

Vinegar Uses for Health

Vinegar health benefits range from controlling levels of cholesterol to giving us a flawless skin and soft, shiny hair. To know more about vinegar uses for health, read on...

Who would have known in the beginning, that wine that wine gone sour would have so many uses. Whether it was discovered accidentally or was a planned venture, no one knows how or when [vinegar](#) was discovered. Whatever the history, besides occupying an emphatic place in the cuisine of almost every culture, vinegar is known for its numerous benefits. Right from the days of the Greeks to the present times, man has been benefiting from the many [uses of vinegar](#). In this article however, let us just concentrate on the various vinegar uses for health.

Vinegar Uses for Health

[Vinegar health benefits](#) are many. Here are a few of them:

- Vinegar is effective in clearing chest congestion. Add a few spoons of vinegar to a large bowl of water and inhale the vapor. This is a great [chest congestion home remedy](#) and it relieves respiratory congestion.
- Taking vinegar steam also relieves [sinus infections](#) and chest colds. Check the instructions of the vaporizer for measurements of mixing water with vinegar.
- Be it leg cramps or cramps in any other part of the body, use a compress of full strength vinegar to relieve it.
- Use a hot compress by dipping a towel in hot vinegar and applying it to a muscle strain and sprain. Apply this compress for 20 minutes.
- Vinegar is also effective in relieving [headaches](#). For this, lie down and take a compress made from mixing equal amounts of vinegar and water.
- Make a solution of vinegar by adding 1 part of vinegar to 2 parts of water. Dip your toes in this solution everyday for 15 minutes. This cures toe nail fungus.
- One of the vinegar uses for health is that it soothes sore throat. Add a teaspoon of vinegar to a glass of water. Gargle with this water and then swallow it. Alternately you could also mix 2 tablespoons of honey and 1 teaspoon of vinegar to one cup of hot water. Use this mixture to gargle and then swallow it.
- Applying a paste of vinegar and corn starch relieves itches.
- Vinegar can be used for nail care as well. Soak your fingers in vinegar after having clipped your nails. Do this every time you cut your nails and you will find clean and healthy nails within two months' time.



Vinegar Uses for Skin

Vinegar is very effective in soothing dry and itchy skin and works wonders for mild burns. Here's how:

- Add 2 tablespoons of vinegar to bath water to relieve dry and itchy skin.
- Rubbing white distilled or cider vinegar lightly on skin relieves [sunburns](#). This application should be repeated as required.
- To reduce age spots, mix equal parts of onion juice and vinegar. Apply it daily to age spots. Continue using this to get rid of the unwanted signs of [aging](#).
- Dousing a bee or jellyfish sting with vinegar relieves [itching](#) and irritation.
- Apply ice cold vinegar for instant relief from pain due to skin burn. Treatment of the burn with vinegar also prevents formation of blisters.
- Want soft feet? Use vinegar. Add 1 cup of white distilled vinegar to 2 gallons of warm water. Soak your feet in this mixture for 45 minutes. Then scrub your feet with pumice stone. This removes dead skin and calluses, and leaves feet feeling soft and looking clean.

Vinegar Uses for Hair

Want shiny, healthy looking hair? Rush to your kitchen and grab that bottle of vinegar, or should we call the 'wonder liquid'?

- To get rid of [dandruff](#), first shampoo your hair. Then after you are sure that no trace of shampoo is left, rinse your hair with a solution of ½ cup vinegar and 2 cups of warm water.
- Using water with vinegar added to it, to wash hair reduces frizz in over - permed hair.
- You can also use vinegar to add shine to your hair. Just mix a little bit of vinegar with your shampoo and use it normally. However, leave it on for 2 to 3 minutes before washing it off with water.
- If you color your hair then rinse your hair with a mixture of water and vinegar after rinsing it with water. This seals the color in the hair.

Apple Cider Vinegar Health Benefits

Have you heard of the adage 'an apple a day keeps the doctor away'? Here is another proof of the fruit's health benefit. Although made from apples, apple cider vinegar is believed to have greater health benefits than the fruit itself.

- Apple cider vinegar prevents the formation of [gall bladder stones](#) and [urinary tract infections](#).
- Strengthening the immune system and increasing stamina are other [health benefits of apple cider vinegar](#).
- It provides relief from the symptoms of [arthritis](#) and [gout](#).
- [Apple cider vinegar](#) improves digestion and protects against food poisoning. It is also cures constipation.
- Of the numerous apple cider health benefits the fact that it helps in weight loss is perhaps the most desired one. Apple cider vinegar speeds up one's metabolism that results in [weight loss](#). Read more on [apple cider vinegar for weight loss](#).

- Vinegar uses for [acne](#) are also well known. Mix one part of apple cider vinegar and 3 to 4 parts of water. Dab the affected areas with this mixture. Leave it on for 10 minutes, then rinse it. Repeat this three times daily.

These are a few vinegar uses for health. Probably I could just go on and on about vinegar uses. This liquid which is actually acetic acid, occupies such an integral place in our lives today that it is a rare kitchen that you would come across, that would not have a bottle of vinegar.

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