



Gardening Naturally:

The Art of Soap Making
BY GARY LOCHTE

So, why would a column dedicated to gardening naturally include an article describing how to make soap at home? The answers are many.

If you are growing some of your groceries in your garden, you know the health benefits of eating healthy.....hopefully you are growing Non-GMO produce, avoiding toxic bug chemicals, and avoiding artificial fertilizers.

If you are eating clean, your body rewards you and you look and feel better and better. Let's add to "healthy eating" the concept of drinking non-fluoridated water and other chemical soups.

That said, why minimize all the healthy gardening efforts by washing your body with chemical laden "corporation" soaps and cleansers?

Just look at the list of chemicals found in most "grocery store" body soaps:

1. Sodium Lauryl/Laureth Sulfate
2. Dioxane
3. Parabens
4. Propylene Glycol
5. Diethanolamine or DEA
6. Synthetic Fragrance (a nasty chemical soup)
7. Triclosan

Bottom line.....these chemicals are all toxic. And, their toxic effects are cumulative. And ladies, they cause your skin to age prematurely. Is that OK with you?

So the question is.....are the ingredients in home-made soap any better for you? What about so-called "LYE" soap? Well, the truth is, there is no caustic Lye in Lye soap. During the home-made soap making process, saponification causes the Lye to convert form and it becomes 100% harmless.

Misnamed lye soap was demonized in the early 1900's by corporations like UNILEVER, PROCTOR AND GAMBLE, and the like. They needed an angle to persuade Americans to buy their products, so they fabricated the dangers of Lye. It was a successful campaign. Just look at all the soap products available at major retailers today. How many chemical soaps do you have in your bath closets right now? You've bought into their "high profit" schemes, and their seriously harmful products. It is time to take action and learn to make your own, beautiful and healthy soaps at home, and here are a few tips.

First, please go to a 'free' online site that is extremely helpful for calculating ingredient quantities. The site is:

https://www.thesage.com/recipes/recipe-exec/.State/ListRecipes/cat/Bar_Soaps/

This wonderful site gives you all the help you could ever need in making incredibly high quality soaps at home.

Also, a long time friend of mine has a channel on YOU TUBE which teaches you wonderful methods of growing groceries in your greenhouse. His YOU TUBE channel is GROWYOURGREENHOUSE. He also posted a wonderful video describing how easily you can make healthy soap at home. Follow this link and view this video on YOU

TUBE which simplifies the soap making process at home.

Here is the link: [youtube.com/watch?v=BLapCdkYGj4](https://www.youtube.com/watch?v=BLapCdkYGj4)

Here is an ingredient list which you can use to make an amazing Goat's Milk soap. This delicate soap produces an abundant, silky lather, and produces an amazing and healthy soap for your family.

1. Almond Oil 4oz
2. Castor Oil 2oz
3. Grapeseed Oil 12oz
4. Olive Oil 14oz
5. 10oz Goats Milk
6. 4.09oz Lye
7. 1oz Orange Patchouli Oil (natural fragrance)

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GOAT'S MILK SOAP

*Goats Milk Soap has a creamy smooth texture
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Ingredients:
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