

stanleybecker

I have become less paranoid about germs the older I get - keep your immunity strong by exercising the natural defenses against germs - sterility is the opposite - like trying to second guess the immune system - washing mania and germophobia are "fears" inculcated by consumer pressure to buy more chemicals - this must stop - learn to "ride the tiger" and get relief from the stress of germ phobias at the same time

Posted On 08/18/2017

ChrisColes

Agreed! Yes, occasionally, I have had a sponge smell, but only once or twice and then, yes, it was indeed necessary to do something. But overall, all the bacteria in my humble home are related to those I host internally; we live in a symbiotic relationship with our surroundings.

Posted On 08/19/2017

Acroyali

I don't use sponges but have used dishcloths my entire life. Whenever I feel a cleaning is in order, I fill the sink up with water (about 3 inches), add some white vinegar, toss the cloth in and walk away and leave it soak. When I need it next, I simply drain the water and wring it out.

I would go crazy trying to keep a sterile living environment. There are people in and out all the time, dogs and cats flying in and out of the yard (sometimes at warp speed as the youngsters seem to fancy themselves a likeness of Superman), and mud and dirt tracked in. I do enjoy a clean house, but sterile-clean not so much. When something is sterile clean we're afraid to touch it, use it, or (in the case of a house) to live in it.

When I clean, we use white vinegar, essential oils (carefully selected and used as we do have kitties) and occasionally murphy's oil soap because it just smells so darned good and is safe to use around cats. My neighbor has been toying with making cleaning products and I'm surprised at how far things like baking soda can go, and what an excellent job it can do. We skip the Lysol and other things, and in the case of making and packing raw pet food (which can render the kitchen a disaster depending how much I'm working with) a spritz of Melaleuca's sol u guard disinfectant does the trick.

I remember being a child and the friends I would visit that had parents who were too busy raising kids to worry about a sterile environment had kids like myself. We were active, hardy, spent a lot of our lives outside and teaming up with their neighborhood kids for games and camp outs. We got dirty and muddy. The friends I'd visit who had parents who would freak if you got dirt under your fingernails or hovered around the door to make sure our shoes were removed before entering the house had sickly kids, period.

Posted On 08/19/2017

iamblessediam

Yo Acroyali...your last sentence reminded me of that lady in the Ortho TV commercial all dressed up in white - I mean - OMG - nooo waaay I'd want to be around that lady for more "reasons" than one;-))))))! Every time I see that commercial I think "lady you need to get a life" and learn to love your bugs - this song comes to mind: [www.youtube.com/watch]. Be well my friend! LBP!

Posted On 08/19/2017

seg

Bechamp vs Pasteur, this article might help to clarify the germ "theory" of disease..What it boils down to is the Terrain or Le Terroir..Even Pasteur on his death bed admitted his theory was wrong, but the industry still continues this day to recommend Pasteurization which eradicates most if not all of the enzymes and goodies in milk and other products..This garbage process should only be used for CAFO's , which in itself should be disbanded completely, rendering Pasteurization obsolete !

www.superlife.com/pasteur-bechamp-germ-theory

Posted On 08/19/2017

iamblessediam

Yo seg...excellent article link! That article supports my "posit" that most diet guru doctors don't fully understand Hippocrates sage advice ~ "ALL disease and healing BEGINS in the gut." During an interview conducted by Dr. Rhonda Patrick and the Dr(s). Sonnenburg, Dr. Justin said gut bugs "manufacture 'unique compounds' that's little understood or researched BUT should be." That Dr. Justin observation got my attention for two reasons; first, the statement "imply's" bacteria have "independent" intelligence and second, they possess a communication skill set - both of which function outside and independently of human awareness [conscious thought]. After that interview, my perception of an appreciation for the "microbial population" in general shifted! That shift is the premise of my comment response to "jophda" - we all need to learn how to USE bacteria and yeast(s) to maximize our human physiology! Have a great weekend - be well my friend! LBP!

Posted On 08/19/2017

Krofter

Stan - Use it or lose it (immune system).

Acroyali - For four generations my family has never used sponges. Instead we use 'dish rags' and 'wash rags' and toss them in the washing machine on hot and hang them in the cleansing rays of the sun to dry. This is why sponges are not allowed in the restaurant business but 'rags' are.

Seg - It's hard to believe that conventional germ theory came about because Pasteur was the better salesman and had better connections. Capitalism.... Fortunately many French dairy farmers knew Pasteur was wrong and continued to make raw dairy products from cultured microbes in their cheese shacks up in the mountains. To this day some of the best cheese in the world is still made in those shacks, which of course would not come close to passing inspection in the US. Those shacks are home to countless beneficial microbes, leaving no room at the inn for bad guys. Try explaining that to a US dairy inspector.

Posted On 08/19/2017

stoic

nah...it's use it *until* you lose it. capitalism's your misdiagnosed clotted, left in, surgical sponge, kroft. capitalism's the microbiome, the mycelial network, the heart, lungs & blood. basic-est biology. mercola's a capitalist. me too. ahhhh, sweet life! (the hummers who drop into my bed & breakfast are capitalists, too. nectar currency, value for value, we trade.... ☺)

Posted On 08/19/2017

stanleybecker

seg et al - pasteurization is a fancy word for BOILED - boiling milk kills the life of the substance boiled in this case MILK - why do you insist on using the weasel word that carries Pasteur's name

Posted On 08/19/2017

Krofter

stoic - Having trouble connecting the dots between Monsanto and the microbiome... products of the former kills the latter. I sell my farm products at farmers markets... value for value's a good thing.

Good value here on this site. But I don't know anyone who has gotten a good return from Pasteur and his cronies. Quite the opposite actually... lots of health issues due to eating pasteurized dairy products.

But it seems that's what much of capitalism is about these days... make a buck any way you can and the consequences be damned. Look where that has gotten you and I.... trying to heal ourselves from the downsides of Pasteur and his cronies form of capitalism by using a site with a value for value form of capitalism. Never said I was against capitalism... just don't like the way many abuse it.

Posted On 08/19/2017

stoic

monsatan isn't capitalism, kroft. a capitalist goes to washington – poof! – he's no longer a capitalist. scientist – same thing. capitalism, among other things, means competition. so does science. govts are about putting in fixes – the opposite of competition - & then “patenting” them, one way or another. competition corrects. color of law cements. & cement overcoats, too. cronies are nothing absent gov cudgel, power of magic word pens, color of law.

i am, you are, mercola is – now that he's no longer “practicing medicine” – capitalists. gov back room dealers are anything but. and referring to them as capitalists, however prefixed\modified, disservices capitalists, laughs at liberty, cuckolds competition. worst of all, misdiagnosis guarantees rx's worse than the disease.

things do continue to worsen, and this refusal to accurately diagnose is why. capitalism ain't easy. new business failure stats have always been high. a few of mine never succeeded. easy sells better to most. easy – via color of law, instead of competition – is synonymous with corruption. and easy prescriptives to previous easy prescriptions just doubles down, degenerate gambler style. it doesn't work because, mathematical certainty, it can't.

Posted On 08/20/2017

Lisabhappy

I switched to natural types of dish and laundry soaps, quit using softener and dryer sheets, using vinegar in my rinse water instead and got this wonderful side effect- my dish cloths do not get that stink smell, ever! And my laundry does not get stinky when it may get forgotten in the washer for a few days! Very cool!! Also since not using dryer sheets or softener, my bath towels are very noticeably more absorbent! Just a note, I do not use bleach anymore either.

Posted On 08/19/2017

melissawl

I agree with you on getting rid of the softener and dryer sheets. I got rid of those so long ago because the dryer sheets were leaving a film (noticed when taking the clothes out of the dryer) of some sort on my clothes which I didn't like. I've never heard of the vinegar ... thanks for the tip!

Posted On 08/19/2017

Acroyali

I'm glad to see I'm not the only one who has had great luck using vinegar for most things! I hated dryer sheets before I knew better because the fragrance was just way too much. When something is clean, it should smell clean, not perfumed!

Posted On 08/19/2017

IDPam

Lisabhappy, I too dumped the dryer sheets and softeners years ago. Cheap white vinegar works great. I just put a glug or two in the rinse section of my washer. I have an HE machine, but it has worked just fine. I have three wool dryer balls in the dryer. I usually put a few drops of essential oil on each one, lavender being my current favorite. It leaves a fresh scent, not strong or flowery. I have a small container of bleach on hand in case of an emergency, but I haven't used it in a year or more. Also I use an old Shark steam cleaner on all of my floors. Vacuum and steam mop with plain water is all I need, even with a dog in the house. I try to keep things clean, but don't worry about sterile. I don't have a 3 second rule in my house. Hell, I am an old lady and it probably takes me even longer than that to reach down and pick something up from the kitchen floor once I find where it went. If it is not important, I call the dog and he gets a treat. Otherwise it is mine and may or may not rinse it off. I am 73, and the only tummy trouble I have had in many years was from over estimating my abilities when I first started taking MCT oil that Dr.M. recommends. When he says to increase the dose slowly, he means really slowly! :->)

Posted On 08/19/2017

mar6915

a few drops of either lavender oil or the grapefruit/lemon/lime combo in the rinse cycle a drop of t tree perhaps (turn washer off & leave soak a little). dry time never toxic sheets and such as I Always hang up the wash in the sun and wind to dry. depends on what climate you live in to do that.

Posted On 08/20/2017

jophda

Trying to be germ free and keeping the kitchen sterile is impossible and would not be good for your health . Children do better when there is a dog in the family and better again if they live on a farm .East Germans had lower levels of allergies than West Germans after only 40 or so years of seperation .This I read was due to the lower level of sanitation in East Germany . During almost all our evolutionary history there were no refrigerators, no dishwashing machines, no hand washing facilities ect . Our ancestors survived .

Posted On 08/19/2017

iamblessediam

Hi jophda -- Your first sentence says it all in my book! "Germ phobia" is is a misnomer when one realizes that human physiology is premised on the symbiotic relationship(s) between bacteria and yeast(s) optimizing cellular function(s). Case in point are "extremophiles" - a "class" of nano-scaled beneficial bacteria [probiotics] - that biophysics/electrophysiology research is just now finding and trying to determine the many "roles" extremophiles play in in every major organ system in the body - interesting short read on what the discover - Japanese professor, Teruo Higa - eventually called effective microorganisms [EM]: [www.dancingwithwater.com/articles/articles/beneficial-microbes-for-wat..]. The many "uses" of effective microorganisms [EM] - "extremophiles" - can be seen in this short video: [www.youtube.com/watch]. I use a "class" of effective microorganisms [EM] - "extremophiles" - in my structured water process called QELBY - here's the patent abstract link - notice the "benefits" outlined: [patentscope.wipo.int/.../detail.jsf] and EM1 for the other "purposes" outlined in the video. Bacteria and yeast(s) are necessary for humans to maintain optimal health - we just have to learn how to use them! Be well! Love, blessings and peace!

Posted On 08/19/2017

carfash

When my mother was alive, she used a dishcloth, never a sponge. Replacing it everyday and washing the dirty one seemed to be the way of old. Notice that no alternative was given for the sponge.

Posted On 08/19/2017

Julianne

I don't use sponges, but rather keep two microfibre cloths - one for dishes etc, one for yucky spills. They last well over a year, then get relegated to the laundry for floor duty. I wash in boiling hot water often, microwave occasionally and bleach rarely. I haven't been sick for years - no colds, flu or tummy bugs. One thing I am careful with is hand washing whenever I have been out of the house. Other than that I don't fuss about being over-hygienic.

Posted On 08/19/2017

potroast61

stanleybecker I am aware of the Sanitize/Clean Cycle. I suppose that the Cold Water Wash works for you. That's great. I work in the Food Service industry (Chef) and food Soils, Grease and Perspiration are issues in my laundry that Cold Water simply won't work to dissolve grease etc. Years ago they said you were meticulous if you went on about things. I guess these days I fall in to the OCD category where I just won't wash my Boxer shorts with my Kitchen Towels without them being properly sanitized.

And... I wonder how many people actually ever use the Clean Cycle. I have noticed more and more over the past few years that People wearing (what they think) are clean clothes have a "Sour" or mildew odor to them. Most detergents these days just mask the smell by making the clothes laden with scent where I cannot stand that. My clothes have to be clean and fragrance free. I once read where a "Household Hint" was to take dryer sheets and rub them on your skin for Mosquito repellent. YUK !!!

Posted On 08/19/2017

wr7476

We use natural sponges that we regularly clean with white vinegar. There have been no noticeable problems for us.

Posted On 08/19/2017

prosilver

White vinegar (10%) kept in a ketchup squirt bottle on my sink is used for many things. Keeps the sponges odor free and stainless steel cookware shiny.

Posted On 08/19/2017

pennydrucquer

Sponges have been banned in commercial kitchens for decades! Why use a sponge at all? I've used hand-knit cotton dishcloths that dry really quickly when dangling from a hook and they NEVER get smelly!

Posted On 08/19/2017

9ellie1

I made the mistake of buying Dawn Dishwashing Liquid and it made my sponge and rag smell really bad. I wonder what's in that stuff. Never do that again! Also, we ferment a lot of things so our kitchen is full of good bugs :-)

Posted On 08/19/2017

veggiemystic

I soak my sponges and brushes in Food Grade Hydrogen Peroxide. I have a jar by the sink filled with HP. Everything just rests there.

Posted On 08/19/2017

seg

That is very wise...No need to support companies that manufacture diseases and ill health period..

Posted On 08/19/2017

potroast61

Not to go too off topic, but washing your clothes in cold water is just plain nasty. Cold water will NOT dissolve body oils. Mostly everyone today has front load washers and they are just a cesspool when continually washing in cold. I have had a front load machine for 7 years now and never had a mold or smell issue. Whites get washed in HOT water. Colors in Very Warm. Vinegar in the last rinse. Other things which encourages Mold, Mildew and Odor are Liquid Detergent and Fabric Softener. They build up on the internal parts of the washer and without hot water or occasional bleach it just festers. And when you buy Liquids, you're paying for water. You are much better off buying Powders. They clean better and weigh less.

A far as sponges go, I run my spongers through the dishwasher everytime I run it. I always use the High Temp options. Works for me. And I do agree with most that we have just plain over sanitized ourselves and that's why so many poeple are sick. Between all the toxins in Food, Water, right down to Body Washes and Shampoos, You really have to be so careful about everything these days.

Posted On 08/19/2017

melissaw1

potroast ... thanks for the tip on not using the cold water. I hadn't heard about that before. I have been using cool water. Plan on switching water temps next load that needs to be done. I can't stand fabric softeners either ... stopped using them years ago because they left a film/residue on clothes when I took them out of the dryer. Same with Febreeze or glade or anything like that. I will never ever use any of those.

Posted On 08/19/2017

stanleybecker

potroast - the wahing machine manual that comes with the machine advises a high heat wash without clothing [empty] - this will clean the machine - I also often give a further rinse after emptying the wash to clear out any residual water - I always wash with cold water to save electricity and extend the life of my clothing and prevent color fades

Posted On 08/19/2017

grulla

"stanley" et al, I too wash with cold water in an outdoor washer, unless my drinking grade garden hose has preheated the water in the sun. Living full time in a vintage 33', 1974 Silver Streak RV travel trailer as a small mobile home since 1984, there is no room to install a washing machine indoors. Ten years ago, we ordered a simple replica Speed Queen (Home Queen), top loading wringer washing machine (made in Saudi Arabia) from Lehman Hardware.

This unit is very basic and simple with an easy to clean stainless steel tub and plastic agitator, and no internal plumbing and mechanisms (to freeze outdoors) other than the below electric motor (available in 120volt 60 HZ, 240 volt Euro 50HZ or American 240 volt, 60 HZ according to the factory manual).

The dirty water is drained by simply lowering the rubber drain hose down to ground level. I never use the wringer mechanism, just the tub agitator, and hang my clothes soaking wet out on the line where they dry quickly in the hot NM sun. Lehman no longer stocks these units, but supposedly can still special order them (links), and they also make parts and used/reconditioned washers available, call for up-to-date info.

www.thebalance.com/where-can-i-find-a-wringer-washer-1387948 Subtitle: Where to Find a New Wringer Washer

blog.simplelivingmadison.com www.automaticwasher.org/.../TD-VIEWTHREAD.cgi

www.lehmans.com/product/lehmans-own-laundry-hand-washer-with-wringer/l..

Posted On 08/19/2017

warriormom

There's a new kind of sponge out now that never smells, and I can testify it doesn't. It has a happy face on it 😊 I also use Young Living Thieves cleaner mixed with white vinegar(half cup Thieves, cup vinegar, the rest water in a spray bottle) for all my kitchen cleaning. I pour a little down the drain and run disposal. When I travel I take Thieves and pour a capful in with the wash. I use the oil straight on a Dr. Mercola dryer ball to avoid other's bacteria in the washer. It smells great and no chemicals!

Posted On 08/19/2017

19beets

To microwave or not to microwave? The article indicates, "Microwaving or boiling [the sponge] will wipe out a significant number of the bacteria, but those said to be cleaned regularly did not have any fewer bacteria than the ones that hadn't been cleaned at all," but then shares that the Dept of Agriculture reports over 99% of the bacteria are removed by microwaving.

Posted On 08/19/2017

always_learning_more1

I quit buying the sponges in the market place. I have purchased a bag of natural sponges in Florida at the sponge docks that came in from the sponge divers. I will tell you, what a difference. I don't know about if they hold the germs or not like the synthetic ones but I can testify to the fact you can use them over and over again and again and they don't hold any terrible smells like the synthetic ones. They work so much better and I even have some for my face. Different sponges and types work for different things. It's worth the trip to Tarpon Springs to learn about them. I only dispose of them when I have worn them down. I just feel better about using them. Dr. Mercola, maybe you can find out about the difference between the natural ones and synthetic ones in regard to the germs it may or may not hold. I just have a feeling they might be a lot better. I put my dish scrub brush in the dishwasher to keep it clean when I wash dishes, I don't see why I can't do the same with the natural sponge. I have never thought about doing that as I just use the dish soap with it to clean it every so often or when I wash dishes by hand.

Posted On 08/19/2017

DannyBoy62

This same article ran in Food52 magazine and it's just more Fear Porn! Use common sense and keep a clean clutter free kitchen. I consider my sponge as the kitchens probiotic! How many cases of sponge related casualties have you heard of lately? Probably NONE! Anyway, that article was prompted by the Sponge Industry!

Posted On 08/19/2017

Maritt

Agree! I was also quite surprised to read this article here.

Posted On 08/19/2017

leandog

I wonder if those sponge testers cleaned those sponges good before boiling them. Maybe it's just me , but it's hard to imagine those little critters living through a ten minute Hard rolling boil and a day in the burning sun to dry before returning to active duty.

Posted On 08/19/2017

swede52

I've been using sponge clothes that I buy when in Sweden. They're available in the US from "If You Care" natural products. You can toss them in the washer (no bleach or softener) up to 390 times! They're super absorbent and don't seem to ever get really smelly. Best of all, they're biodegradable so you can toss it in the garbage or the compost heap. I've bought them here but I can get them cheaper in Sweden and a bigger package. I give some to family and friends or at church. I haven't used regular sponges or dishcloths for years.

Posted On 08/19/2017

mar28781

By chance, i read this before visiting a Crate and Barrel store. They were selling silicone dishwashing spinges, a separately selling scratchy clothes that could be used for scrubbing and then washed clean. I picked both up.

Posted On 08/20/2017

Jim Pitre

Just put the sponge in a high-temperature dishwasher once or twice a week and voila, no smell, and I suspect very little bacteria

Posted On 08/19/2017

alldoc1

If we are thinking Paleo and healthy micro biome, sponge bugs don't fit into that diorama. On Amazon you buy an A2Z ozonator for \$70, fill your sink up part way, drop the ozone ball in the water and let it run for a few 20 minute cycles. You can use that activated water to clean around the kitchen, dipping and squeezing your sponge in it as you go. If you have mineral rich water, maybe longer ozone cycle. If you don't think that Ozone is potent, lay the ball on a colored towel and let it run for a few cycles.

Posted On 08/19/2017

ohneclue

I mix a 10% bleach solution (remove 6 ounces water from a gallon of distilled, replace with 6 ounces bleach - 10% solution, mark as such and save) and spritz it on counter tops (don't wipe dry, let it dry by itself), spritz sponges to capacity and let it dry, etc. etc. etc. I spritz areas of accidents on carpet, floors and let it dry, door handles, computer keyboards and telephone pads as well. The key is to let the dilute bleach remain on the surface and air dry so it will kill the germs but not destroy the material. I have used it on clothes as well.

Posted On 08/19/2017

dauidle

To help protect my kitchen counter, I put wax paper on them when I am going to prepare meat such as ribs. Then I clean them afterwards.

Posted On 08/19/2017

Jennycat24

If people can't tell that this "That nasty dirty-laundry smell is often caused by these bacteria, as is the mildew-meets-microbe odor you may smell the moment you walk toward your kitchen sink. " is a huge signal to clean with hot soapy water, rinse and dry surfaces, cupboards etc, then evolution does seem to be going backwards!

Posted On 08/19/2017

nita44

Sometimes it might be the garbage disposal that causes the smell. I use citrus peels to clean it out and make it smell nice.

Posted On 08/19/2017

llk1045

I soak mine in bleach and a hot water mixture for 30 minutes. You can microwave it too with this process for added benefit. A vinegar soak may work we too.

Posted On 05/22/2024

zenalpha

I remember a local TV station doing a test on seeing what would kill stuff on a sponge, and the only thing that worked was to leave the sponge in direct sunlight. But maybe my memory was wrong. Someone should verify this.

Posted On 05/22/2024

JudyCharl

I've completely ditched sponges and have replaced them with 100% cotton hand knitted dishcloths. I get a fresh one each day, and in the evening, the used one goes to the laundry. They're easy to bleach if needed. I feel much better about this method than leaving out a wet sponge and using it for days on end.

Posted On 05/22/2024

sst

I soak my sponge cloth in sodium bicarbonate solution (a tablespoon in a cup of room temperature water), which removes the oily residue completely.

Posted On 05/22/2024

Dar6416

I use a clean washcloth every time I do dishes.

Posted On 05/22/2024

pjucla

Dump your shower sponge too

Posted On 05/22/2024

DhyanMarga

I can't stand microwaves but boil my sponges & dish cloths with detergent and alcohol disinfectant. The water turns such a yuck colour, fascinates me every time Old ones I put in the bottom of flower pot to cover the whole but really I've got to stop using them. Totally against my beliefs. Like the idea of cotton knitted cloth except they take so long to dry and smell quickly. Like the idea of a fresh one daily & I love knitting!

Posted On 05/22/2024

ela3783

I use mostly a brush and sometimes if need be I use a green colored synthetic mesh cloth for dishes I bought from dollar store . Each dishwasher cycle I wash the cloth. If the stains remain , I spray peroxide or do a baking soda scrub then hang it dry . No odor issues

Posted On 05/22/2024

WillieBe

We use Norwex Enviroscrubs and cleaning cloths. Threads of silver are woven into their fabric.

www.norwex.com/.../dishwashing

Posted On 05/22/2024

EG2021

I buy sponges in bulk , and change them often - maybe every 3 weeks or so .

Posted On 05/22/2024

DhyanMarga

Just think of the micro plastics you contribute to the environment, landfill! Sorry!

Posted On 05/22/2024
