HEALTHY TIPS

Learn How to Remove Mold Naturally, Safely & Permanently

By bestfolkmedicine · 01/04/2019 · 2 min read



One thing's for sure- removing mold from our homes can be quite the challenging task, particularly when we want to do it without exposing ourselves to the horrible toxins present in commercial anti-mold products.

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Of course, you can remove a large part of mold using borax and bleach; however, they will release a huge amount of chemicals in the air and enter the lungs of you and your family.

However, as mold is also dangerous, we need to find safe and effective ways to get rid of it. There are potent, yet all-natural methods to clean mold and stop it from worsening your health!

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Continue reading our article to learn about the most effective natural methods for mold removal.

5 Natural Ingredients to Use against Mold

- **Vinegar**

Did you know that vinegar is one of the most potent mold removers? Just fill one empty spray bottle with some vinegar and a bit of water and spray the affected walls with it. Leave it on to dry for a couple of hours before you scrub off the mold using a brush. Studies indicate that vinegar can remove 82 percent of mold spores, including viruses and bacteria. What's more, it makes a great mold preventer so spray it onto clean walls too!

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- **Hydrogen peroxide**

Readily available and inexpensive, 3 percent hydrogen peroxide is what you need for that annoying mold to disappear. Spray affected areas with it and leave it on for 15 minutes before scrubbing off the mold with a brush. Then, wipe everything with a clean cloth. For an even more powerful mold remover, mix hydrogen peroxide, vinegar, and baking soda in a spray bottle and use it to eliminate stubborn mold.

- **Baking soda**

Mix baking soda and water in a spray bottle and spray the affected walls. Leave it to do its magic for a while and then scrub off the mold with a brush. Afterwards, wipe off the wall with a damp cloth.

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- **Citrus seed extract**

Citrus seed extract is scentless so it is great for those that have a rather sensitive nose. Combine 20 drops of the extract and two cups of water in a spray bottle and spray it onto the walls. Do not wash it off, but leave it as it is.

- **Tea tree oil**

Combine 2 tsp of tea tree oil and two cups of water in a spray bottle. Spray the moldy sections and leave the solution to dry off. There is no need for rinsing.

Sources:

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HOW TO REMOVE BLACK MOLD

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