

5 Uses for Apple Cider Vinegar

Vinegar was originally discovered around 5000 BC, when grape juice, intended to become wine, was left unattended for so long that it became vinegar. Vinegar's many practical uses were discovered shortly after. Some of its many uses include wound care, food preservation, poison ivy relief, and treating stomach aches. The reason vinegar has so many uses is partly because it contains various antioxidant and antimicrobial compounds. This makes it a holistic cleanser for both your body and your environment. Here are some of apple cider vinegar's many benefits.

Cleaning

Apple cider vinegar makes an excellent yet safe cleaning agent. It's especially helpful in the kitchen, especially for cleaning up after raw chicken or meat. One of the substances found in apple cider vinegar, called acetic acid, can even kill E. Coli. When combined with lemon juice, it can also get rid of salmonella. You can also use apple cider vinegar in the bathroom; leave some in your toilet overnight if you want to get it clean.

Odor Control

Apple cider vinegar is also a great deodorizer; leave some in a bowl, uncovered, or spray some around the house. You can also use it as deodorant for yourself in a pinch; just spritz some under your arms. This will kill the odor-causing bacteria that gathers under your arms and produces the bad smell.

Pet Care

You can use apple cider vinegar to keep pets from marking their territory in your home; this is because many animals don't like the smell. It can also enhance your furry friend's skin and coat, as well as keep fleas and ticks off of them. After giving your pet a bath, spray on three parts apple cider vinegar and one part warm water, then massage it into their fur and skin.

Plants and Gardening

Surprisingly, apple cider vinegar can be used as a natural weed killer. Mix eight parts water with one part apple cider vinegar and spray on weeds to kill them; interestingly, it won't harm the rest of your garden. A mixture of 4 tablespoons apple cider vinegar with a gallon of cold water can be used to rinse store-bought and homegrown produce instead of water alone. Doing so can eliminate some pesticides, insects, and bacteria.

Home Remedies

Apple cider vinegar also has many healing properties, including relieving allergy symptoms and getting rid of bruises sooner. For sunburns and bruises, soak a cloth in apple cider vinegar and gently wipe the affected area. This works because apple cider vinegar is a natural anti-inflammatory, which can help them fade away more quickly. For burns, you can also refrigerate the cloth while it soaks for some extra relief. If allergies are what ail you, add a teaspoon of apple cider vinegar to your morning glass of water or tea to reduce mucus production and nasal congestion.



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