

## 75 Benefits And Uses Of Vinegar

Categories : [Health/Fitness](#), [Homesteading](#)



I think it is safe to say that pretty much everyone reading this has some vinegar in the cupboard, but what do you use it for? Probably cooking, pickling/canning and salad dressings. Four uses... I'll trump your four uses with an additional 75 health, beauty and around the home uses...

Ranging from acne, sunburn and other skin problems, to removing rust and mineral deposits, right the way through to killing weeds and repelling ants. I think vinegar is only rivalled by baking soda (see: [75 Uses for Baking Soda](#)) for its health, beauty and around the home usefulness. Seriously, check out the list below and I'll bet you'll be using vinegar for more than just your food from now on.

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(Photo from: Value Your Body)