



LIFESTYLE QUIXOTICA

TOILET BOWL CLEANER

Recipe courtesy of LISA FIORE

INGREDIENTS:

1. 3/4 cup sodium bicarbonate (baking soda, no aluminum)
2. 1/2 cup liquid castile soap, unscented or peppermint
3. 1 Tbsp. purified water (preferably SFA water)
4. 1 Tbsp. fractionated coconut oil or organic, virgin coconut oil
5. 1 Tbsp. organic white vinegar or citric acid
6. 1 tsp. FloraBiotica Synergy Powdered Probiotic
7. 5 drops lemon essential oil & 5 drops mint or peppermint essential oil

DIRECTIONS:

In bowl, combine baking soda, castile soap and water. Stir. Add vinegar and essential oil. The consistency should be a soft paste. Add the probiotic and additional purified water as needed. Store in airtight, glass container, with nozzle to pour or squirt.

Instructions to Use:

1 to 2 times per week, squirt or pour a small portion of batch into toilet bowl, on sides and rim. Scrub bowl with brush. Flush probiotic essential oil solution through the pipes.