COMPLETE GUIDE ON BUDGET-FRIENDLY GREEN HOME SOLUTIONS

ABSTRACT

Green living is a different approach to a lifestyle based on a complete system. Green living is a lifestyle choice where an individual chooses to be environmentally friendly. Such options try to balance individual lifestyle, culture & communities with the Earth's natural resources, habitats, and biodiversity.

INTRODUCTION

Building a new home is the perfect time to add green features that will help you take advantage of lower energy costs, and make the house more marketable when it's time to sell in the future. If your builder hasn't already suggested a few ideas on how to green your new home, we've compiled 10 ways to help make the decision process a bit easier.

I. Why Green Living Matter in 2023? The Ultimate Guide Of Green Lifestyle!!

Green Living: Philosophy to live natural life

Green living matters in 20th century, switching to an eco-friendly lifestyle individually and living a simple and sustainable life through the society that will guide us to combat climate change effect. That's why the individual choice of green and simple lifestyle will be matter in the coming days. Our combined personal green lifestyle practice and realization will be significant steps to save nature and our future; that practice will be the ultimate guide of our Green Lifestyle.



As city dwellers, if we look around, we will find everybody is in a rush towards meet the own personal target, and in our surroundings, there are places with very little space for plants and trees. That's why the natural environment is destroying, creating an adverse level of pollution, which ultimately causes increasing in human suffering.

But it's not a simple scenario. The so-called modern lifestyle has increased technological effectiveness, but demonic industries made us some kind out of nature beings. In brief, we don't know how a disastrous future is waiting for us.

How to promote and live an eco-friendly lifestyle in 2023

There are 5 ways to promote and live an eco-friendly lifestyle in 2023 that can help you lead a better life. So, let's see what are the sustainable ways of living environmentally friendly.

- 1. Adopt and follow small changes in daily life
- 2. Save water and electricity energy in our home
- 3. Plant more trees in your area and prevent deforestation
- 4. Buy more energy-efficient utilities and products for your home
- 5. Try to recycle organic and non-organic waste in your home

What is Green Living? Is it Just Simpler version of Green Lifestyle Or Its means a lot?

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If you only think of keeping the environment safe by reducing pollution, then you are wrong. It actually refers to a holistic form of living based on natural wellbeing. Green living or green lifestyle has some similar terms like sustainable living, zero-waste lifestyle, eco-living, and self-sufficient living.

However, all these green lifestyle don't refer to the same meaning. Currently, our lifestyle is based on extreme consumerism based on a hedonistic view of life. In this view, humankind needs to swallow down all the resources of nature. Unfortunately, modern lifestyle deals with machines, pollution, egoistic lifestyle, calamities, and disasters.

On the other hand, green living combined with minimalism, altruism, alternative energy usage, living naturally, and understanding the environment a holistic approach. It's not easy in the current lifestyle pattern, but well adaptation can reduce the difficulties. Recently, an eco-friendly lifestyle is becoming embraced by individuals around the world than ever. Scientists say that the climate change situation can be handled at a large scale if green living is adopted



So, what is green Living? As a gist, it's not that complicated. It deals with simple Living by reducing the waste of animal and plant diversity and abating natural resources' extensive usage. But it is profound in meaning, having its philosophy and approach.

Now, identify the hack between Living vs Lifestyle, is it same in manner?

What is the meaning of "Go Green"

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Go Green is a slogan that was introduced to reduce pollution by taking environment-friendly steps in our daily lives. But its original depth of meaning lies in its theme. It's not merely some steps to take. It can be described as a way of living. Its horizon includes recycling as a part of production, abating rude consumerism by living near nature, and reducing unbridled use of natural resources.

II. Top 10 Ways to Make Your New Home Green

Decisions, decisions, decisions. If you're building a house, that's what your life is all about -- choosing the features of your new home. Although it was probably exciting at first, by now it's likely lost its luster. But try not to get so bogged down that you overlook your home's energy efficiency.



Although adding green features may seem a little pricey up front, green upgrades will save you money in the long run through reduced energy bills. Plus, they help you contribute to energy and water conservation, which allows you to do your small part to protect the environment for future generations. We'll lay out the pros and cons of each green feature and leave the decision to you.

Programmable Thermostats

One of the simplest ways to green your home, save energy and cut utility bills is to install programmable thermostats. After all, half of your energy bill goes toward heating and cooling your home [source: Archer]. Most energy companies suggest you set your thermostat to 68 degrees in cold weather and 78 degrees in warm weather. You can easily program your thermostat to stay at these temps automatically.

LED and CFL Lighting

LED and compact fluorescent lamps (CFLs) offer incredible energy and cost savings over regular incandescent bulbs. Both options do cost more upfront, but they

produce less heat, use less energy and last significantly longer than traditional light bulbs, so they're ideal green lighting options for your new home. CFLs cost only about \$2 more per bulb than the incandescent variety, but offer an overall cost savings (including reduced energy bills) of more than \$60 per bulb when compared to a 100-watt incandescent bulb [source: Sachs]. However, CFLs do have drawbacks: Some consider the light too harsh and unflattering to be worth the savings. And CFLs must also be properly disposed of, which some consider a hassle.

Low-flow Plumbing Fixtures

There are many low-flow features you can add to your new home to conserve water and cut down on your water bill costs, including faucets, showerheads and toilets. Toilets are the most obvious starting point because they use 26 percent of the water in your home. Today's industry standard for toilets is 1.6 gallons per flush (gpf). If you were updating an old home, you would see significant savings compared to older toilets that use as much as 3.5 gpf. But there is still room for more water savings when installing toilets in a new home.



ENERGY STAR Appliances

ENERGY STAR is becoming a well-known symbol for energy-efficient appliances. While you probably are familiar with the symbol, you may not know ENERGY STAR

is a government program that was started to reduce greenhouse gas emissions. The result has been a well-trusted, easily identifiable system to help consumers choose the most energy-efficient appliances for their homes. ENERGY STAR appliances earn the label by meeting a certain list of criteria set by the Environmental Protection Agency (EPA).

Energy-efficient Windows

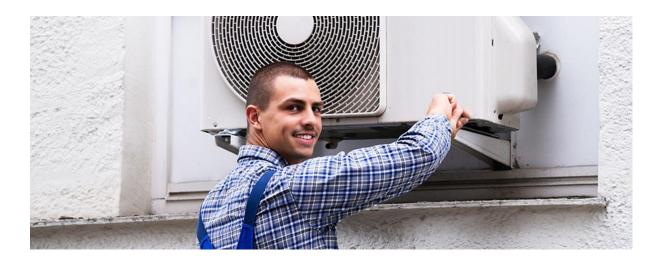
Replacing windows on an existing home isn't always a good idea because it can be quite expensive and only offers an energy bill savings of 7 to 15 percent. But if you're building a house, choosing energy-efficient windows during construction provides enough energy savings to cover the added cost per window (usually \$15 more than a generic window). If you decide to find a greener window option for your home, there are a few things to keep in mind. Most importantly, you need to understand thermal transmission (or U-factor, as it is commonly known) and solar heat gain ratings.

Sustainable Materials

A huge benefit to building a new home is you get to make everything custom to your tastes. If greening your home is important to you, you should consider this as you pick your design features as well. You don't have to compromise your tastes to be green. Beautiful flooring and countertop options can be chosen with Mother Nature in mind. Bamboo is a rapidly renewable resource, so it would be a very green choice for your floors. If you're not crazy about the color and look of bamboo, take a look at woven bamboo.

HVAC System Upgrades

Heating and cooling your home costs an average of more than \$1,000 a year. So, it's clear that choosing an upgraded HVAC system will help you save energy and money. Choosing an ENERGY STAR-rated HVAC over a generic system could increase your home's energy efficiency by 9 percent [source: ENERGY STAR]. But even if you buy the most efficient HVAC system, it won't perform to its full potential unless it is properly installed. ENERGY STAR to the rescue again.



Landscaping

Believe it or not, proper landscaping can add to the energy efficiency of your home by providing shade in the summer months and insulation in the winter months. The EPA suggests planting trees that lose their leaves on the western and southern sides of your home to support this phenomenon.

In the summer, the trees will provide shade and block infrared radiation, keeping your house cooler. In the winter, when the trees lose their leaves, they will allow more sunlight to reach the windows and warm your home. Planting native trees is best, because they will thrive in your city's environment. Additionally, the plants and other landscaping can help support the environment and wildlife around your home.

Tankless Water Heater

We've all done the little dance on a particularly cold morning waiting for the shower water to heat up. And, while you're waiting for the hot water, you're paying for all of that cold water escaping down the drain.

You're also paying for your water heater to store, heat and reheat a supply of water in the tank. But imagine having instant hot water. You can with a tankless water heater. They heat only the water that is needed as it passes through an electric coil. This eliminates excess energy costs and wasted energy associated with a tank, often saving a reported 50 percent on your energy bill [source: Consumer Reports].

Proper Insulation

Probably the most important green home upgrade to consider when building a home is proper insulation. Insulation can cost a considerable amount if you wait to install it at a later date, so it's best to take care of it during initial construction. As we've

mentioned several times, heating and cooling account for nearly half of your home's energy consumption [source: Archer]. Proper insulation will ensure that expensive energy that's heating and cooling your home isn't escaping out the windows or through the roof.

III. 10 Reasons to Start Green Cleaning Today

Have you thought about green cleaning, but aren't sure why it's so much better than conventional cleaning? When you switch to non-toxic cleaning, there's a world of benefits you can reap from ditching chemicals for eco-clean products.



Discover 10 great reasons to make the switch today and rest easy knowing you are protecting yourself, and the health of your family and planet.

Make Your Home Safer

Warning! Flammable! Toxic! With labels like these on some conventional cleaning products, you get a pretty good idea that they aren't very safe. Many chemicals (such as chlorine bleach and ammonia), when mixed, can be downright dangerous.

Small children and pets are especially vulnerable due to higher exposure levels because of their size. Plus, household cleaning supplies are among the top ten substances responsible for poisoning exposure in the United States. So, minimize your risk with green cleaning products that aren't toxic or as dangerous.

Protect Your Health

Feel better with green cleaning products—literally. Unlike conventional cleaning products, you'll know that what you're using won't harm you, your family, or your pets. Symptoms such as coughing, sneezing, skin rashes, headaches, and more may disappear once you stop using toxic cleaning chemicals.

Considering many of the hazardous chemicals in conventional products are often carcinogens, neurotoxins, mutagens, teratogens, or endocrine disrupters, it is worth ditching them in favor of natural eco-friendly products.

Clean up Your Indoor Air

Did you know that the use of conventional cleaning products can contribute to higher pollution indoors than outdoors? Volatile organic compounds (VOCs), which have been associated with a host of health problems like damage to the liver, kidneys, and central nervous system, are released when products are used and stored and can also linger in the air long after use. That's nothing to cough at. Breathe easier knowing that this is not a problem with truly green cleaning products.

Help the Environment

When you choose to use green cleaning products, you are also making a vote to protect the environment. Most ideal eco-friendly cleaning products are made using sustainable manufacturing practices and naturally derived, safe, non-toxic, and biodegradable ingredients that don't negatively impact the environment.



On the other hand, some conventional cleaning products contain ingredients that are toxic, hazardous, non-biodegradable, and made from non-renewable resources like petroleum, so they adversely affect the earth's ecosystems.

Save Some Money

Add some green to your pocketbook with DIY green cleaning products, or save money by buying eco-friendly all-purpose cleaners that do multiple jobs, so you won't have to purchase other products. With more and more manufacturers entering the green cleaning scene, natural products are often competitively priced with their conventional, chemical-laden counterparts, and, in some cases even cheaper.

Make Cleaning Easier

It's much easier to have a few products that take care of your general cleaning needs than a whole arsenal of toxic products. For example, vinegar can easily replace mold and mildew removers, window cleaners, all-purpose cleaners, toilet bowl cleaners, and more.



You can often tackle multiple cleaning jobs in your home without switching products as you clean. Plus, you don't have to worry about getting bleach stains on your clothes or accidentally mixing dangerous chemicals when you go green while cleaning.

Give Back to Your Community

Many manufacturers of green cleaning products take social responsibility very seriously and often give a portion of their profits to organizations that further social, environmental, and educational change. So, purchasing products from these companies means you are also giving a little back to your community, whether local or global.

Know What's in Your Products

Manufacturers of cleaning products aren't required by the government to divulge ingredients. However, many green cleaning manufacturers make it their policy to be fully transparent, whereas some conventional manufacturers don't and may only list a portion of their ingredients. But if you make your own cleaners, you'll know you've only used the purest ingredients.

Become a Green Role Model

Once you start using eco-friendly, green cleaning products and tools and see how well they work, others will most likely follow suit. Don't be shy about non-toxic cleaning products at home or the office. As more join in, it means a healthier planet for us all to enjoy. Setting an example for children guarantees a brighter future for our planet as well.

Create Your Own Products

Bring out your creative side by making some of your own green cleaning products, such as an aromatherapy cleanser, with eco-friendly ingredients and supplies. You will not only save money and time shopping but can also customize products to suit your needs by using different natural ingredients, such as essential oils.

IV. List Of Cleaning Tools You Need In Your Home

Whether you are doing a routine cleaning or an intensive home scrubbing, you must have the right cleaning tools for the job. With good quality and efficient cleaning tools, you can spruce up your home without wasting time and energy and ensure all areas are spick and span.

Even end of lease cleaning in Melbourne experts come equipped with specific cleaning tools that are used to deep-clean homes professionally at the end of the tenancy period.

Thus, investing in eco-friendly and organic cleaning tools for your home to keep your home free of germs and bacteria is a good idea. If you are not sure what products to buy and keep, here is a list of essential cleaning tools you will need for your home:

1. Microfiber Cloths: Traps And Removes Dust From Surfaces

One of the essential tools you must stock in your cleaning caddy are microfiber cloths. These microfiber cloths are effective because they are made from polyester and nylon fibres that are almost 1/16th the size of human hair.



These tiny fibres are then woven together, and the spaces between them are perfect for trapping tiny dust particles, spills, stains and grime. Vacate cleaners in Melbourne also recommend using these cloths to wipe up spills and stains, as the microfiber has a positive charge that attracts negatively charged dirt and stains. It can be used as a replacement for paper towels while cleaning to make the process eco-friendly.

Uses

- Dry dust shelves, cabinets, appliances, mirrors and windows.
- A damp microfiber cloth can blot out stains on carpets and upholstery.
- Add vinegar or baking soda to the cloth and scrub tough food debris and spills from your floors.
- You can easily remove streaks from glass windows and stainless steel appliances in the kitchen with the tool

Tip

Here are some tips to help you organise your cleaning products when you are performing end of lease cleaning. It will make the process easy and streamlined.

2. Magic Erasers: Helps Remove Scuff Marks From Walls

Magic erasers are another essential cleaning tool you must keep in your home, as you can use them to wipe off fingerprints and smudges from your walls. You can also use magic erasers to clean soap scum from showers and clean your window tracks and baseboards.

This is because the melamine foam of magic erasers can easily trap and remove dirt without leaving any scratches or dents. The best part is you can use these magic erasers on their own or add to their cleaning power by mixing them with water.

Uses

- Scrub soap scum off shower glasses and tracks.
- Cleans baseboards and window tracks
- Wipes dirt, fingerprints and marks off walls
- Removes adhesive remnants after the removal of price tags
- Helps clean vinyl shower curtains that have mould growth

3. White Vinegar: Acidic Cleaner That Removes All Kinds Of Stains

When you are looking for DIY cleaning solutions, one of the most powerful natural cleaners that you can find in your pantry is white vinegar. The acetic acid in white vinegar is powerful enough to remove soap scum, dissolve mineral stains, and cut through grease and oil stains. Vacate cleaners in Melbourne recommend diluting vinegar with distilled water and using this as an all-purpose cleaner for your home.

Uses

- Clean hardwood and tiled floors daily.
- Dissolves soap scum from showers and bathroom tubs.
- Removes limescale deposits from faucets and sinks.
- Helps get rid of grease and oil stains from ovens and microwaves.
- Cleans dishwasher by pouring a cup of white vinegar in an empty machine and running a short cycle
- Whitens and cleans tiles and grout in the bathroom and kitchen

Caution

Do not use vinegar on stone surfaces, as it can scratch and etch the material.

Tip

Here are 4 cleaning benefits of using white vinegar that can help you when you need to spruce up the house quickly.

4. Baking Soda: Acts As A Deodoriser And Helps Remove Mould

Another effective cleaning solution you must have in your home is baking soda. Baking soda is a basic abrasive cleaner that will absorb any foul odours from your home and help refresh indoor air quality. The abrasive power of baking soda minerals also helps remove tough stains and spots from surfaces, without damaging them.



Since it has a neutral base, you can use baking soda to clean acidic stains and remove mould spores.

Uses

- Helps deodorise trash cans, garbage disposals and refrigerators.
- Removes mould spores from your ceilings and walls.
- It can dissolve acidic stains like grease and oil spills.
- Baking soda keeps your carpet and laundry fabrics fresh and bright.

- Clean drains in the bathroom by pouring ½ cup of baking soda and letting it sit for 15 minutes and then running hot water through the drains.
- Painted walls can be cleaned by damping a cloth and sprinkling baking soda over it to rub the walls and remove the dirt.

5. Squeegee: Eliminates Dust From Windows Without Streaks

A squeegee is one of the best tools to wipe your windows and mirrors as the rubber blade at the edge traps and collects dirt and dust effectively so no streaks are left behind. You can also use a squeegee to clean your shower glass, bathroom floors, and tiles. Vacate cleaners in Melbourne suggest keeping a squeegee in your bathroom so you can wipe down the area quickly and prevent mould and dampness.

Uses

- Wipe dirt and cleaning solutions from windows and mirrors.
- Clean shower glasses to remove soap scum.
- Wash away water and cleaning solutions from tiled floors.

6. HEPA Vacuum: Removes Tiny Dust Particles For Cleaner Air

You should also keep a vacuum cleaner with a HEPA filter to trap and remove dust and grime from your home. The High-Efficiency Particulate Air (HEPA) filter acts as a mesh that traps and removes almost 99.97% of microorganisms from your home, thus keeping your indoor air quality clean and hygienic.



These filters trap dust, smoke, allergens, dead skin cells, animal dander, and mould from all corners of your home. Even though it is more costly than a normal vacuum, it is more effective in the long run as it keeps your family safe from allergens and germs.

Uses

- Vacuum carpets to remove soil and dead skin cells.
- Use the soft brush attachment to clean your upholstery.
- Use an extendable brush to clean blinds and behind doors.
- Remove dust particles from floors and walls.

Other Cleaning Tools You Must Include

Besides the above effective tools, here are some other cleaning essentials that vacate cleaners in Melbourne recommend you keep at home:

- A broom with a dustpan to sweep up hard-to-reach areas
- Soft-bristled bamboo brushes to scrub tile floors and countertops

- Microfiber mop to clean and disinfect floors and walls
- Rubber gloves to avoid skin infections and allergies
- Old toothbrush to clean tiny corners and crevices

With the above effective cleaning tools and solutions, you can quickly spruce up your home. You must make sure you restock items before they run out and try to keep cleaning tools that can be used in multiple areas to save time and money.

V. 10 All-Natural, Homemade Cleaning Solutions to Scrub Every Inch of Your Home

You can't deny the convenience of a good multi-surface stovetop cleaner like Bar Keeper's Friend. Pet stain removers come in handy when tackling strong odors like cat pee. However, the next time you have a sink to scrub or a window to wipe, there's no need to run to the store: Just raid your cupboards and mix up a homemade cleaning solution. Everyday products make for fast, cheap, and effective homemade cleaners.



Take club soda, which helps break down stains and loosens grime with its bubbles. Or cleaning vinegar, which works through the acidity that inhibits the growth of

bacteria and prevents mold and mildew from forming. Or even vodka, which is a proven germ eliminator.

DIY cleaners can include everything from a homemade all-purpose cleaner to a natural glass cleaner and a solution for grimy, hardwood floors. We name the ingredients you need—chances are, you already have most of them—plus the steps for mixing up the cleaning solutions and using them.

Homemade or natural cleaning solutions use simple chemicals and ingredients to remove grime, deodorize, and, in some cases, even disinfect surfaces. They're great for making surfaces look sparkling clean. Still, if you're trying to disinfect or sanitize a surface, you may be better off turning to a store-bought disinfectant (preferably one approved by the FDA to kill bacteria and viruses) to ensure you've removed any harmful entities. For everyday cleaning, though, these homemade solutions might be just what you need.

What's the shelf life of homemade cleaners? Most natural, DIY cleaning solutions can last up to a month. But some ingredients (like hydrogen peroxide) lose their potency more quickly. Your best bet is to mix up enough for only a one-time use.

Ready to start mixing and cleaning? Take a look at our cleaning recipes below, organized in one convenient chart, or read on for a full breakdown of each recipe.

This homemade cleaning solution is all-purpose for most surfaces except for glass.

What you'll need:

- 3/4 cup water
- 1/4 cup rubbing alcohol
- 5 to 10 drops peppermint, lemon, or orange essential oil
- 1 squirt natural dish soap
- 16-ounce spray bottle

Directions:

- Pour all the ingredients into the spray bottle. Shake well.
- To use, spray onto the surface and wipe with a microfiber cloth.

Homemade All-Purpose Lemon Degreaser

This cleaning solution works on all surfaces except for wood.

What you'll need:

- 2 cups water
- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon Dr. Bronner's Castile Soap
- 1 tablespoon baking soda
- 24-ounce spray bottle

Directions:

- Pour all the ingredients into the spray bottle. Shake well.
- To use, spritz onto a surface and wipe with a microfiber cloth.

Homemade Vinegar and Vodka Disinfectant

This is an all-purpose cleaner that's safe to use on all surfaces.

What you'll need:

- 1/2 cup white vinegar
- 1/2 cup unflavored vodka
- 10 drops lemon essential oil
- 10 drops lavender essential oil
- 1 1/2 cups water
- 24-ounce spray bottle

Directions:

• Pour all the ingredients into the spray bottle. Shake well.

• To use, spray surface and let sit for 10 minutes to disinfect. Wipe clean with a microfiber cloth.

Homemade Glass Cleaner

With five simple ingredients, you can make a natural glass cleaner for all your smudge- and streak-destroying needs.

What you'll need:

- 2 cups water
- 2 tablespoons white vinegar
- 2 tablespoons rubbing alcohol
- 5 drops peppermint essential oil
- 24-ounce spray bottle

Directions:

- Pour all the ingredients into the spray bottle. Give it a little shake to combine.
- To use, spray onto a microfiber cloth and apply to the surface.

Homemade Chrome Cleaner

You do not want to wipe down your chrome surfaces with just any cleaning solution. This homemade one (and a little buffing) will leave your chrome surfaces shining.

What you'll need:

- 2 cups water
- 1/2 teaspoon Dr. Bronner's Castile Soap
- 3 tablespoons white vinegar
- 24-ounce spray bottle

Directions:

• Pour the ingredients into a 24-ounce spray bottle. Shake well to combine.

• To use, spray onto chrome surface. Let sit for 10 minutes. Wipe with damp cloth and buff with a dry cloth.

Heavy-Duty Kitchen Cleaning Solution

For big kitchen messes, you need a strong cleaning tool. Thanks to this natural cleaning solution, you don't have to resort to too-strong cleaning agents.



What you'll need:

- 1/4 cup natural dish soap
- 1/4 cup baking soda
- 5 drops clove essential oil
- About 3 drops of water
- Mixing bowl

Directions:

• Mix all the ingredients in a bowl.

• To use, apply the solution to the surface using the gritty side of a double-sided kitchen sponge; scrub. Wipe up with a wet cloth.

Homemade Sink Cleaning Solution

If your sink is in need of a good scrub, try this powerful, all-natural blend.

What you'll need:

- 2 cups baking soda
- 10 drops clove essential oil
- 10 drops lemon essential oil
- 1 squirt Dr. Bronner's Castile Soap
- A few drops of water
- Butter knife
- Airtight container

Directions:

- Mix the baking soda with the essential oils using a butter knife. Store in an airtight container.
- To use, sprinkle the mixture over the sink surface, then add a squirt of soap and a few drops of water. Scrub with a nylon-bristle brush. Rinse thoroughly.

Homemade Shower Cleaner

For a natural cleaner for your shower, look no further than this simple blend.

What you'll need:

- 1/4 cup baking soda
- 1 cup water
- Microwave-safe bowl
- 24-ounce spray bottle

Directions:

- Mix the ingredients in a microwave-safe bowl and heat for 30 to 60 seconds.
 Pour into spray bottle.
- To use, spritz onto shower surfaces and let sit for three to five minutes. Wipe clean with a microfiber cloth.

Homemade Mold and Mildew Cleaner

This natural mixture will get rid of mild mold and mildew problems without the use of harsh chemicals.

What you'll need:

- 2 cups water
- 2 teaspoons tea-tree oil
- 1/4 cup baking soda
- 24-ounce spray bottle

Directions:

- Pour the water and tea-tree oil into the spray bottle. Shake well.
- To use, heavily spray moldy areas with the solution. Let sit for 24 hours.
- Once 24 hours have passed, pour 1/4 cup baking soda into a small bowl and gradually spritz it with the solution until a glue-like paste forms.
- Apply the paste to the moldy surface using a clean toothbrush and scrub.
 Rinse.

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