

## 5 Ways to Use Apple Cider Vinegar

Unless you have been living under a rock or natural health is brand new to you, you have probably heard that apple cider is good for you. While you may know some of the general benefits, do you know specific ways to use it? This blog post is going to give you some insight into 5 different ways to use apple cider vinegar for a variety of benefits.

### 1. Put it in Your Water

Drinking apple cider vinegar is the first and main way to use it. This is really easy to use and reap a lot of health benefits from it. You can easily just put a tablespoon of apple cider vinegar in a glass of water, but keep in mind the taste is a little strong. If you don't like the taste, try adding a few more ingredients to the water mixture, such as some raw honey or even adding it to flavored water or juice that is slightly diluted. Another popular option is a drink with lemon and apple cider vinegar, sometimes with ginger as well.

### 2. Treat Your Dandruff

Do you have a dry scalp or skin condition causing flakes on your scalp? This is dandruff and can be really frustrating to deal with. Apple cider vinegar helps to remove buildup and flakes from your scalp, and wash them clean from your hair. Just mix apple cider vinegar with some water in a spray bottle, using about equal amounts of each. Spray it onto your scalp after you have washed with shampoo, and let it sit for a few minutes before rinsing out.

### 3. Use it as a Natural Cleaner

If you are looking for a natural cleaner for your home, look no further. Apple cider vinegar joins a group of ingredients that are natural and allow you to clean your home completely toxic-free. To make your own cleaner, you can add apple cider vinegar to a spray bottle with water, and have the option of adding some essential oils as well. Choose an oil with cleansing powers, like thieves.

### 4. Get Rid of Foot Odor

Foot odor can be embarrassing when you are around other people and frustrating even for you. If you are struggling with foot odor, you need something strong and natural like apple cider vinegar. Get a container of baby wipes, open it up and pour about a cup of apple cider vinegar inside. Let these soak overnight, then use them every time you need to wipe your feet.

### 5. Detoxify Your Body Naturally

Apple cider vinegar also works well as a natural body detoxifier. The easiest way to use it for this purpose is to add it to your bath. All you need is about a cup of the vinegar added to your bath water, along with some essential oils and a little Epsom salts.

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