

The Stuart News

SCRIPPS TREASURE COAST NEWSPAPERS

'The Healthy Housekeeper'

Laura Dellutri offers stress-busting cleaning tips

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She's blonde, she's beautiful, and she's the sworn enemy of dust bunnies and ground-in grime. She's a genie in a bottle offering up "secret" advice on how to make your home clean and healthy. Say goodbye to soap scum, pet stains and allergens. Laura Dellutri, *The Healthy Housekeeper*, is here

to tackle all those nasty cleaning problems for you.

On her way north to a hardware convention, this mother of five stopped on the Treasure Coast to promote her new book, "White Couch With Kids?! Minding Your House Without Losing Your Mind." She provided us with "stress-busting" cleaning tips for a number of housekeeping challenges.



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INK STAINS

Hairspray will take out ink but there are now professional janitorial products that remove ink, wine, coffee and gum. You can get these online.

GRILLS

The new grill cleaning kits are great. Magic American's barbecue grill and restoration kit has a cleaner to remove everything off the grate and a shining product to use on the stainless steel to make it look new. Also, buy reusable Vigiroda grill sheets. You just spray them with Pam cooking spray, then wipe them off.

GARBAGE DISPOSAL

Don't throw lemons down the disposal. This doesn't work and you are leaving food products behind. The odor comes from bacteria. The best thing to do is put an ice cube down the disposal and run a little water down the drain. To get the grunge out, put in a little Disposal Magic once a week and it will sanitize and clean the rubber and blade.

OVENS

You will never have to clean your oven again if you put down the new oven liners. They are \$9.99 at Bed Bath & Beyond. Just slide them under the coil, throw it in the dishwasher and wipe up any splatter with a paper towel.

BATHROOMS

I recommend you do a one-time deep cleaning, and after that you should be able to do your bathroom in five minutes a week with one cleaner. For soap scum, use a 4-inch putty knife then spray with Mr. Clean multisurface power cleaner. The goal is to get down to two products. Use lemon oil to clean shower doors. If you use Holloway House Lemon Oil once a month, it will repel water for up to two weeks. For fungus like black mold in grout, use full-strength hydrogen peroxide and let it sit three to five minutes then agitate with an old toothbrush. You can also buy grout white for \$5 to bring back the color.

SPOTS

Use ice-cold water. Everyone says "club soda," but the reason club soda often works is because it is cold. An ice cube and cloth are your first defense against any spot. I also like the little sticks that pre-treat stains before washing.

LAUNDRY

The new love of my life is my front-loading washing machine. It's a high-efficiency Frigidaire that uses 70 percent less water than regular machines. It cleans better because it has a wash plate rather than a ring, which can tear up clothes. It saves water, saves energy and helps the environment. It costs a little more but in the long run you will get your investment back. You have to use high-efficiency detergents with these washers. I like Tide HE. It creates fewer suds and helps with machine longevity.

PETS

There are two problems when it comes to pets: pet hair and pet messes. When it comes to getting pet hair off clothing, use Bounce sheets. For the carpet, a Shark Infinity Vacuum has a pet care system that sucks up pet hair like crazy, even off hard surfaces. It never loses suction and costs about \$200. Spray Febreze allergen refresher to reduce cat and pet hair by 70 percent. Spray it on furniture, carpets, everything. For pet accidents, remember never to use vinegar. You are just putting a stinky smell on top of a stinky smell. First, put a towel on the spot and step on it to take up the moisture. Then clean with a mild dish detergent mixed with cold water. Put a towel down again. Next, I use an enzyme cleaner (not a carpet sprayer) to neutralize and digest all the bacteria that causes odor. Get a syringe from the drug store, fill it with the enzyme cleaner and inject it into the carpet pad so the smell doesn't stay in the pad. If the mess is really bad, you may have to blow dry the spot under the pad to prevent mold.

www.healthyhousekeeper.com