



### 4

#### Clean and green

Eco-friendly cleaning services? We'd never heard about it until Colin Pudsey of **Green Cleaners** contacted us. "We only use non toxic products in our client's homes and offices. This offers a number of health benefits, such as, improving their indoor air quality, so everything they breathe in is much cleaner and healthier. It's hugely beneficial for everyone in the household/workplace, particularly those with allergies and asthma, pregnant women, children and pets. It's much healthier for the planet too!"

To enquire or to buy non-toxic cleaning products, contact Green Cleaners at tel. 6322 1479, or email: [enquiries@greencleaners.asia](mailto:enquiries@greencleaners.asia). Their website is [www.greencleaners.asia](http://www.greencleaners.asia)

How to be a greener home cleaner? Colin's suggestions:

#### Freshen indoor air

- Keep **windows open** as much as possible. This allows fresh air in and toxins out.
- Instead of using standard air fresheners, **try boiling cinnamon, cloves or favorite herbs**.
- Buy **indoor plants**, particularly broad green leafed plants, to help filter your interior air.

#### Use baking soda to

- Clear a **clogged drain**: Mix ½ cup baking soda with ½ cup white vinegar (be careful as it may bubble over when vinegar is added). Pour down the drain, followed by two cups of boiling water.
- Deodorize your **carpet or rug**: Lightly sprinkle baking soda over your carpet. Let it settle for half an hour and then vacuum.
- Deodorize your **dishwasher**: Simply sprinkle ½ cup baking soda on the bottom of your dishwasher before running a cycle.
- Deodorize your **fridge**: Place an open box in your fridge overnight to absorb odors.

#### Be careful with sanitizing hand cleaners

- The antibacterial and antimicrobial cleaners that many people think are necessary, especially during this H1N1 outbreak, don't clean hands better than **soap and water**, and also add to the risk of breeding 'super germs' - bacteria that survive the chemical onslaught and have resistant offspring.

#### Substitute with green cleaning products

- As the health and environmental impact of conventional cleaning products become more thoroughly understood, **alternatives are becoming available**. They clean just as well as their toxic peers and many of these products are also biodegradable, and made from renewal resources (not petroleum).

### 5

#### Management concerns

You might think your boss only cares about himself. Not true! A survey by the **Singapore Institute of Management** revealed that even with the downturn, 76 percent of managers interviewed placed more importance on showing good career leadership than attaining personal career advancement or getting higher salaries. As for good health, work-life balance and passion for work - 80 per cent deemed these even more essential than power or money. Pragmatic Singaporeans know that without good health and relationships, we have nothing to live for.

