

10 Tips for Using Apple Cider Vinegar

By Lisa Mitchell

Using Apple Cider Vinegar Apple cider vinegar is my favorite new DIY household product. Just as baking soda has a huge range of uses from personal self-care to household cleaning, apple cider vinegar can do pretty much anything-for your skin, your hair, your house, and even your pets.

I learned about apple cider vinegar when I was researching ways to get rid of the fleas that had unfortunately begun cropping up in my apartment from my roommates' two cats. Apple cider vinegar, apparently, when rubbed on the pet and added to the pet's water, can greatly help repel the fleas from the animal.

Why should we all start using more apple cider vinegar? First of all, apple cider vinegar is a completely natural product: apple juice is fermented to hard apple cider, which is fermented a second time to apple cider vinegar. In integrating this natural product into our homes, we instantly decrease the consumption of unnatural chemicals in our daily lives.

Here are many other benefits of apple cider vinegar that can be applied to your lifestyle. Read the list below.

BEAUTY:

Hair: It is widely known that apple cider vinegar can be used as a rinse for your hair after shampooing to add healthy body and shine. Recycle an old shampoo bottle and fill it with 1/2 a tablespoon of apple cider vinegar and a cup of cold water. Pour through your hair after shampooing several times a week.

Face: Did you know that apple cider vinegar can help regulate the pH of your skin? Dilute apple cider vinegar with two parts water, and spread the concoction over your face with a cotton ball as a toner. You can do this at night after washing, and in the morning before you apply your moisturizer. You can also dab apple cider vinegar directly onto age spots and leave them on overnight to lighten their color.

Hands and Feet: Are your hands and feet feeling tired and swollen after a long day? Treat yourself to a personal spa massage by rubbing apple cider vinegar onto them.

Sunburn: Suffering from a bad sunburn? Add a cup of apple cider vinegar to your bath and soak for 10 minutes.

Teeth: Did you know that apple cider vinegar can help remove stains from teeth? Rub teeth directly with apple cider vinegar and rinse out.

Aftershave: Fill a bottle with equal parts apple cider vinegar and water and shake to blend.

HEALTH:

Weight-Loss: For daily weight and pH balance maintenance, add 2 teaspoons of apple cider vinegar to 16 oz of water. Sip this concoction throughout the day.

Detox: Add 2 tablespoon of apple cider vinegar to a 1 or 2 liter filtered water bottle. Drink this throughout the day to cleanse your body and kidneys all day long.

HOME AND PETS

Cleaning: Mix 1/2 cup of apple cider vinegar with 1 cup water. You can use this concoction to clean microwaves, bathroom tiles, kitchen surfaces, windows, glasses and mirrors. This mixture also works as a disinfectant.

Flea Reduction: Rub apple cider vinegar onto your pet's skin. Add a little bit of apple cider vinegar to their water. Spray apple cider vinegar, diluted 50 percent with water, onto your pets and onto your furniture to repel the presence of fleas.