



Vinegar

vinegre

Latin

vīnum + *aigre*



wine



sour

*Do you think of **vinegar**,
simply as a ingredient in
your salad dressing?*



*Do you think of **vinegar**,
simply as a ingredient in
your salad dressing?*

*“If you thought it was
... **YOU WERE WRONG!**”*





Vinegar . . .

*is **NOT** just, for
your salad.*

7 Challenges you never thought vinegar could solve.



1 Soften a hard paint brush.

2 Keep cheese from molding.

3 Prevent paint peeling off cement floors.

4 Remove decals.

5 Clean patio furniture cushions.

6 Remove dried paint.

7 Remove wallpaper.



Here is How



Soften a hard paint brush.

Boil it in vinegar, or soak it in very hot vinegar, then wash in soapy water.

Keep cheese from molding.

Wrap it in a vinegar-soaked cloth, then place in a sealed container.

Prevent paint peeling off cement floors.

First “paint” the floor with white vinegar. Once it’s dry, apply the paint.
(Same trick works with galvanized metal.)

Remove decals.

Sponge distilled vinegar on any decals that stubbornly resist removal.
After a few minutes, you should be able to scrape them off.
(Use the edge of an old credit card to avoid scratching any surface.)

Clean patio furniture cushions.

Scrub with a stiff brush dipped in white vinegar.

Remove dried paint.

Heat white vinegar until it’s lukewarm and apply with a plastic scrubbing pad.

Remove wallpaper.

Pour a cup of white vinegar into 2 gallons of hot water, then transfer that into a spray bottle.
Apply to wallpaper until very wet. Let stand about 15 minutes or until wallpaper is loose.

A fun fact to put to the test, involving the strength of vinegar



Distilled white vinegar can be used to Clean copper, bronze, and brass, objects of any kind.

[Generally to do so, you would simply mix with salt, rub, then rinse the item afterwards.]

YOU MAY HAVE HEARD SOMEONE SAY, “ IF YOU PUT A PENNY IN VINEGAR AND LET IT SIT IT WILL CLEAN THE PENNY.”

Vinegar is an Acid ... and yes it can clean a penny.

In reality vinegar can do more than just clean a penny. If you leave that penny in a container of vinegar, you will soon realize corrosive enough to partially dissolve a penny in a matter of weeks,

Bleach it's more than a stain and color remover.



It's been linked to cancer, lower average IQs,
and infertility. Oh, but it gets stains out too!

HOW DO YOU REMOVE BLEACH STAINS? I WOULD SAY YOU SHOULD JUST STOP
USING BLEACH ALTOGETHER; THAT'S WHAT ENVIRONMENTAL SCIENTISTS SUGGEST.

The manufacturing of bleach as well as its domestic and industrial use has
been linked to enough health problems, particularly cancer, to warrant the
erradication of chlorine bleach altogether.

*One of the more well known and publicized examples of the effects of
chlorine bleach are those cases where paper plants have used bleach to
break down proteins and fibers in paper products.*

Vinegar it's more than just safe, its edible.



Vinegar has been traditionally used as a color restoration solution for a very long time. So, it shouldn't be all that surprising you can use it to treat a bleach stain.

NOT ONLY DOES IT IMMEDIATE NEUTRALIZE ANY BLEACH AGENTS LEFT IN THE FABRIC, BUT THE ACIDS IN VINEGAR (ACETIC ACID) WILL HELP TO DISSOLVE OR PEEL AWAY ANY DAMAGED FABRIC THAT MAY BE CAUSING A BLEACH STAIN TO STAND OUT.

Vinegar will eventually damage cotton fabrics with enough exposure, so use white vinegar conservatively if treating bleach stains.

Vinegar *it's good for you and good for your garden.*

Increase soil acidity:

In hard water areas, add a cup of vinegar to a gallon of tap water for watering acid loving plants like rhododendrons, gardenias or azaleas. The vinegar will release iron in the soil for the plants to use.

Keep Flowers Longer

Keep flowers fresh longer. Add 2 tablespoons sugar and 2 tablespoons white vinegar in a 1-quart vase of water. Trim stems and change water every five days.

Neutralize garden lime:

Rinse your hands liberally with white distilled vinegar after working with garden lime to avoid rough and flaking skin. Clean pots before repotting, rinse with vinegar to remove excess lime.



Vinegar *it's good for plants and good for you.*

(CPAP) Machine for Sleep Apnea or general Humidifier:

To clean the calcium deposit of the humidifier reservoir, heat 450 ml (1 ¾ cups) of vinegar in the microwave for 2 minutes. Pour vinegar into reservoir and replace cap. Let sit for 1 hour. Remove vinegar. Reservoir should be clean and calcium free. Contact manufacturer before cleaning with this method or review manufacturer's directions.

Treat sinus infections and chest colds:

Add 1/4 cup or more vinegar to the vaporizer. (Be sure to check vaporizer instructions for additional water measurement.)

Soothe a bee or jellyfish sting:

Douse with vinegar. It will soothe irritation and relieve itching.

Skin burns:

Apply ice-cold vinegar right away for fast relief. Will prevent burn blisters.

Cleaning Heavily Soiled Hands

Moisten cornmeal with apple cider vinegar. Scrub hands, rinse in cold water and pat dry.





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—Patricia Bragg, N.D., Ph.D.,
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