

Vinegar: Household Cleaner and Health Remedy

Is the power of vinegar an old wives' tale or a well-known fact? Vinegar is basically acetic acid and as such makes an effective and inexpensive cleaning agent. I must admit, being very aware of and sensitive to [TOXINS](#), I do use extra-strength (10%) plain white vinegar for many things. This extra-strength variety is also called cleaning vinegar; I find it in grocery stores in the same section as the culinary (eating) kind.

Here are a few of the uses of the plain white, extra strength kind:

- carpet cleaner
- drain unclogger (with baking soda)
- laundry cleaner (disinfects) and softener
- weed killer, but be aware that it is non-selective meaning it will kill your grass too, so is best used [between patio stones](#) etc

Uses for Apple Cider Vinegar (ACV)

ACV, made from fermented apples, has the benefits of acetic acid as well as enzymes, magnesium, probiotics, and potassium. It has become more popular recently as a dietary aid and home remedy to:

- relieve heartburn
- relieve sunburn
- detoxify your liver and lymphatic system
- lose weight and maintain healthy weight
- remove skin tags
- treat acne
- clean wounds (antiseptic)

- balance blood sugar levels
- lower cholesterol levels
- boost energy
- condition hair
- keep blood [alkaline](#)
- clear sinuses by thinning out mucus
- clean teeth
- improve circulation



That is an impressive list of benefits for both types of vinegar!

How to Use Vinegar

White vinegar can be used as a cleaning agent directly from the bottle for any of the suggested uses listed above. For weeds in sidewalk cracks, I pour some into a large spray bottle. Use caution if your stonework is a dark colour as the concentrated vinegar may bleach the colour out.

Apple cider vinegar should be diluted before use. To drink it, add one or two teaspoons to an eight-ounce glass of water. As a weight loss remedy, drink it before meals. Rinse your mouth after drinking to prevent erosion of enamel from your teeth. There are other adverse side effects of apple cider vinegar too, especially if consumed in excess.

Conclusions

So dig out those bottles from the back of your pantry and put them to work as non-toxic cleaners and home remedies. My favourite way to use ACV is to alleviate heartburn. I know it sounds counterintuitive, but it does work!