



10 Minutes For The Planet

Green-up with some DIY - Part 2©

by Valentine Rinner

Vocabulary & pronunciation study by Catherine Balter Kendall©

Words are explained alongside the text

Stressed syllables are underlined and in bold*

Hello everyone and **welcome** to this week's episode of 10 minutes for the Planet. This is the second episode of the **DIY** series on everyday-solutions for **greening-up** your lifestyle. Our topic **today** is **laundry** detergent.

Detergents and more generally **household products** are much less regulated than cosmetics and food. However, we are constantly **exposed** to them. We eat with dish-soap cleaned **cutlery**, we wear and sleep in detergent washed **textiles** and our whole interiors are **covered** with an army of products we use daily but that we aren't truly familiar with. It isn't mandatory to put the composition of household products on the **label**. Some manufacturers refer you to their websites, however they generally don't make it easy **to puzzle out** exactly what the products are made of. **Instead** they surf on the **current** bacteria-phobia and **market** the products simply as **crucial** cleaning agents.

Some **NGOs** and consumer groups have done tests on the composition of household products and the **results** aren't quite as clean as we think they are, even the so-called "green" selections and **brands**. You may ask yourself how can a cleaning product not be clean? It's very counterintuitive... they do indeed track the most resistant bacteria, hide persistent **smells** and **dissolve** fat. Yet most generic products today also contain a whole **range** of **toxic** substances that stay in the air or on surfaces and are **harmful** for our health, for the environment and usually for our **wallets** too. By **hunting** the dirt we bring in the toxicants.

There are some labels which authenticate real green

DIY (acronym) Do It Yourself)
decorating, building,
repairing things at home

greening up (n.) making
more ecological

laundry (n.) washing

household (n.) for the home

cutlery (n.) knives, forks and
spoons

to puzzle out (phrasal vb.) to
try to understand sth,
complicated

NGO (acronym) Non-
Governmental Organization

brand (n.) a product
manufactured by a
reputable company under a
particular name

smell (n.) odour

range (n.) variety

harmful (adj.) dangerous

wallet (n.) a folding case for
money, especially bank
notes

to hunt (vb.) to look for

detergent, however for those of you who wish to make the transition **towards** a greener lifestyle, making your own detergent is an easy first step. Making your own **laundry** detergent has multiple benefits. It's **inexpensive**, very quick and easy and you can **control** which products you use. It also works just as well and it's great for **sensitive** skins.

In just a few **minutes**, you can make **enough** laundry detergent to last a few months. The basic ingredient is pure Savon de Marseille, the **genuine** one that is, be careful of **fake makes**.

For 3 litres of detergent you start by cutting out or **grating** 40 grams of Savon de Marseille and melting it in 1 litre of boiling water. Use a whisk to mix up the blend. Once the soap is completely melted add 3 tablespoons of **baking soda** and 3 tablespoons of white vinegar. Let it cool down and **later** add 1 litre of lukewarm water. Whisk well. Once the **mixture** is cool again and before transferring it to the final container, mix with one last litre of cold water. At this point you can add a few drops of essential oil to give a slight **scent** to your clothes. I personally really like the smell of **lemon** or verbena essential oils. Use your favourite one here, it's your turn to be creative!

Pure Savon de Marseille usually makes a detergent with a really **smooth** texture but with other types of soap the final product could have a few **solid chunks** in it. In this case simply put a **marble** in the container and **shake** it before use.

So bye everyone, happy experimenting and detoxing to all of you! And see you next week for a new episode of 10 minutes for the Planet.

inexpensive (adj.) cheap

sensitive (adj.) delicate

genuine (adj.) real

fake (adj.) false imitations

make (n.) brand

to grate (vb.) to reduce into fine pieces

baking soda (n.) bicarbonate of soda

slight (adj.) delicate, not strong

scent (n.) perfume

smooth (adj.) regular, free from lumps

chunk (n.) piece

marble (n.) small glass ball, usually a child's toy

to shake (vb.) to move vigorously in one's hand

***Tip!**

Syllable stress can help us to understand spoken words.

Let's take the words 'install' and 'installation' as an example.

First count the syllables : 'in.stall has 2 syllables, 'in.stal.la.tion' has 4 syllables.

Syllable stress is when you say one of the syllables slightly louder and with more emphasis.

So in this example we say : **install** and **installation**.