



# Clothing Detergent

## Ingredients

- 1/2 cup shaved bar soap (Dr. Bronner's castile bar soap is my go-to—pure and simple)
- 1 3/4 cups borax
- 1 3/4 cups washing soda
- 1/4 cup food-grade citric acid
- (Opt): 1/4 cup oxygen bleach for a whitening boost in case of stubborn stains

## Directions

1. Shave the bar soap into fine flakes with a grater.
2. Mix all ingredients together well for several minutes
3. *Option:* Blend ingredients in a blender or food processor to make a powder that dissolves easily - even in cold water. Just make sure to let the dust settle before removing lid off your blender or food processor so you don't inhale the fine particles)
4. Use 1 Tbs for a small load, 2-3 Tbs for large or heavily soiled loads.

## Notes

- Feel free to Dbl the recipe
- Store in covered container with small scoop.

## Bonus Tips (Wise & Wild Style)

- **Soft Fabrics:** Add ½ cup distilled white vinegar to the rinse cycle—softens, brightens, and kills odors.
- **Move It:** Sweat 3x a week with my Peak Performance or Stretch Classes to flush toxins—clean body, clean clothes.
- **Nourish:** Clean and nourish from the inside out with GAPS or Nourishing Traditions foods from my Wise & Wild Way—Foods as pure as your laundry.

