

Homemade Natural Cleaning Products

**Using lemons, vinegar, and baking soda
as natural cleaning products in your home**

Your local supermarket has all the commercial products you need to keep your home clean and sparkling. Or does it? What price are those cleaning supplies taking on your health? Every product on your supermarket shelves is in some way toxic. On every can you will see warnings about accidental poisoning. There are cautions about how flammable, corrosive, or carcinogenic it is. You will probably see warnings not even to inhale the fumes, let alone allow the product contact with your skin. Did you know that if you use these products, even if they never come in contact with your skin, just breathing the fumes causes the chemicals to be stored in your fatty tissues until they reach such toxic levels that they begin to cause disease?

Well, your home can be a naturally clean home. Nature has provided everything you need. Vinegar, baking soda, and lemons all have natural cleaning powers that rival manufactured cleaning solutions. They are easy and safe to use, and can often clean for much less money than other cleaning products on the market.

Baking soda is a mild abrasive, an odor absorber, and a whitener; lemon juice is a degreaser and an anti-bacterial agent; and vinegar is also an antibacterial agent and mild whitener. Lemon juice and vinegar work as antibacterial agents because almost no living organism can maintain life below a pH of 3, which is very acidic. Numerous studies show that a straight 5 percent solution of vinegar—such as you can buy in the supermarket—kills 99 percent of bacteria, 82 percent of mold, and 80 percent of germs (viruses).

These natural cleaning products will keep your home clean, smelling fresh, safer, and healthier, all without stretching your household budget!

Lemon Juice

Lemon juice is a natural substance that can be used to clean your home. Lemon juice can be used to dissolve soap scum and hard water deposits. Lemon is a great substance to clean and shine brass and copper. Lemon juice can be mixed with vinegar and/or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section. Use the lemon to scrub dishes, surfaces, and stains. You can substitute ReaLemon lemon juice for the juice of fresh lemons for each of these suggestions, also.

For Your Kitchen

- **Remove odors from cutting boards** by rinsing them gently with lemon juice and then letting them air dry.
- **Make your stainless steel sink and copperware sparkle** by gently rubbing the surface with lemon juice and salt, then rinsing.
- **Remove odors from hands** after handling garlic, onion, fish and raw meats by rinsing hands with lemon juice.
- **Clean your microwave oven:** mix 1/4 cup lemon juice with 1 cup of water in a microwave-safe bowl. Heat on high for 5 minutes, let steam condense on inside walls, then wipe clean.
- **Freshen dishwasher** by adding 1/4 cup lemon juice and run a quick rinse cycle.
- **Deodorize your room:** boil 1/2 cup lemon juice with 2 cups water; let them evaporate.
- **Brighten your pots and pans** by boiling 1/2 lemon juice with 1 cup of water in them and letting them sit for 10 minutes.
- **Remove grease spots** off of your stove, countertop and refrigerator by applying 1 tablespoon of lemon juice, then wipe clean.
- **Make your windows shine:** mix 1/2 cup lemon juice with 2 cups water; put the mixture into a spray bottle. Spray window, then wipe clean.
- **Keep your sink sponge smelling fresh** by pouring a little lemon juice on it after each use.
- **Make a furniture polish** for your hardwood furniture by mixing 1 cup of olive oil with 1/2 cup lemon juice.
- **Freshen the drain** in your kitchen by putting a whole lemon peel through the garbage disposal.

For Your Laundry

- **Brighten whites:** add 1/2 cup lemon juice to wash cycle to make your whites brighter and smelling fresher.
- **Remove ink spots or stains on your whites:** Pour lemon juice on the spots, rub gently with salt; let it set in the sun.

For Beauty and Health

- **Create blonde highlights** by spritzing hair with a mixture of 1/4 cup lemon juice and 3/4 cup of water. Relax in sun until desired result.
- **Whiten and brighten fingernails:** soak fingernails in a mixture of 1/2 cup lemon juice and 1 cup of water for 5 minutes on a regular basis.
- **Relax in the tub and enjoy the natural lemony scent:** add 1/2 cup lemon juice to your bathwater. Even better with some sea salts and rosemary.
- **Spike up bland water with natural lemony flavor:** add 1 tablespoon lemon juice to your water. Water has never tasted so enjoyable.
- **Keep your toothbrush looking fresh and clean:** soak toothbrushes in 1 tablespoon lemon juice with 2 cups water for 5 minutes each week.

Baking Soda

Baking soda can be used to scrub surfaces in much the same way as commercial abrasive cleansers. Baking soda is great as a deodorizer. Place a box in the refrigerator and freezer to absorb odors. Put it anywhere you need deodorizing action.

For Your Kitchen

- **Deodorizing Refrigerators and Freezers** – To help keep foods tasting like they should, place a new box of baking soda in your refrigerator or freezer every 3 months.
- **Clean and Deodorize Lunch Boxes** – Between uses, place a spill-proof box of baking soda in your lunch box to absorb lingering odors.
- **Clean Pots and Pans** – Baking soda penetrates and helps lift off baked-on, dried-on foods. Shake on a generous amount of baking soda, add hot water and dish detergent; let sit for 15 minutes and wash as usual.
- **Cleaning Coffee and Tea Pots** – remove coffee and tea stains by washing mugs and coffee makers in a solution of ¼ cup baking soda in 1 quart of warm water. For stubborn stains, soak them overnight in the same solution.
- **Food Safe Surface Cleaning** – Clean your food prep area with natural, food safe baking soda instead of harsh cleaners. Sprinkle baking soda on a clean, damp cloth or sponge and wipe clean, rinse thoroughly, then dry. Great for counters, sinks, cutting boards, microwaves, plastic containers, lunch boxes, back splashes, oven tops, range hoods, etc.
- **Fruit and Vegetable Scrub** – Baking soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean, damp sponge, scrub, and rinse.
- **Polish Silver Flatware** – Shine your silver in no time using a paste made with 3 parts baking soda to 1 part water. Rub onto silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver plate pieces.
- **Hand Washing Dishes** – Add 2 heaping tablespoons baking soda, along with your regular dish detergent, to the dishwasher to help cut grease and foods left on dishes.

- **Clean and Deodorize Plastic Containers** – Keep foods and beverages stored in plastic containers from tasting like a science experiment! Wash them with baking soda sprinkled on a clean, damp sponge. For even tougher odors, just soak items in a solution of 4 tablespoons baking soda in 1 quart of warm water.
- **Deodorize and Clean Dishwashers** – Sprinkle a handful of baking soda in the bottom of your dishwasher to absorb lingering odors.
- **Deodorize Garbage Can** – Keep unpleasant smells to a minimum by sprinkling baking soda in the garbage between layers as they accumulate. Periodically wash out garbage cans with a solution of 1 cup of baking soda per 1 gallon of water.
- **Deodorize Baby Bottles** – Fill bottles with warm water and add 1 teaspoon of baking soda. Shake, rinse, and thoroughly clean as usual. For extra cleaning and deodorizing, you can also soak bottles and nipples overnight in a solution of 4 tablespoons baking soda and 1 quart of warm water. Then rinse and clean as usual.
- **Cleaning Floors** – Remove dirt and grime (without unwanted scratch marks!) from no wax and tile floors using ½ cup baking soda in a bucket of warm water – mop and rinse clean for a sparkling floor. **For scuff marks** – use baking soda on a clean, damp sponge; then rinse.
- **Deodorize Drains and Garbage Disposals** – Pour baking soda down the drain or disposal while running warm tap water. **Hint:** When replacing the box of baking soda in your refrigerator or freezer (every 3 months), pour the contents of the old box down the drain to get a little extra mileage.
- **Extinguishing Fires** – Did you know that baking soda could help in the initial handling of minor grease or electrical kitchen fires? When baking soda is heated, it gives off carbon dioxide, which helps to smother the flames. For small cooking fires (frying pans, broilers, ovens, grills) – turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of baking soda at the base of the flame to help put out the fire – and call the Fire Department just to be safe!

For Your Bathroom

- **Surface Safe Cleaning** – For safe, effective cleaning of tubs, tile, and sinks (even fiberglass and glossy tiles), sprinkle baking soda lightly on a clean, damp sponge and scrub as usual. Rinse thoroughly and wipe dry. Afterwards, take a nice, relaxing bath without the worry of harsh chemicals.
- **Shower Curtains** – Clean and deodorize your vinyl shower curtain by sprinkling baking soda on a clean, damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.
- **Clean Combs and Brushes** – Keep combs and brushes clean by soaking them in a gentle solution of 1 teaspoon of baking soda in a small basin of warm water. Rinse and allow to dry.
- **Deodorizing Drains** – To deodorize sink and tub drains, pour ½ cup baking soda down the drain while running warm tap water.
- **Septic Care** – Regular use of baking soda in your drains can help keep your septic system flowing freely. Add 1 cup of baking soda per week to help maintain a favorable ph in your septic tank.

For Your Laundry

- **Liquid Laundry Detergent Booster** – Add ½ cup of baking soda to your laundry to make liquid detergent work harder for you. A better balance of ph in the wash gets clothes cleaner, fresher, and brighter.
- **Deodorize Your Wash** – Just ½ cup of baking soda in the rinse cycle neutralizes and eliminates harsh odors. No perfumey cover up, just clothes that smell naturally clean and fresh.
- **Baby's Laundry** – baking soda is gentle enough for even the tiniest baby clothes, but effective enough for big baby odors. For tough stains, add ½ cup baking soda with your liquid laundry detergent, or ½ cup in the rinse cycle for deodorization. For cloth diapers, dissolve ½ cup baking soda in 2 quarts of water and soak diapers thoroughly.

Around Your House

- **Clean Furniture** – Clean and remove marks (even crayon) from walls and painted furniture by applying baking soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth.
- **Freshen and Deodorize Carpets and Upholstery** – Sprinkle baking soda over carpet or upholstery; wait 15 minutes (or longer for stronger odors), then vacuum up.
- **Carpet and Upholstery Spills** – Clean and deodorize spills and accidents on carpet or upholstery by soaking up as much of the spill as possible. Clean the stain according to manufacturer's directions and allow to dry. When the area is completely dry, sprinkle liberally with baking soda and let sit for 15 minutes before vacuuming it up. Great for kid and pet messes, too!
- **Freshen Closets** – Just like the refrigerator, your closet can collect stale smells. Place a box of baking soda on a shelf to keep your closet smelling fresh. Replace every 3 months.
- **Cleaning Toys** – Clean and deodorize children's and baby toys safely and effectively using 4 tablespoons of baking soda dissolved in 1 quart of warm water. Wash toys with a clean, damp sponge or cloth, rinse, and dry.
- **Freshen Stuffed Animals** – Even Mr. Bear needs a bath! Give your stuffed animals a dry shower by sprinkling with baking soda. Let it sit for 15 minutes before brushing or vacuuming off. Gentle enough to use around your baby.
- **Cleaning Baby Equipment** – Safely clean your baby's area (play pen, changing table, crib, stroller, car seat and high chair). Just sprinkle baking soda on a clean, damp sponge and rub the item clean. Rinse thoroughly and allow to dry. Sparkling clean and no harsh cleaners to worry about!

For Beauty and Health

- **Hand Cleanser** – Gently scrub away dirt and neutralize odors on hands with a past of 3 parts baking soda to 1 part water; or sprinkle baking soda to your liquid hand soap, then rinse clean. Your skin will feel softer, too!
- **Mouth Cleaning** – Dip a damp toothbrush in some baking soda sprinkled in your palm. Brush as usual and rinse.

- **Mouth Freshening** – Put 1 teaspoon in ½ a glass of water, swish, spit, and rinse. Odors are neutralized, not just covered up.
- **Hair Care** – Sprinkle a small amount (quarter-size) of baking soda into your palm along with your favorite shampoo. Shampoo as usual and rinse thoroughly. The baking soda helps remove the residue that styling products leave behind.
- **Skin Care** – Sprinkle a little baking soda into your palm and mix into a paste (3 parts baking soda to 1 part water). Apply in a gentle circular motion, then rinse clean.
- **Refreshing Bath Soak** – Add ½ cup baking soda to your bath to neutralize acids on the skin and help wash away oil and perspiration. Your skin will feel silky smooth!
- **Soothing Foot Soak** – Dissolve 3 tablespoons baking soda in a basin of warm water and soak feet. To gently scrub your feet, use a paste of 3 parts baking soda and 1 part water.
- **Deodorant** – Dust baking soda under arms as needed to feel fresh all day. Baking soda actually absorbs odors instead of just covering them up.
- **Deodorize Your Sneakers** – Shake a little baking soda into your sneakers when not in use. Shake out before wearing.

For Your Pet

- **Cat Litter Deodorizer** – Cover the bottom of the litter pan with baking soda, and then fill as usual with litter. To freshen between changes, sprinkle baking soda on top of the litter after a thorough cleaning.
- **Deodorize Pet Bedding** – Eliminate odors from your pet's bedding by sprinkling liberally with baking soda; wait 15 minutes (or longer for stronger odors), then vacuum up. Baking soda is safe to use around pets!
- **Clean Pet Toys** – Clean plastic and rubber toys safely by washing in a solution of 4 tablespoons baking soda dissolved in 1 quart of warm water.
- **Dry Baths for Dogs** – Sprinkle baking soda into your dog's fur and rub, then comb or brush it through and out. Baking soda is safe for your dog.

Vinegar

Vinegar is an all-natural solution to clean and deodorize throughout your home. Vinegar is great used on laundry, shoes, carpets, your elbows and feet, cars, floors, wood, linoleum and the list continues to grow. Although vinegar has a strong smell while you are using it, that smell completely disappears, leaving behind no odors at all.

For Your Kitchen

- **Egg substitute**
When you are baking, if you are short of eggs, substitute one tablespoon of white vinegar per egg. This is great for people who are allergic to eggs.
- **Eggshells**
Add a bit of white vinegar to the water when you are boiling your eggs. This will help prevent the shells from cracking.
- **Beans**
If you are a bean lover, but hate the gas that it sometimes produces, soak your favorite beans in vinegar overnight and rinse well before cooking them.
- **Rice**
If you are cooking rice and always have problems with rice being too sticky, just add two tablespoons of vinegar to the water when you are cooking the rice. This leaves it un-sticky and tangy; ready to eat!
- **Salad Dressing**
If you are having salad, but are out of salad dressing, mix two tablespoons of vinegar with one-tablespoon olive oil and shake well. Another salad dressing recipe is to add a teaspoonful of clover honey, with a tablespoon of vinegar, to a teaspoon of olive oil. Mix it together and serve over salad greens. To make a larger batch try mixing 1/4 cup vinegar, 1/4 cup olive oil, and 1/8 cup honey.
- **Sour cream**
If you want sour cream, but do not have any, make your own. Mix 1/4 cup milk to 1 cup of cottage cheese and 1 teaspoon of vinegar, and you have your own homemade sour cream.

- **Buttermilk**
If you are busy in the kitchen and realize that you have run out of buttermilk, you can use one tablespoon of lemon juice or one tablespoon of apple cider vinegar - for when the recipe called for one cup of buttermilk. If the recipe needs the liquid, use regular milk for the remainder. Add a tablespoon of vinegar to a cup of milk and let it stand for five minutes and you have made buttermilk.
- **Fruit and veggie wash**
It is a good idea to wash your fruits and vegetables before eating them. Wash them with a mixture of 3 tablespoons white vinegar to a quart of water. This will remove any trace of pesticides.
- **Kill bacteria**
Rinse your meat and chicken in vinegar before cooking to kill any bacteria on the food. Do this to your cutting boards or food preparation areas too.
- **Glasses**
Adding ½ cup of vinegar to a gallon of rinse water will remove soap film from glassware and make it shine without the extra time! This is an inexpensive solution to dish water additives in your dishwasher for a really clean shine. Cloudy drinking glasses will be sparkling clean again if you soak them in warm white vinegar for about an hour. Then rub gently with a dishcloth to remove the film. If hard-water stains on your glassware are hard to deal with, dip some steel wool in vinegar and scrub them away with ease.
- **Crystal**
A handful of salt and some vinegar can make your crystal glassware shine like never before. Just add the two common, but amazing, ingredients to your dishwater.
- **Hand washing dishes**
When dishwashing by hand you can often be left with water spots and film on the dishes and cutlery. Rinse glasses and dishes in water and vinegar to remove these spots and film. If you mix vinegar with water to rinse dishes after washing them, you will help take the soap off them and leave the dishes shining. Vinegar is an excellent grease cutter and is cost effective and very safe with no harsh chemicals.

- **Pots and pans**
 Do your pots and pans have stubborn stains that you can't wait to clean? Soak that pot with vinegar and after a quick thirty minutes, using hot soapy water, the pan will come really clean. Another method is to simply fill the pot with a solution of 3 tablespoons of vinegar to a pint of water. Boil until stain loosens and can be washed away with soap and water. **Burned food** - If you have a pan that you burned some food in, just boil a few cups of water with a cup of vinegar added. This loosens the burned on foods so you can wipe them away! You can also remove dried on food from plates, pans, and dishes. If the food is really stuck fast and burned on, sprinkle cream of tartar on the area and then spray with white vinegar. Just wipe off and rinse. **Bean stains** - Cooking beans even in a non-stick pot can cause stains that will not scrub out. If you wash the pot, then pour vinegar in the pot, it will clean stainless steel and Teflon pots clean. **Scrambled eggs** - After cooking scrambled eggs, soaking your pan with hot water and ½ cup of vinegar will clean up the pan easily while neutralizing that egg smell.
- **Kettles**
 Does your teakettle look like it is growing new parts because of lime deposits? Use vinegar to clean it and rinse with plain water to remove lime deposits.
- **Cooking utensils**
 Do your cooking utensils make you want to throw them away because they are so stained? Use a half and half solution of vinegar and water to clean up tough stains on plastic or metal kitchen utensils.
- **Fine china**
 Does your fine china and glassware look a little cloudy? You can clean china and fine glassware with a little help from vinegar. Add a cup of vinegar to a sink of warm water; then gently dip the glass or china into the solution and let air-dry.
- **Stainless steel**
 Does your stainless steel dull easily? Remove unsightly spots on your stainless steel by rubbing the spots with a cloth that has been dampened with vinegar. This method is great for the stainless steel areas on your oven, fridge, or pots and pans.
- **Brass and copper**
 Vinegar will take the stains out of your brass or copper pans, dishes, and pots as well as the stainless steel type.

- **Jars**
Do you save jars to recycle and reuse but often find them stinky? Clean and deodorize jars easily with vinegar. Rinse mayonnaise, peanut butter, and mustard jars with vinegar when empty for a fresh jar smell. If you have stickers, price labels, or decals that you want to remove, reach for the vinegar. Vinegar actually eats away at the adhesive that holds these stickers on.
- **Bottles**
Do you collect bottles or use bottles to store liquid? You can cut the unsightly film in small-necked bottles and other containers by pouring vinegar into the bottle and shaking well. If you have tougher stains, just add a few tablespoons of rice or sand to the mixture and shake forcefully. Rinse the bottle thoroughly and repeat until clean.
- **Tupperware**
For general maintenance of your Tupperware containers after use, simply wipe them over with a cloth that has been moistened with vinegar. The vinegar will cut through any lingering grease and remove any odors.
- **Dishwashers**
Does your dishwasher get gunky from hard water? Clean the dishwasher with vinegar. Run a cup of vinegar through the whole cycle once a month to reduce soap build-up on the inner mechanisms and on glassware. This is great preventative cleaning for the home.
If the inside of your dishwasher is starting to look disgusting, you can clean it without a lot of scrubbing if you have a bottle of vinegar in the cabinet. Pour three cups of vinegar into a bowl and place the bowl right side up on the bottom rack of the dishwasher. Do not place any other dishes in the machine, but run it through the wash and rinse cycles. Make sure to shut it off before the drying cycle begins. The normal action of the dishwasher will splash the vinegar all over the inside of the appliance, cleaning as it goes.
- **Refrigerators**
When cleaning your refrigerator you will need to clean out the shelving, around the seals, in the butter container, and in the egg tray. Washing with a solution of equal parts water and vinegar is going to help you clean off all the messes, dirt, and any bacteria or 'stuff' that could be growing. It cleans and freshens without any worries as it is chemical-free and safe.
Smells - Do you have trouble with a stinky smell in your refrigerator? Washing with the vinegar and water solution will take care of any odors, also.
- **Onion odor**
To remove onion smells from a container or pan, rinse with vinegar.

- **Ovens**
Cut your oven cleaning time in half using vinegar to wipe down and cut grease fast. You can also place a bowl of vinegar in the oven and leave it for a while. The vinegar will absorb any smells.
- **Oven vents**
Keep above your oven vents clean and fresh by wiping with a straight solution of vinegar. This helps cut the grease fast and leaves your vent and fan clean. This is an inexpensive grease cutting solution.
- **Microwaves**
You can clean the microwave using vinegar. Boil a solution of 1/4 cup of vinegar and 1 cup of water in the microwave. As the mixture heats, it will loosen splattered on food and deodorize at the same time. Save time and money in cleaning!
- **Under appliances**
Has it been a while since you cleaned under the fridge or under the washer? You can clean under appliances fast using a yard or broom stick with a sock attached at the end. To pick up dust faster, wet your sock with vinegar and the sock will pick up hair, dirt, and grease.
- **Faucets**
Do your faucets need a quick shine? Remove soap and lime build up by using two tablespoons of vinegar with a teaspoon of salt for a quick clean and shine.
- **Fruit stains on your counter?**
Use full strength vinegar to get that stubborn stain out.
Fruit staining - If you continually find your hands stained from fruit, rub vinegar over them like you are washing with soap to remove the stains.
Kool-Aid stained hands - If you have ever made Kool-Aid and found your hands quickly are covered in Kool-Aid colors, use vinegar to wash your hands to remove the stain.
- **Hot plates**
If you use a hot plate, griddle, or pancake pan, mix 1 part salt and 1 part vinegar and heat in a pan. Polish your hot plate to look good as new with a rough cloth.
- **Fryers**
If you use a fryer in your kitchen, you already know that you have to clean it out about once a month to keep your foods tasty. But if you were to start using vinegar to help clean the grease when you empty the fryer, you will find you use less paper towels, and the vinegar cuts the grease fast.

- **Barbeque grills**
Don't forget about your outside kitchen! Clean the grill grates with pure vinegar to cut grease and clean all the leftover foods that get 'stuck on' when you cook outside.
- **Coffee makers**
Do you love coffee but hate how slow the coffee maker is? Clean your coffee maker with vinegar and let it perk so that the vinegar can make its way through the system. This cleans out all the little parts while freshening your coffee maker and extends its life at the same time.
- **Percolators**
If your coffee maker is not an automatic, take the pieces of your stained percolator and soak them in vinegar overnight to remove and brighten your percolator pieces!
- **Cutting boards**
Is your wood cutting board looking stained, tired and worn out? Use vinegar to disinfect the wood board and to clean up tough stains.
- **Cooking smells**
Using one teaspoon of vinegar with one teaspoon of baking soda combined with one cup of water in a spray bottle will keep your home air fresh after frying or cooking in your kitchen. Just spray a little into the air to cut grease odors.
- **Counters**
Keep your kitchen counters shiny and stain free by wiping them down daily with full strength vinegar. This keeps them hygienically clean and also helps to remove kitchen odors!
- **Refrigerator smells**
Do you have trouble with a stinky smell in your refrigerator? To clean your refrigerator, wash with vinegar and water. It will keep your refrigerator clean and fresh inside.
- **Freshen your breadbox**
After you clean your breadbox, wipe it down with a cloth dampened by vinegar to keep your breadbox smelling sweet longer.
- **Slow drains**
If you have a problem with a slow drain, use this tip to unclog it. Pour a handful of baking soda down the drain and then add 1/2 cup of vinegar. Rinse with hot water to get your drain going again! You could use this two or three times a day for a stubborn drain.

- **Blocked drains**

CAUTION: Do not use any of these methods after a commercial drain opener has been used or is still present in standing water.

Three very simple environmentally friendly ways of dealing with blocked drains or plugholes are as follows:

1. Pack the drain or plug hole with as much baking soda as possible. Boil up a pint of vinegar. VERY, VERY CAREFULLY pour the vinegar down the drain, keeping your face well out of the way. There will be a very violent reaction. Let it all sit there for 2 hours and then flush through.
 2. Pour 1/2 cup baking soda down the drain followed by 1/2 cup white vinegar. Cover the drain for a few minutes while it fizzes. Pour a quart or two of water down the drain to flush it.
 3. An alternative method: Pour 1/2 cup of salt and 1/2 cup baking soda down the drain, followed by 6 cups of boiling water. Let sit overnight, then flush with water.
- The combination of baking soda and vinegar can break down fatty acids into soap and glycerin, allowing the clog to wash down the drain. This is safe to use with garbage disposals.

- **Smelly drains**

If your kitchen or bathroom drains smell, pour a cup of vinegar down the drain once a week, and don't run water through for about an hour.

- **Garbage disposal**

Does your garbage disposal leave something to be desired because of smell? Clean and deodorize the disposal with vinegar! Make vinegar ice cubes and feed them down the disposal, but just a couple at a time. After grinding, run cold water through a minute and the smell will disappear.

- **Mold and mildew**

If you have a problem with mold or mildew in your kitchen, wipe your walls down about once a month, using a vinegar soaked cloth. This protects from the regrowth of mold.

- **Fruit fly trap**

Fruit flies are tiny little flies that are attracted by the fermentation of overripe fruits and vegetables, vinegar, fruit juices, and yeasts that you might have sitting on your counter, in the kitchen, or pantry. To make a trap to eliminate these little blighters, simply fill a jar with one of their favorite foods, vinegar. Insert a paper or metal funnel into the mouth of the baited jar. The flies will fly in through the funnel but will not be able to fly out, which will help clear your kitchen of these little pests.

For Your Bathroom

- **Hard water**
Do you find that hard water is taking a toll on your tub or shower? Wipe your tub down with full strength vinegar to cut grime and soap scum.
- **Soap scum**
Get rid of soap scum in your sinks by wiping them with pure vinegar. This also cuts down on the amount of hard water stains that can build up over the years. Do you have a problem with soap scum in the bathtub? No matter what kind of tub you have, you can clean bathtub soap film by wiping with vinegar and then with baking soda. If you have a fiberglass tub, be careful rubbing with the baking soda. Rinse clean with water.
- **Shower Curtains**
Soap film is the most likely cause of stain on your shower curtain. Place several large bath towels in the washing machine along with the shower curtain; add half a cup of vinegar. Remove curtain before spin cycle and hang immediately.
- **Irons**
Have you noticed your electric iron or your curling iron caked with build up or residue? Make a paste of one part salt and one part vinegar and polish your irons as if you are polishing silver, rubbing in circles and then cleaning off with a damp cloth for a clean shine.
- **Clean Grout**
To clean grout in your bathroom, use a toothbrush that is dripping in vinegar, putting a little pressure on the dirty areas. The grime will wash right away!
- **Showerhead**
Do your showers run slow? Unclog a showerhead by unscrewing it, then remove the rubber washer that is inside, and then place the showerhead in a pot filled with equal parts vinegar and water. Bring this to a boil on your stove and your showerhead will sparkle and run as well as new!
- **Sparkling toilet**
You can use vinegar to clean the outside of your toilet and around the base of the toilet to keep it fresh. If you have hard water, or like a sparkling toilet, use three cups of vinegar and brush the toilet interior to clean thoroughly. This makes an inexpensive cleaning solution. Another trick that you can use to clean out the toilet, getting rid of stains and rings, is to pour a bit of white vinegar into the toilet bowl and let it stand for an hour. Scrub and brush as you usually do and then flush the vinegar down the toilet.

- **Hairbrushes**
If your hairbrushes are becoming discolored, boil some water in a pan, adding two cups of vinegar. Dip the hairbrush or comb into the boiling water for a few seconds to loosen the dirt and hair spray from the comb, and then rinse with water. **Tip:** Don't place the plastic comb or brush in the boiling water too long or it will melt. A really good idea is to try and prevent the build up of hair that can accumulate on your brushes. I know it is a chore, but it will make it easier in the long run. To give them a really good cleaning, you can sprinkle some baking soda directly onto the brush or comb and then spray with vinegar. You get a lovely foaming reaction. Leave for 5 or 10 minutes and rinse clean.
- **Toothbrushes**
Boil some water, add a cup of vinegar, and boil your toothbrushes for about a minute - not too long or they will melt! This kills germs, preventing illnesses from spreading in your home. No time to boil? Simply dipping your toothbrush in vinegar not only will fight bacteria on your toothbrush and in your mouth, but also will help to whiten your teeth.
- **Septic tanks**
Are you a homeowner and use a septic tank? Instead of using costly and harsh chemicals in your septic tank, use vinegar. Flushing vinegar down the toilet will work its way into your septic tank, and will keep germs down to a minimum. This also helps keep your toilet clean from hard water stains!
- **Bathroom odors**
To naturally remove bathroom odors, place a shallow bowl of vinegar behind the toilet to absorb those bathroom odors. Vinegar does not mask the smells - it actually absorbs them.

For Your Laundry

We are all aware that no matter where you live, the price of clothing is outrageous. Keeping your laundry in the best condition really does matter if you want to keep your household running within a budget. Use these vinegar and laundry tips to save money and time in your household chore of doing the laundry!

- **Washing machine care**
To keep your washing machine fresh and rust free, periodically pour a cup of vinegar in the machine, and let it run through a regular cycle with no clothes added. This will dissolve soap residue, breakdown rust, and keep the musty smell of water under control.
- **Reduce costs**
Cut your laundry bill. Using one cup of vinegar in the wash will not only make your clothes smell fresher, but it acts as a fabric softener as well, reducing static cling.
- **Too many bubbles**
Does your laundry soap make too much suds? Use a cup of vinegar in the wash cycle to cut down on soapsuds.
- **Lint**
Do you have too much lint or pet hair found on your clothes? You can get rid of lint on clothes by adding 1/2 cup of vinegar to the rinse cycle of each load.
- **Odors**
In the heat of the summer, your laundry sometimes can get a sour smell – get rid of this sour smell by using vinegar with a second wash. No need to throw all those clothes away, a second wash with vinegar will clear it right up!
- **Gas smell**
Have you put gas in your car only to have some splash on your clothes and you can't get it out? Add a cup of vinegar to your wash and the smell will disappear.
- **Smoke on clothes**
To remove smoky odors from clothes, hang them in the shower with vinegar in the bottom of the tub. The rising steam from the vinegar and water will pull the smoke right out. Another way to remove the smell of smoke in clothes is to add two cups of vinegar to the wash cycle of your laundry.

- **Prevent running colors**
Keep colors from running. Immerse clothes in full strength vinegar before washing.
- **Blankets**
Freshen your favorite blankets. Both cotton and wool blankets become soft, fluffy, and free of soap odor when you add two cups of distilled vinegar to the rinse cycle of the wash.
- **Nylons**
Do you want to preserve your nylons a little longer? When washing nylons, add one tablespoon of vinegar to clean your nylons thoroughly.
- **Suede**
Have you found dirt or grease on your favorite suede jacket or pants? You can take the grease off suede with a little vinegar. Simply dip a toothbrush in vinegar and gently brush over grease spot and pat dry.
- **Wool**
Do you have a favorite wool sweater but you can't wear it because of the musty smell? Deodorize a wool sweater by washing the sweater, then rinsing it in equal parts vinegar and water to remove odor. This will also brighten your clothes color!
- **Leather**
To give extra shine to your leather, clean with hot vinegar and then rinse with soapy water. Inexpensive cleaning!
- **Denim**
Fashion changes; sometimes we want our jeans faded, and 3 years later we do not. Well, here is a tip using vinegar to prevent blue jeans from fading. Soak jeans in a 50/50 vinegar and water solution for 10-15 minutes, then wash. This will prevent the jeans from losing their color.
- **Stain remover**
Vinegar is great when it comes to removing stains. For stains caused by grass, coffee, tea, fruits, and berries. Soak the items in full strength vinegar for an hour or so before laundering as normal.
- **Stains on leather**
Do you have a piece of leather that you can't wear because of a stubborn stain? Get that stain out using a mixture of vinegar and linseed oil. Rub on with a soft cloth and polish with a clean cloth for a great finish.

- **Stains on shirts**
Have you found fruit, jam, or mustard on your favorite shirt? Simply rub a little vinegar on the stain and wash as usual for a cleaner clean.
- **Sweat stains**
Does your laundry still have sweat or perspiration stains even after you wash? Using straight vinegar on the affected area, soak for about an hour, and then wash normally for a better clean.
- **Deodorant stains**
Do your deodorants leave unsightly marks on your clothes? Use a dab of vinegar and rubbing on the stain will remove the spots quickly.
- **Grass stains**
Do your kids play hard and leave grass stains on their clothes? Apply vinegar to the stained spot and let sit over night before washing as usual to fight out these stains.
- **Ketchup stains**
Do your kids love ketchup and their clothes have the stains to show it? Soaking the article in a solution of vinegar and water (half and half) will loosen the stain and you can wash as you normally do.
- **Creases**
If you like sharp creases in your knit fabrics, dampen the fabric with a solution of 1/3 cup of vinegar and 2/3-cup water. Then place a paper bag over the fold and iron.
- **Hems**
When you are fixing a hem or seam, have you ever noticed a hole? Try this quick trick to fix this. Place a cloth that has been moistened with vinegar under the fabric and iron. The holes will be smaller, almost unnoticeable when you're finished.
- **Baby clothes**
Do your baby clothes smell sour even after you wash them? When washing baby clothes, use one cup of vinegar during the rinse cycle to break down smells for fresher, clean smelling clothes. When washing a load of baby clothes add a cup of vinegar to the rinse cycle to make sure all soap residues are rinsed away to avoid rashes on sensitive skin.
- **Diapers**
If you use cloth diapers, you can keep five to six cups of vinegar in your diaper pail with water to keep the smell neutralized between washes.

- **Fabric glue**

Vinegar makes an excellent fabric type glue for your favorite purse that ripped, your hem that fell, or that particular fabric glue need you have. Use this 'recipe'

1 box of clear gelatin,
3 tablespoons white vinegar
3-4 tablespoons of water (just enough to stir the mixture)
1 teaspoon of glycerin

- Melt the gelatin and water on low, then add the other ingredients and stir constantly, mixing it well. You will have to apply this 'glue' while warm. And you can also store the remaining glue in a small plastic or glass jar for the next time you find a need for it by warming it up before you use it.

For Your House

- **Cleaning walls**

If you must clean your walls, use this 'recipe' to keep your walls free from grease, finger marks, and dust for a beautiful looking clean.

1 Gallon of Water
1 Cup of Bottled Ammonia
1/2 Cup Bottled Vinegar
1/4 Cup of Baking Soda

Put the ammonia, vinegar, and baking soda into the bucket of water; mix well. Then wash the walls from the bottom up because if you get drips on the unclean surface it will leave marks that are very difficult, if not impossible, to remove, just as with any other surface cleaner.

- **Window cleaning**

An inexpensive and great way to clean your windows is by using 1 part warm water and 1 part vinegar. Wash the windows with this solution and dry with a lint free rag. The dust is removed, smells clean, kills mold, and even removes paint from the window glass!

- **Wood paneling**
Do you have wood paneling that never seems to come shiny? Wood paneling may be cleaned with a mixture of 1 ounce of olive oil and 2 ounces of distilled vinegar in 1 quart of warm water. Moisten a soft cloth with the solution and then simply wipe the paneling. The yellowing is then removed by wiping with a soft, dry cloth for a fresh, clean and shine.
- **Drywall tip**
If you are doing work in your home involving drywall - try this. To keep drywall from drying too fast, just add a tablespoon of vinegar to the mix.
- **Wallpaper removal**
If you are trying to remove stubborn wallpaper or border in your home, use this solution. Mix a solution of vinegar and water; spray on the wallpaper to loosen it up. Gently pull the wallpaper off and wipe off the excess glue from the wall with a wet cloth. This is better than smelly chemicals.
- **Fireplace bricks**
Are you having trouble finding a quick and easy method to clean your fireplace bricks? You can clean fireplace bricks with straight vinegar.
- **Woodwork**
Are your trim, doors, or other woodwork in your home stained and varnished? If your varnish is looking a little old and cloudy, softly rub with a solution of one tablespoon of vinegar with a quart of warm water. After washing, dry with a lint free cloth for the perfect shine.
- **Wooden floors**
Do you find it difficult and expensive to clean your Pergo or Hardwood floors? Use this inexpensive and easy to use recipe: 1/3 cup white vinegar, 1/3 cup rubbing alcohol, 1/3 cup water, and just about three drops of dishwashing liquid. Mix this in a spray bottle and just spray and mop! This recipe also works wonders on ceramic floors or ceramic in your kitchen.
- **Wax floors**
Do you find it difficult to keep your no wax floors clean? Use a mixture of 1/2 cup of vinegar to a gallon of water when mopping your floor.

- **Scrubbing Carpets**

Do you scrub your own carpets and find that you have just too much suds going on in the shampoo scrubber to do the job right? Cut down on suds by using one quarter to one half cup of vinegar with each solution while scrubbing the rugs.

- **Brush your carpet** - Take a soft scrub brush or even a hairbrush, and brush your carpet. Using a brush that has been wet with vinegar will brighten up the color in your carpet.
- **Spot stain remover** - As a carpet and spot stain remover, take a trigger spray bottle and fill it with one part white vinegar to seven parts of water. Take a second spray bottle and fill with one part white non-sudsy ammonia and seven parts water. Saturate the stain with the vinegar solution, let it sit for a few minutes, and blot thoroughly with a clean, white cloth. Then go over the area with the ammonia solution, let it sit, and blot again. Repeat until the stain is gone.
- **Cola spill** - If you have kids, you have had cola spilled on your carpet. To get cola out of your carpet, use a cloth wet with vinegar and dab the spot as soon as you notice it. Rub gently and wash with cool or cold water to remove the stain. **Tip:** warm or hot water will set a stain in a carpet!
- **Chewing gum** - Use vinegar as a chewing gum dissolver. Saturate the area with vinegar, and if the vinegar is heated, it will work faster.
- **Tea stains**

Tea stains can happen anywhere through the house as we drink our tea wherever it is most comfortable. If you have a tea spill or stain, you can bring it up with these cleaning tips: Blot up any excess tea liquid using paper towels or cloths. Do not push the liquid, making the stain bigger; just blot up the liquid. You should neutralize the tea stain using a mixture of a cup of water and a half-cup of clear white vinegar. Spray on the vinegar mixture and blot up to remove the tea stain. Repeat as long as you are bringing up additional coloring from the tea stain. If you find that you still have any tea coloring in your carpet, use a mixture of a cup of water and a tablespoon of clear bleach free dish liquid. Spray this mixture on and blot up to bring out more of the tea stain in your carpet. Rinse the carpeting, bringing out the dish liquid and more of the tea stain using a warm water spray and blotting up the liquid. If your carpeting is too wet, use your wet dry vac to bring out excess moisture. Allow the area to dry for about an hour and then re-examine the carpet stain. If a portion of the stain remains in the carpeting, use a spray of peroxide and dab the carpeting to bring out any remaining tea stains.

- **Upholstery stain remover**
Milk spots on furniture. Make a mix of vinegar and warm water to a thick paste. Then take a cloth and wet it with the mix and set it on the spot for just a minute or so. Then using a clean washcloth, wipe it and the spot should come up easily. Wipe till dried.
- **Smell absorber**
Using a pan or bowl, fill with vinegar and place in the room that has a smell. No matter what the smell, after twenty-four hours the smell will be absorbed into the vinegar and your room will be fresh once again! This works great for a burned smell of food.
- **Smoke** - If you have a smell of fire in your home, pour vinegar on white bread and place around the house on plates. This bread and vinegar mixture will absorb the odor of fire and smoke. This method even works to get out smells of fresh paint!
- **Odor trick** - To remove an unpleasant odor while releasing a fresh scent, using a bowl of vinegar placed in the coolest side of the room, put a oil warmer or scented candle in the other warmer end of the room, and the fresh scent will be pulled into the room while the unpleasant odor is pulled out.
- **Wood furniture**
Need to clean your wood furniture, but you have run out of polish? Make your own very thrifty furniture polish using 2 tablespoons olive oil, 2 tablespoons vinegar, and 1 quart of water. Mix the ingredients together in a spray bottle and use as you would commercial furniture polish. You can also use 1 part vinegar to 3 parts lemon oil for a vibrant aroma.
 - **Water rings** - Do your wood end tables or coffee tables have rings from water glasses being set down? Using one cup of vinegar with one cup of olive oil, rub with the grain on your wood furniture and you can make the stain disappear.
 - **Remove wax** - You can remove candle wax spills from wooden furniture or just about any type of wood surface. First you need to soften the wax with a hairdryer set on medium heat to melt the wax. When the wax starts to melt, wipe it off with a soft cloth; you will see it move like butter. Wipe the area with a mild vinegar solution and polish as you normally would for a great shine!
- **Brass lamps**
To clean brass lamps, unscrew sections and soak in bucket with a solution of half vinegar and half water. All green and black tarnish comes off in no time. You can also use this to clean brass instruments if your child plays in the band.

- **Cane bamboo**
Do you have sagging cane, ribbon, or bamboo chairs that you just can't part with yet? Sponge these chairs with a solution of half water and half vinegar and then place them out in the hot sun to dry. The sagginess will lessen.
- **Glass cleaner**
Fill a spray bottle with vinegar; spray window then wipe clean with newspaper. Or use 2 tablespoons vinegar or lemon juice and 1 quart of water. Combine the ingredients and put them in a spray bottle; use like any window cleaner. Use newspaper to dry your windows. It's cheaper than paper towels and it leaves windows shiny and streak free. Also, coffee filters work well! **Eyeglasses** - Mix white vinegar half and half with water. Keep a tiny spray bottle handy for whenever you need to clean your glasses.
- **Window blinds**
To clean blinds, wet a small paintbrush with a solution of water and a little vinegar. Using the brush, wipe the blinds surface in one stroke. Using vinegar in the water gives a great smell as well as a good deep clean. It will also cut back on static which attracts dust!
- **Natural cleaning wipes**
A cloth soaked with vinegar sanitizes kitchen counters, stove, and bathroom surfaces. This is just as effective as antibacterial products and does not promote resistant strains of bacteria like commercial products can. (Doctors are using vinegar as a hospital disinfectant. Some hospitals clean the scrub-room sink with ordinary household vinegar. It works better than commercial products at killing microbes.)
- **Closet and cupboard cleaner**
Dust, mold, and mildew can be a problem in cupboards and closets. You can eliminate mildew, dust, and odors by wiping down these areas with a vinegar-soaked clean cloth.
- **Dust and static**
To reduce dust and static electricity in your home, use vinegar and a small amount of water to clean your fans, air conditioner, and vents throughout your home.
- **Dust on fans** - Are you forever cleaning your air conditioner, desk, or ceiling fan to cut dust? Try this - sponge away grease, dust, and dirt with a straight solution of vinegar for a fresh clean that won't attach and hold new dust.

- **Static**
Do you have a problem with static in your home? To destatic a plastic item, wipe it down with a mixture of one tablespoon vinegar and one quart of water. This also helps deter the attraction of dust.
- **Humidifiers**
Did you know that a humidifier is a great place for mold to start growing? Clean your humidifier weekly with $\frac{1}{4}$ - $\frac{1}{2}$ cup of vinegar run through the system. This promotes freshness in the surrounding air as well. Just rinse with water.
- **Cast iron radiators**
If you have cast iron radiators you know how important it is to keep the valves functioning properly. To clean the valves out, simply boil a pot that is a $\frac{1}{2}$ and $\frac{1}{2}$ solution of water and vinegar. Boil the valves for about twenty minutes. Then take them out of the water/vinegar solution and bake them in the oven for ten minutes until they are dried out. You'll see dirt in the bottom of the pan when you are finished.
- **Computers**
Computers can become very dirty and dusty because of the static. You can cut static by wiping the exterior of your monitor and the surrounding wires and pieces with a cloth dampened with vinegar. Vinegar will destatic these pieces, thus preventing dust from clinging. Using a half and half mix of vinegar and water, you can clean the dirtiest portions of your keyboard. This will get the grease out that has been accumulating from your skin. For a more thorough clean, use a cotton bud or ball. It will clean the most detailed pieces of your computer keyboard. If you work with a laptop PC, then you may well find that the finger touch control pad quickly becomes unresponsive, sticky, or un-smooth. When the laptop is switched off, just dampen a kitchen towel with a little vinegar and wipe all around the control pad. When your laptop is switched back on you will find the pad responsive and smooth once again.
- **Garbage cans**
Do your garbage cans just smell too much like garbage? Wiping the inside of your garbage can with vinegar will keep your can smelling fresher longer.

- **Bug Repellant**

Try using vinegar as a bug spray. Put some vinegar in a spray bottle and use it the next time you see a bug. This is safe to spray even on your furniture and near pet dishes or children's toys. Ants - You can keep ants away from your house by spraying around doors, appliances, and along areas where ants are known to be with vinegar. When the vinegar dries it also leaves a residue that ants will keep away from. For picnics - If you enjoy a picnic, but ants get in the way, wash the top of your table off with vinegar. Ants hate vinegar. You can also put some vinegar in pet food bowls that surround the table legs - ants won't cross over this either.

- **Weed Killer**

Many of us do not like using weed killer. So here is an alternative that you can use. Spray vinegar directly onto weeds. Be careful not to spray on other plants, as they too will die. Do this on a dry day. For extra strength you can also add some orange oil extract to the vinegar. Grass killer - If you are struggling to keep grass and weeds from your paths and patio areas, try this tip for great results: Pour vinegar onto the affected area. This will kill grass on walks and driveways where you don't want the grass to grow. This is a lot safer and cheaper than using weed killers and chemicals.

For Your Beauty and Health

If you are searching for new and effective methods in cleaning your body, saving money in regards to your personal hygiene, or if you would simply like to use methods of cleaning your body without the added chemicals used in other treatments, continue to read through the following section to find a home vinegar remedy that will work for you and your family. Many of these tips and ideas have been brought down from generation to generation and now are being written here passed down to you.

- **Hair conditioning**

Looking to improve your hair strength, style, and cleanliness? Use one cup of apple cider vinegar with one quart of water. This strips the wax build up from shampoos and styling aids, leaving your hair clean!

Dandruff Treatment - Washing your hair with vinegar using the above formula also helps if you are a dandruff sufferer. Other dandruff treatments: Use 1/4 cup of apple cider vinegar in a tub of water and soak your hair in it. Or, pour 1 part vinegar and 1 part water into the hair, massage into the scalp, and let dry for a few minutes. Then wash the hair. This process, repeated daily until the dandruff disappears, usually works within a few days. White distilled vinegar is preferred, but cider vinegar works well, too.

- **Head lice**
When children get lice, take warm vinegar and put it on their hair. Also, take your nit comb and dip it in the vinegar. As you run it through the hair, it helps remove the nits. It helps break down the glue the nits use to stay attached to the hair.
- **Soft hands**
Spray your hands with a mist of vinegar, or dip them in vinegar and dry after washing dishes or having them in soapy water to keep your hands soft.
- **Baths**
Add one half cup of vinegar to your warm bath water and you will get double the effects. You will have softer skin and clean the bathtub with less work. The vinegar will soften your skin as well as deodorize the bathtub.
- **Home pedicure**
For a free home pedicure, use 1/2 cup of vinegar in a pan or bucket with 6 cups of warm water to soak your feet in. This will soften your skin. You can also use this method on your elbows if you find you have rough elbow skin. **Corns and calluses** - If you have corns or calluses, soak a piece of stale bread, or a cloth, in vinegar and tape it over the affected area overnight. Use this remedy for a few nights and you'll find relief. The area will just peel off after a few consecutive nights of treatment. **Toenail fungus** - Do you have unsightly toenails? If you have a toe fungus problem, use one part vinegar to one part warm water and soak your feet. This repeated over the course of a week will clear up your toenails.
- **Brittle nails**
Soaking your nails in vinegar for as little as five minutes a day will help cure your brittle nails.
- **Acne**
Dab white distilled vinegar on the affected area and leave it on. It will energize the circulation in the face and actually shrink blemishes. Be warned though, if you use vinegar on your skin every day, it tends to dry out your skin.
- **Smoother nail polish using vinegar**
Nail polish will go on smoother and stay on longer if you clean your nails with white vinegar before applying it.

- Deodorant**

Vinegar eliminates under arm body odor when used in place of a deodorant because it reduces the pH of the skin. Bacteria can't live in areas with low pH. If you are looking for a natural deodorant that will neutralize the odor from your body, dab a little vinegar under your arms every morning to neutralize your body's pH balance. You can easily use this method in the shower in the mornings without making a mess. The vinegar smell is gone in minutes and you should be smell-free all day
- Headaches**

Do you suffer from headaches? Using a washcloth soaked in vinegar, place it on your forehead for quick, effective relief. Another historical remedy for relieving a headache - soak a brown paper bag in apple cider vinegar and apply it to your forehead (same results, just different delivery for relieving headaches, but still an inexpensive solution for the migraine sufferer). Headaches and pain will disappear if you add a dash of apple cider vinegar to the water in a vaporizer and inhale for 5 minutes. After this, lie quietly and try not to concentrate on the pain and the headache should be relieved in 20 minutes.
- Fever**

Vinegar in drinking water is very effective in eliminating the low-grade fevers that are present in chronic fever sufferers. Mix four tablespoons of apple cider vinegar to a gallon of drinking water. Drink up to one gallon each day to fight a fever.
- Colds**

If you would like an alternative treatment for colds, try mixing one-quarter cup apple cider vinegar with one-quarter cup of honey. Take this entire mixture to feel relief from your cold symptoms. You can use this up to eight times a day to fight off your cold. Get some relief from blocked sinuses and chest colds using this easy tip: Add 1/4 cup or more vinegar to a vaporizer and let this run all night long. Breathe the vinegar in and feel the relief all through your body. If you do not have a vaporizer you can still have some relief, just fill a bowl with very warm water and add the vinegar. Cover your head with a towel and lean over the bowl breathing in the vapors and clearing your sinuses!
- Cold sores**

As soon as you feel the first signs of a cold sore (usually a tingling sensation), apply vinegar to the area and keep re-applying for 3-4 minutes (this may sting but that means it's working). Then use Vaseline to soothe the area. If applied at the first sign of a cold sore, this method will prevent the cold sore completely.

- Sore throat**

You can help ease a sore throat with 1 tablespoon of vinegar to 8 ounces of warm water; gargle every hour and swallow after gargling. Alternatively, you can take equal amounts of honey and cider vinegar and stir or shake until dissolved. Take a tablespoon at a time to cut mucous in the throat. Or, mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria. You can also ease the discomfort of a sore throat and speed healing by sipping occasionally on syrup made of 1/2 cup apple cider vinegar, 1/2 cup water, 1 teaspoon cayenne pepper, and 3 tablespoons honey.
- Coughs**

When you get a nagging cough, take 2 tablespoons of apple cider vinegar mixed in warm water with 2 teaspoons of honey, three times a day and that cough will go away. You can also soothe a night cough by sprinkling the pillowcase with apple cider vinegar.
- Arthritis**

Arthritis sufferers - use two spoonfuls of apple cider vinegar and honey in a glass of water and drink this three times a day. While this remedy will take two or three days to provide relief, many notice a difference quickly.
- IBS**

If you've been dealing with a problem of symptoms of irritable bowel syndrome, try this ongoing remedy. Sip water with 1 teaspoon of apple cider vinegar during the day. Your symptoms will lessen drastically.
- Upset stomach**

An upset stomach will calm down if you sip quietly on a glass of very warm water, to which has been added 1 tablespoon of honey and 1 tablespoon vinegar. This is also good for easing gas. You can stop the discomfort of nausea or vomiting by placing a cloth wrung out of warm apple cider vinegar on the stomach. Replace with another warm cloth when it cools.
- Urinary tract infections**

A small amount of vinegar taken every day, keeps the urinary tract acidic. This is useful in the reduction or treatment of a bladder or kidney infection. Combine 1 teaspoon of apple cider vinegar, 1 teaspoon of honey, and a full glass of warm water. This can be taken up to 3 times a day 30 minutes before meals.
- Yeast infections**

If you have troubles with reoccurring yeast infections, use about a cup of vinegar in your bath water. This is also safe for children who have yeast infection problems. Use this bath twice a day. This is much less expensive than over the counter medications.

- **Douche**
You can also create your own vinegar douche using one cup of white vinegar and filling the bottle with water. Cut your hygiene costs to pennies.
- **Hemorrhoids**
If you have itchy, burning skin because you suffer from hemorrhoids, try vinegar for fast relief. Using a cotton ball or a cloth, dab in vinegar and dab the affected area. If you find the full strength vinegar does not agree with you, try a mixture of half water and half vinegar.
- **Muscle cramps**
Are you suffering from muscle cramps? Low levels of potassium cause them. Use 1 teaspoon of vinegar rubbed on the area to relieve the cramp quickly.
- **Stiff neck**
Do you often have a stiff neck? Use an even mixture of vinegar and warm water, soak a rag, and wrap lightly around your neck. If possible, leave this on overnight and in the morning you will not believe the difference.
- **Ear cleaner**
Mix 1/3 part rubbing alcohol, 1/3 part white vinegar, and 1/3 part water. Store it in any old clean dropper bottle and use it to clean out your ears. This works good on dogs and cats too. This is a good remedy for swimmers ear, also.
- **Swimmers ear**
Have you been searching for a cure for swimmers ear? Use one half teaspoon white vinegar with one teaspoon rubbing alcohol tipped in the ear and then tip your head the other way so it can drain out while evaporating any water in your ear.
- **Insomnia**
Do you have trouble sleeping? Use a quick mixture of one-teaspoon honey mixed with one teaspoon of vinegar to drift off quickly without the use of chemicals or after effects!
- **Tonic**
Do you need a little pick me up? Use two cups of white grape juice, two cups of apple juice and mix with one cup of apple cider vinegar. Mix well and refrigerate. Dink a small cup of this mixture each morning to get your body going.

- **Stings**
Have you been stung by a bee or wasp lately? Just grab a cotton ball, soak in cider vinegar, and hold to the sore spot. You can also tape this on the affected area if you want. Within just a few minutes the pain stops. Don't forget to get the stinger out if this was a bee sting!
- **Insect bites**
You can use vinegar as an antiseptic to reduce the itch from mosquito or other insect bites; apply directly to the skin. Vinegar also reduces any swelling and promotes healing.
- **Jellyfish sting**
Soothe a jellyfish sting by dousing the area with vinegar. This will soothe irritation and relieve itching. Easy and inexpensive!
- **Poison ivy**
Use vinegar as an antiseptic to reduce the itch from poison ivy; apply directly to the skin. It also reduces any swelling and promotes healing.
- **Bruises**
Do you bruise easily? Use a mixture of vinegar and cold water, wetting your towel, and apply overnight. You can even tape the towel on or use an ace bandage for better placement.
- **Age spots**
Use vinegar as a remedy for age spots by mixing equal parts of onion juice and vinegar and use it daily on age spots. This will take a few weeks to work, just like its expensive relative from the store, but without the chemicals.
- **Varicose veins**
If you suffer from varicose veins, try a splash of vinegar on your varicose veins. The vinegar will reduce the veins and relieves the pain and swelling.
- **Burns**
If you have burned yourself cooking, a quick dose of vinegar on the burn will prevent blistering in that area. Put ice-cold vinegar on the affected area and you will feel the relief in no time. Put some vinegar on a cloth and hold it on the area if you have a burn from the kitchen and you will not get a blister. Vinegar is particularly useful for neutralizing alkali burns.
- **Cuts and abrasions**
You can use vinegar as an antiseptic for cuts and abrasions; apply directly to the skin. Vinegar also reduces any swelling and promotes healing.

- **Sunburn**
Are you prone to sunburns but never can find relief? Try splashing some vinegar on your sunburn for quick relief of pain.
 - **Tan, don't burn** - If you love to get a tan but find that you usually burn, apply vinegar before going out in the sun and you will lessen the chances of getting a sunburn!
- **Warts**
You can remove a wart by applying a lotion of half cider vinegar and half glycerin. Apply daily to warts until they dissolve.
- **Athlete's foot**
Are you suffering from athlete's foot? Try soaking in vinegar. Not only will this soften your feet, but also vinegar will kill the bacteria that cause athlete's foot.
- **Hiccups**
Do you have a nagging problem with the hiccups? Use one teaspoon of vinegar to stop your hiccups quickly.
- **Sassy children**
While this may not be the most popular tip, using vinegar on the tongue of a sassy child will prevent them from saying another nasty word when they are learning to repeat what others say!

For Your Pets

- **Litter boxes**
Do you have cats as pets? Wash out their litter box with pure vinegar, let air dry, and refill with litter to keep the fresh smell even longer!
- **Aquariums**
If you have an aquarium you already know how hard it can be to keep your aquarium clean. To remove the hard mineral deposits that form on the top of where the water is in the aquarium, wash with straight vinegar and then wash with soap and water as usual for a streak-free, clean shine.
- **Pet odors**
Do your carpets smell like a cat or dog? Use one cup water to one cup vinegar in a spray bottle and mist over the carpet.

- **Skunk odor**
If your pet has had a run in with a skunk, rub vinegar over your pet's fur to absorb the odor.
- **Horses**
Do you have horses but hate the way the flies are always hanging around? Use about $\frac{1}{4}$ cup of vinegar in the grain once a day at feeding time and the flies will keep away from the horses!
- **Chickens**
If you have chickens, use vinegar to clean out the water containers to keep mold from growing! Simply soak with vinegar for about five minutes then rinse with water. Farmers use apple cider vinegar in the drinking water for their chickens to keep them from pecking at each other. Add some vinegar to your chicken's water in the winter to keep them laying better and staying healthy.
- **Rabbits**
If you have rabbits, use vinegar to clean out the water containers to keep mold from growing! Simply soak with vinegar for about five minutes then rinse with water. This also works with the water bottle that you hang in the pen.
- **Keep cats away**
Keep cats away from your flower garden by sprinkling vinegar all around your flowerbed. While keeping cats away, you will keep ants away and promote the acid level for your flowers! **Sandboxes** - To keep cats away from a small child's sandbox, pour vinegar around the perimeter of the sandbox weekly. Reapply if you notice the cat trying to get back in the sand box, but this trick works wonders at keeping bugs and pests away as well!
- **Cats scratching furniture**
Stop your cat's scratching the furniture. Sprinkle or spray vinegar on areas you don't want the cat scratching. The smell of the vinegar remains and cats do not like it.
- **Puppy training**
If you have a puppy that you are trying to train, get a squirt gun, fill it with vinegar, and when the puppy is bad, squirt him. The smell of straight vinegar helps to let the puppy 'know' that he was bad.
- **Dogs scratching**
If your dog is always scratching at his ears, you can help you pet easily! Clean the inside of the dogs ears with a soft cloth dipped in $\frac{1}{2}$ water and $\frac{1}{2}$ vinegar to help stop ear wax, and to chase little bugs away!

- **Fleas**
Do you have a problem with fleas on your pets? Add a little vinegar to their drinking water to deter fleas from infesting your favorite pet.
- **Showing animals**
If you like to show your horse or dog, spraying vinegar on their coat gives them an extra shine. This is a great alternative to the expensive show products available.
- **Pet skin infections**
If your cat or dog has a skin infection, rinse them in vinegar after their weekly bath to promote healing and cut bacteria growth.
- **Pet stains**
If you have a little pet that has left a big mess on your carpets, you can get that stain up fast. All you have to do is make a mixture of vinegar and liquid dish soap. Rub this into the spot and blot up with clean towels. Rinse, using a few wet towels, until you bring the vinegar and soap back up. Always use a cool water. If the stain is more troublesome, try the more detailed procedure below:
Mix a teaspoon of a mild detergent - one without alkalis or bleaches - with a cup of warm water. Pour a bit on the stain and blot with a clean towel. Next, apply a mixture of one tablespoon of ammonia in a half cup of water and blot. Repeat with the first mixture again and blot. Then mix one-third cup of white vinegar with two thirds of a cup of water. Treat the stain with this and blot. Finally, sponge the spot with clean water, blot one more time, and the carpet should be stain free. **Important** - Never use ammonia to clean a pet mess on carpets. Never clean dog urine from a carpet with an ammonia-based cleaner. Urine has ammonia in it, and your dog might think the spot has been permanently marked for his use.
- **Pet Odors**
Use one part vinegar and one part water to take pet odors out of carpets. Find the spot and saturate it with about one and one half the original volume. Let it set for a while and then blot up. Repeat if your cloth is very dirty after blotting. Make sure to turn on a fan or open a window for the large spots.
- **Milking equipment**
Farmers can use vinegar to neutralize and clean their milking equipment. The vinegar will leave the system odorless and bacteria free without using harmful chemicals.