

Sarah's Healing Touch for Women

10 Ways to Use Vinegar

Vinegar is one of those simple things of life that simply amazes me! I use it to clean almost everything in our house and use it for all kinds of other things as well. This is a list of just a few ways I use it. Please note that I use white vinegar for household use and apple cider vinegar for internal use.

- 1) Put half vinegar & half water in a spray bottle for cleaning pretty much everything in your house
- 2) Great stain remover!
- 3) Use in place of bleach to wash your whites
- 4) Natural air freshener and germ killer
- 5) Put 1/2 C. vinegar and 1/4 c. baking soda into a bowl of water and microwave for 2 minutes to make it super easy to wipe clean that nasty microwave mess (not that I encourage using the microwave a lot)
- 6) Stop insect stings and bites from itching
- 7) Tone facial skin with solution of half vinegar and half water
- 8) Kill weeds & grass in unwanted places
- 9) Freshen wilted vegetables by soaking them in cold water and a couple spoonfuls of vinegar
- 10) To keep eggs from cracking when boiling add a tablespoon or two of vinegar to water

Rejuvenate Refresh Relax