



The Miracle Of Vinegar

63 Tried And Tested Uses For Health and Home.

Now Including:

The Benefits Of Baking Soda

(As A Special Bonus)

The Miracle Of Vinegar

The origin of the word vinegar can be traced back to the Latin words for wine, 'vinum,' and sharp, 'acer' and the French words for wine, 'vin' and sour, 'aigre.' The word 'vinaigre' literally means sour wine.

Vinegar was almost certainly discovered by accident when a cask of wine, past its time, fermented and turned sour. An fortuitous accident that has been performing miracles ever since.

There are many types of vinegar available on the market with new specialty vinegars surfacing each year.

Here is a brief description of how some of the more common vinegars are created.

Pure White Vinegar: Corn is converted to starch and then sugar, and then the secondary fermentation of a neutral spirit alcohol is converted into vinegar.

Malt Vinegar: Made from the alcohol obtained from the fermentation of barley malt.

Red Wine Vinegar: Made from the wine of red grapes.

White Wine Vinegar: Made from the wine of white grapes.

Apple Cider Vinegar: Made from the alcohol obtained from the fermentation of apples.

For Hundreds of years people have used white vinegar for a whole range of purposes and these tips have been passed on from generation to generation. However, in today's hectic times many of these great uses for white vinegar have been forgotten.

This book sets out a broad range of vinegar usage tips that are both convenient to use and more importantly they really work.

The advantages to the family budget, our planet and our health, compared to toxic cleaners and chemicals are truly miraculous.

1. Arthritis tonic and treatment; 2 spoonfuls of apple cider vinegar and honey in a glass of water several times daily.
2. Thirst-quenching drink: apple cider vinegar mixed with cold water.
3. Sagging cane chairs: sponge them with a hot solution of half vinegar and half water. Place the chairs out in the hot sun to dry.
4. Skin burns: apply ice cold vinegar right away for fast relief. Will prevent burn blisters.
5. Add a spoonful of vinegar to cooking water to make cauliflower white and clean.
6. Storing cheese: keep it fresh longer by wrapping it in a vinegar-soaked cloth and keeping it in a sealed container.
7. Remove stains from stainless steel and chrome with a vinegar-dampened cloth.
8. Rinse glasses and dishes in water and vinegar to remove spots and film.
9. Prevent grease build-up in your oven by frequently wiping it with vinegar.
10. Wipe jars of preserves and canned food with vinegar to prevent mould-producing bacteria.
11. To eliminate mildew, dust and odours, wipe down walls with vinegar-soaked cloth.
12. Clean windows with vinegar and water.
13. Hardened paint brushes: simmer in boiling vinegar and wash in hot soapy water.
14. Clean breadbox and food containers with vinegar-dampened cloth to keep fresh-smelling and clean.
15. Pour boiling vinegar down drains to unclog and clean them.

16. Clean fireplace bricks with undiluted vinegar.
17. An excellent all-purpose cleaner: vinegar mixed with salt. Cleans copper, bronze, brass, dishes, pots, pans, skillets, glasses, windows. Rinse well.
18. Make your catsup and other condiments last long by adding vinegar.
19. To clear up respiratory congestion, inhale a vapour mist from steaming pot containing water and several spoonfuls of vinegar.
20. Apple cider vinegar and honey as a cure-all: use to prevent apathy, obesity, hay fever, asthma, rashes, food poisoning, heartburn, sore throat, bad eyesight, dandruff, brittle nails and bad breath.
21. When boiling eggs, add some vinegar to the water to prevent white from leaking out of a cracked egg.
22. When poaching eggs, add a teaspoon of vinegar to the water to prevent separation.
23. Weight loss: vinegar helps prevent fat from accumulating in the body.
24. Canned fish and shrimp: to give it a freshly caught taste, soak in a mixture of sherry and 2 tablespoons of vinegar.
25. Add a spoonful of vinegar when cooking fruit to improve the flavour.
26. Soak fish in vinegar and water before cooking for a tender, sweeter taste.
27. Add vinegar to boiling ham to improve flavour and cut salty taste.
28. Improve the flavour of desserts by adding a touch of vinegar.
29. Add vinegar to your deep fryer to eliminate a greasy taste.
30. Add a tablespoon of vinegar to fruit gelatine to hold it firm.
31. Steep your favourite herb in vinegar until you have a pleasing taste and aroma.

32. Use vinegar instead of lemon on fried and broiled foods.
33. To remove lime coating on your tea kettle; add vinegar to the water and let stand overnight.
34. To make a good liniment: beat 1 whole egg, add 1 cup vinegar and 1 cup turpentine. Blend.
35. Apply vinegar to chapped, cracked skin for quick healing.
36. Vinegar promotes skin health: rub on tired, sore or swollen areas.
37. Reduce mineral deposits in pipes, radiators, kettles and tanks by adding vinegar into the system.
38. Rub vinegar on the cut end of uncooked ham to prevent mould.
39. Clean jars with vinegar and water to remove odour.
40. Avoid cabbage odour by adding vinegar to the cooking water.
41. Skunk odour: remove from pets by rubbing fur with vinegar.
42. Paint adheres better to galvanized metal that has been wiped with vinegar.
43. Pets' drinking water: add vinegar to eliminate odour and encourage shiny fur.
44. For fluffy meringue: beat 3 egg whites with a teaspoon of vinegar.
45. Pie crust: add 1 tablespoon vinegar to your pastry recipe for an exceptional crust.
46. Half a teaspoon per quart of patching plaster allows you more time to work the plaster before it hardens.
47. Prevent discoloration of peeled potatoes by adding a few drops of vinegar to water. They will keep fresh for days in fridge.

48. Poultry water: add vinegar to increase egg production and to produce tender meat.
49. Preserve peppers: put freshly picked peppers in a sterilized jar and finish filling with boiling vinegar.
50. Olives and pimentos will keep indefinitely if covered with vinegar and refrigerated.
51. Add 1 tsp. vinegar to cooking water for fluffier rice.
52. Add vinegar to laundry rinse water: removes all soap and prevents yellowing.
53. After shampoo hair rinse: 1 ounce apple cider vinegar in 1 quart of distilled water.
54. For a shiny crust on homemade bread and rolls: just before they have finished baking, take them out, brush crusts with vinegar, return to oven to finish baking.
55. Homemade sour cream: blend together 1 cup cottage cheese, 1/4 cup skim milk and 1 tsp. vinegar.
56. Boil vinegar and water in pots to remove stains.
57. Remove berry stains from hands with vinegar.
58. Prevent sugaring by mixing a drop of vinegar in the cake icing.
59. Cold vinegar relieves sunburn.
60. When boiling meat, add a spoonful of vinegar to the water to make it more tender.
61. Marinate tough meat in vinegar overnight to tenderize.
62. A strength tonic: combine raw eggs, vinegar and black pepper. Blend well.
63. Douche: 2 to 4 ounces of vinegar in 2 quarts of warm water.

Sixty Uses Of Baking Soda

Bicarbonate of soda or baking soda has many different uses in the household.

Although much more expensive products have been developed over the years to do the same jobs, baking soda can work for you just as well, if not better.

Use it in the following ways:

1. To make your own baking powder, stir and sift together 2 parts of Cream of Tartar to 1 part baking soda and 1 part cornstarch.
2. Be sure to keep an extra box of baking soda by your stove in case of grease or electrical fire. Scatter the powder by the handful to safely put it out.
3. Keep a container of baking soda in your garage as well as in your car to put out a fire. It won't damage anything it touches.
4. Baking soda will also put out fires in clothing, fuel, wood, upholstery and rugs.
5. Clean vegetables and fruit with baking soda. Sprinkle in water, soak and rise the produce.
6. Wash garbage cans with baking soda.
7. Soak and wash diapers with baking soda.
8. Oil and grease - stained clothing washes out better with soda added to the washing water.
9. Clean your fridge and freezer with dry soda sprinkled on a damp cloth. rinse with clear water.
10. Deodorize your fridge and freezer by putting in an open container of baking soda to absorb odours. Stir and turn over the soda from time to time. Replace every 2 months.

11. Soda absorbs kitty litter odours. Cover the bottom of the kitty box with 1 part soda; then add a layer of 3 parts kitty litter on top.
12. Always add 1/2 cup soda to your washing machine load.
13. Clean combs and brushes in a soda solution.
14. Wash food and drink containers with soda and water.
15. Wash marble-topped furniture with a solution of 3 tablespoons of soda in 1 quart of warm water. Let stand awhile, then rinse.
16. Clean Formica counter tops with baking soda on a damp sponge.
17. Wash out thermos bottles and cooling containers with soda and water to get rid of stale smells.
18. To remove stubborn stains from marble, Formica or plastic surfaces, scour with a paste of soda and water.
19. Wash glass or stainless steel coffee pots (but not aluminium) in a soda solution (3 tbsp. soda to 1 quart water).
20. Run you coffee maker through its cycle with a soda solution. Rinse.
21. Give baby bottles a good cleaning with soda and hot water.
22. Sprinkle soda on barbecue grills, let soak, then rinse off.
23. Sprinkle soda on greasy garage floor. Let stand, scrub and rinse.
24. Polish silverware with dry soda on a damp cloth. Rub, rinse and dry.
25. For silver pieces without raised patterns or cemented-on handles: place the silver on aluminium foil in an enamel pot. Add boiling water and 4 tbsp. baking soda. Let stand, rinse and dry.
26. Reduce odour build-up in your dishwasher by sprinkling some soda on the bottom.

27. Run your dishwasher through its cycle with soda in it instead of soap to give it a good cleaning.
28. To remove burned-on food from a pan: let the pan soak in soda and water for 10 minutes before washing. Or scrub the pot with dry soda and a moist scouring pad.
29. For a badly-burned pan with a thick layer of burned-on food: pour a thick layer of soda directly onto the bottom of the pan, then sprinkle on just enough water so as to moisten the soda. Leave the pot overnight, then scrub it clean next day.
30. Rub stainless steel and chrome with a moist cloth and dry baking soda to shine it up. Rinse and dry. On stainless steel, scrub in the direction of the grain.
31. Clean plastic, porcelain and glass with dry soda on a damp cloth. Rinse and dry.
32. Remove that bad smell from ashtrays with soda and water.
33. Sprinkle a bit of dry soda in your ashtrays to prevent smouldering and reduce odour.
34. Clean your bathroom with dry soda on a moist sponge - sink, tub, tiles, shower stall, etc.
35. Keep your drains clean and free-flowing by putting 4 tablespoons of soda in them each week. Flush the soda down with hot water.
36. Soak your shower curtains in water and soda to clean them.
37. To remove strong odours from your hands, wet your hands and rub them hard with soda, then rinse.
38. Sprinkle baking soda on your wet toothbrush and brush your teeth and dentures with it.
39. Sprinkle soda in tennis shoes, socks, boots and slippers to eliminate odour.

40. Add 1/2 cups or more of baking soda to your bath water to soften your skin.
41. Putting 2 tbsp. of baking soda in your baby's bath water will help relieve diaper rash irritations.
42. Apply soda directly to insect bites, rashes and poison ivy to relieve discomfort. Make a paste with water.
43. Take a soda bath to relieve general skin irritations such as measles and chicken pox.
44. Take 1/2 teaspoon of baking soda in 1/2 glass of water to relieve acid indigestion or heartburn.
45. Gargle with 1/2 tsp. baking soda in 1/2 glass of water. Freshens and cleans your mouth.
46. Used as a mouthwash, baking soda will also relieve canker sore pain.
47. To relieve sunburn: use a paste of baking soda and water.
48. Bug bites: use a poultice of baking soda and vinegar.
49. Bee sting: use a poultice of baking soda and water.
50. Windburns: moisten some baking soda and apply directly.
51. Making Play Clay with baking soda: combine 1 1/4 cups water, 2 cups soda, 1 cup cornstarch.
52. Use soda as an underarm deodorant.
53. If your baby spits up on his shirt after feeding, moisten a cloth, dip it in baking soda and dab at the dribbled shirt. The odour will go away.
54. When scalding a chicken, add 1 tsp. of soda to the boiling water. The feathers will come off easier and flesh will be clean and white.
55. Repel rain from windshield. Put gobs of baking soda on a dampened cloth and wipe windows inside and out.

56. Add to water to soak dried beans to make them more digestible.
57. Add to water to remove the "gamey" taste from wild game.
58. Use to sweeten sour dishcloths.
59. Use dry with a small brush to rub canvas handbags clean.
60. Use to remove melted plastic bread wrapper from toaster. Dampen cloth and make a mild abrasive with baking soda.



Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
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Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of Omega 3 in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good fish oils' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our fish oil than any other known manufacturer. DHA is the most important fatty acid in the human brain.

High in DHA and proven to be pure and free of contaminants the Xtend-Life brand is considered to be the 'Rolls Royce' of concentrated Omega 3 fish oils at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

Xtend-Life Multi-Xtra is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products 'whole food' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use vitamins which are derived from petrochemicals. Multi-Xtra contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. Multi-Xtra is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.