms.

Sanitizing is done with the use of a chemical product or device such as a dishwasher or steam mop to reduce the number of germs on surfaces or objects. This process kills most germs, but not all of them, and requires a clean surface in order to be effective.

Disinfecting requires the use of chemicals to kill 99.9 % of germs on hard, non-porous surfaces or objects. Like sanitizing, it's only effective on a clean surface and it's temporary. As soon as a surface is touched or coughed, sneezed or breathed on, germs start growing on it again.

"Lysol kills 99% of germs, other simple things can do the same thing." - Natalie Rogovin

**KLEEN
CLIENT'S
TALE**

Natalie Rogovin immediately opened the kitchen door. The educator, wife and mother of two had just started using a commercial cleaner to disinfect the surfaces of her home when she said she was overpowered by the strong smell from the all-purpose spray.

Disheartened by the effect, she decided to look for a better way. Her research led her to discover simpler methods such as using English Ivy as a laundry detergent and cleaning her oven grates by turning them upside down and leaving them overnight in the grass.

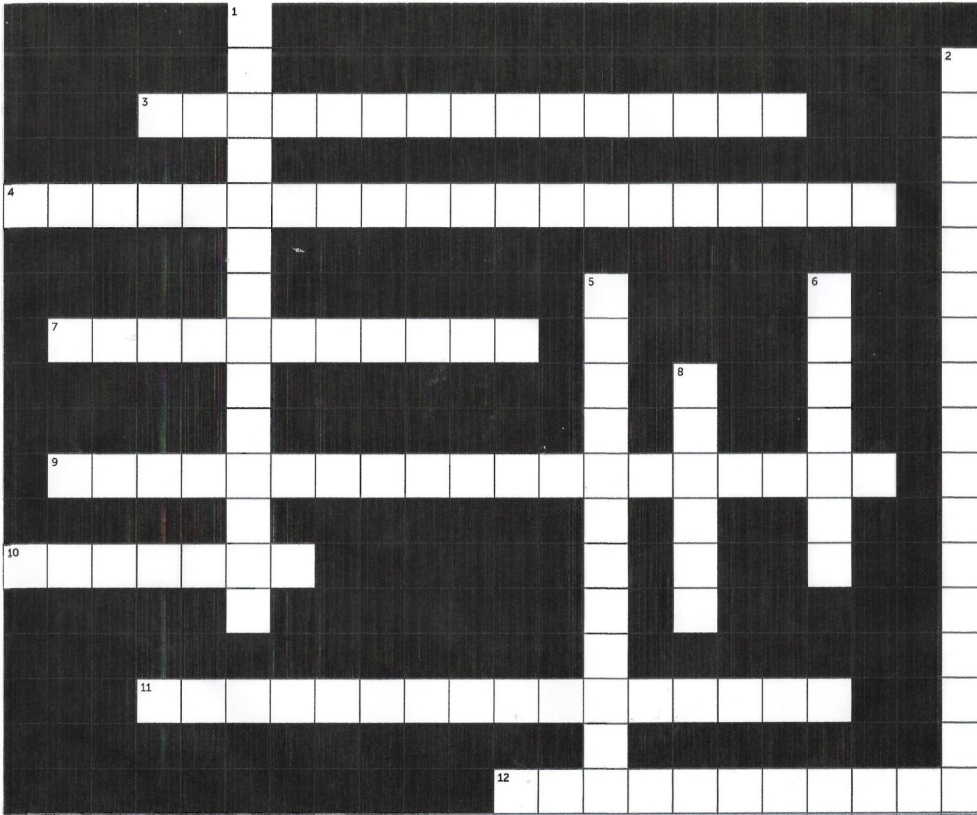
"I started to realize that simple things were just as effective as commercial cleaners," Rogovin said. "Lysol kills 99% of germs, other simple things can do the same thing."

Rogovin, who lives in Atlanta, said she found simple, natural ways to clean her home by reading books and researching online. She made a bleach out of baking soda, lemon juice and vinegar as well as replaced dryer sheets with wool balls after dotting them with a few drops of essential oils.

Rogovin said she no longer relies on commercial cleaners. "They claim they are safe for kids, safe for living in your house. What happens when you have long exposure to them?"

She is now on a mission to make her own cleaning products. Meanwhile, she buys Nature Kleen's all-purpose spray and lavender-scented scrub.

Solve For the Cleaning Tools We Use



The answers to this puzzle will appear in our next newsletter

ACROSS

- 3. Picks up dust
- 4. Used to clean floor
- 7. Picks up dust and dirt off floor
- 9. Used to clean flat surfaces
- 10. Shoe covers
- 11. Cloth with disinfectant properties
- 12. Used to get rid of buildup in showers

DOWN

- 1. Removes dusts and cobwebs
- 2. Wipes surfaces
- 5. Sweeps away heavy debris
- 6. Used to carry water
- 8. Hand protection

**KLEEN
TIPS**

When you are buying cleaning products, choose ones that are readily biodegradable, which means they break down easily. Make sure they do not contain chlorine, antimicrobials, phosphate, dyes, or artificial fragrances, and that they are safe for septic systems.

Often the food we eat can also become the tools we use to clean. And if they are safe for our bodies, then surely they are safe to clean our homes. Some of those foods include:

Vinegar— has a wide range of uses from drain cleaner to stain removal

Baking soda—can be used as an air freshener and bathroom cleaner

Cornmeal— can be used to clean stuffed toys

Lemons — can be used to remove odor as well as stain

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Our Products



Nature Kleen's long-lasting all-purpose scrub cleans, disinfects and deodorizes. Available in four different scents, it's great for cleaning sinks, tubs and toilets as well as tiled floors. It also gets rid of tough stains and grease on surfaces. It has no preservatives, so purchase only when ready to use.

The war against virus is not a new one. Keeping the spaces where we live and work clean have always been a necessary part of healthy living. But if you're interested in a step-by-step guide in cleaning your home without relying on the harsh chemicals in commercial cleaners, then this is the book for you. Packed with tips, recipes and helpful information, this book is an hands-on guide to cleaning your home and office naturally without worrying about the dangers of industrial chemicals to your health and the environment.



Made with 100 percent raw organic shea butter, raw cocoa butter, vegetable glycerin and essential oils, this moisture-rich sanitizer not only disinfects, it also nourishes your skin to keep your hands soft and smooth.



Made with essential oils, grapefruit seed extract, organic vinegar and plant-derived surfactants, Nature Kleen's multi-purpose non-toxic spray gets rid of dirt buildup in tubs and sinks, grimes on stove and counter tops as well as removes germs and soap scum on shower doors, scuff marks on doors, floors and walls. And it works as a disinfectant.



Purchase \$30 or more of Nature Kleen's green cleaning products and receive \$10 off your purchase.

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Made with 190-proof grain alcohol and essential oils, Nature Kleen's All-Natural Disinfectant spray is the perfect non-toxic disinfectant to kill viruses and bacteria on a wide range of surfaces.

Made with essential oils, purified water, organic white vinegar and a water-softening agent, Nature Kleen's glass and window cleaner cuts through buildup on glass. Shake and spray onto glass or window and wipe with a microfiber cloth.



8 Natural WAYS to Disinfect , Cont'd from p. 3

For the most power, find 100-proof vodka, pour some into a spray bottle to spray onto surfaces, let it sit for a few minutes and then wipe.

Lemon: Though less effective than vinegar, the juice of a lemon does help to reduce bacteria on surfaces. It can also be used to sanitize non-porous surfaces, get rid of alkaline stains such as soap scum found in bathrooms and shine oxidized metal.

Hydrogen Peroxide: Not only is hydrogen peroxide effective in killing bacteria by breaking down cell walls, like bleach it can also be used to get rid of mold and fungus outbreaks. It can also suppress a wide range of microorganisms, including viruses, fungi, and spores. According to the Center for Disease Control and Prevention, a concentration of 3 percent hydrogen peroxide can suppress rhinovirus, which causes the common cold, within eight minutes. It bubbles and foams as it kills bacteria. When the bubbling stops, the deed is done. Vinegar and hydrogen peroxide work even better as a duo, but do not combine them in the same bottle as mixing the two will create a harmful chemical.

Grapefruit Seed Extract: The active ingredient of grapefruit seed extract is made from the seed and pulp of certified organically grown grapefruit. The end

result is a powerful disinfectant that has antibacterial, antiviral, antiparasitic and antifungal properties. It is effective against an overwhelming number of pathogens including Streptococcus, Staphylococcus, Salmonella, E. Coli, Candida, Herpes, Influenza, parasites and fungi, according to metaefficient.com. It can be used to sanitize dishes, countertops and cutting boards and inhibit bacterial growth in pools and spas. Add 10 drops to a cup of water in a spray bottle and spray on surfaces.

Isopropyl Alcohol: A chemical substance that is diluted with water to create an effective cleaning solution, isopropyl alcohol in solutions between 60 and 90 percent alcohol with 10 to 40 percent purified water rapidly kills or stops the growth of bacteria, fungi and viruses. A 50 percent isopropyl alcohol solution reportedly kills Staphylococcus aureus in less than 10 seconds.

Hot Water and Soap: Water heated to 200 degrees Fahrenheit, not only eliminates tough stains and grease, it also gets rid of bacteria, germs, dust mites and other pathogens. Mix equal parts water and castile soap in a spray bottle and use this solution for daily sanitizing.



Microfiber cloths work great in removing germs, dirt, oils, grease, and other organic matter. The ones used for cleaning is called split microfiber.

According to the U.S. Environmental Protection Agency, when microfibers are split, they are 200 times thinner than a strand of human hair. They are more absorbent and can remove large quantities of microbes, including hard-to-kill spores, according to the EPA.

Just water and the right microfiber cloth can clean and disinfect surfaces. Made from synthetic fibers not treated with chemicals, they are durable and reusable, which means they can be washed numerous times without losing their effectiveness.

Microfiber cloths also work great as a disinfecting tool. They are positively charged, which means they are like magnets to dust and microorganisms. According to independent studies published by the EPA, extremely fine (.37 micrometer diameter) microfiber, with water and no chemicals, can remove up to 98 percent of bacteria and 93 percent of viruses from a surface.

Our Services

Kind Words

"My experience with Kimathi and Nature Kleen has very been very positive. She is very organized professional and punctual as well as reasonably priced and just the nicest young lady. I definitely like her concept of nothing but healthy organic natural and -safe for my pets- cleaning solutions and remedies. I feel lucky to have found her. I highly recommend her if you care about the health of any beings living inside your home. And if your vegan she's your solution," -
Barbara Hennig



Basic Cleaning—

For people who work full-time and need a little help around the home.

Phone:

678-790-8238

E-mail:

naturekleen@gmail.com

website:

www.naturekleenatl.com

Deep Cleaning—

For packed-in dirt or messes.

Commercial cleaning— An important part of operating a successful business is the maintenance of the office space so that it looks great for its employees, who spend an average of 40 hours a week there, and its customers who will want to come back if the place is clean and inviting. Having a hygienic office space is something every business owner knows is a necessity for employees to feel comfortable and think clearly and customers to feel welcome and safe.

Vacant House Cleaning—

For people who need a cleaning to prepare their home for sale. This cleaning includes the refrigerator, oven, baseboards, etc.

