

28 Health & Beauty Uses For Apple Cider Vinegar

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This isn't the first post we have done about the benefits of vinegar, and it probably won't be the last either, as apple cider vinegar in particular is just so useful and versatile... As a child I suffered with terribly throat infections and tonsillitis over and over. I used to find that gargling with ACV was great at soothing the pain. Below are 28 uses for ACV, 14 health uses and 14 beauty uses. Also, following on from our earlier post about making apple sauce, you can easily make your own apple vinegar, see out previous post: [How To Make Apple Vinegar From Scratch](#). [28 Health & Beauty Uses For Apple Cider Vinegar](#)

(Photo from: One Good Thing By Jillee)