

10 Reasons You Should Have *Apple Cider Vinegar* In Your Pantry



APPLE CIDER VINEGAR IS A HIGHLY
UNDERRATED AND BENEFICIAL ITEM
TO KEEP IN YOUR PANTRY.

Apple Cider Vinegar has so many uses both for the inside and outside of your body. From digestive health, to hair care, apple cider vinegar does it all!

Facial Cleanser

Apply apple cider vinegar to a cotton ball and rub around your face. Leave for five minutes, then rinse off. Apple cider vinegar is a natural antibacterial and detoxifier; so it can do wonders on oily and acne prone skin.



Breath Refresher

Combining a cup of water with two teaspoons of apple cider vinegar makes a great mouth rinse. Use several times a day to combat chronic bad breath and/or oral infections. A bonus benefit of doing this is that it will also whiten your teeth!



Produce Wash

Use apple cider vinegar as a natural fruit and vegetable rinse. The antibacterial properties will work wonderfully to cleanse fresh produce of dirt and debris.



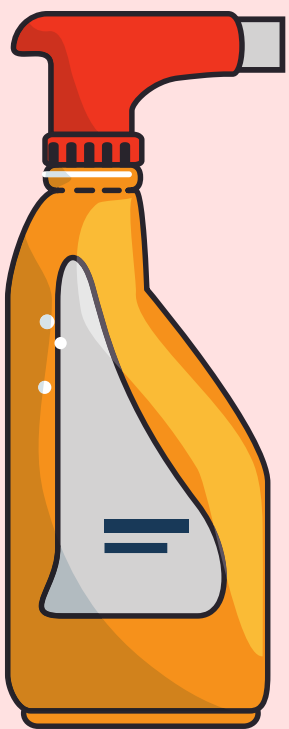
Detoxifying Hair Rinse

Soak your hair in apple cider vinegar for about five minutes once a week. This will remove toxins and product build-up from your hair and leave it shining, soft, and healthy!



Natural All-Purpose Cleaner

Apple cider vinegar is a great natural alternative to harsh, chemical cleaners. It is both pet and child safe, as well as being very effective at removing odors and stains. Mix with baking soda and lemon for an extra strong natural scrub.



Arthritis Relief

Drink two teaspoons of apple cider vinegar in eight ounces of water every day for effective arthritis pain relief. Apple cider vinegar helps by breaking down the tiny, acidic crystals that build up around the joints of those with arthritis.



Burn Reliever

Place an apple cider vinegar soaked cloth over any kind of burn and let sit. This works to take the sting out of sunburn AND contact burns.



Weed Killer

Just pour a small amount of apple cider vinegar over any unwanted weeds in your garden, and they will disappear! Just be sure to only pour it over the plants you don't want around.



Decongestant

Boil one part water to one part apple cider vinegar. Then, breathe in the steam to help clear your sinuses. This will relieve pressure, AND help with any possible cold you may be fighting.



Natural Energy Booster

One Tablespoon of apple cider vinegar mixed with a Tablespoon of honey, juice of half a lemon, and a pinch of ginger in eight ounces of water will have you feeling energized in no time. The best part of this is that it is completely natural, and doesn't have all the caffeine and chemicals a prepackaged energy drink has.



As you can see, there are TONS of uses for apple cider vinegar. The ten you read above are just the tip of the iceberg! So go ahead and grab a bottle and keep it in your pantry asap!