**12 ways to use apple cider vinegar**

1. **On Food When You Eat:** Both acetic acid and enzymes found in ACV break down vegetables, grains, and most especially meat. Otherwise a large quantity of hydrochloric acid is required to properly digest protein.
2. **In Recipes:** The tangy sweet flavor is delicious when paired with many foods. Try adding in ACV to home-made guacamole, hummus, and quinoa dishes.
3. **Disinfect Wounds and Burns:** Apply ACV to minor cuts, large wounds, and burns to speed up the healing process. The anti-microbial properties of ACV help reduce pain and risk of infection.
4. **Treat and Cure Acne:** Wash your face with an ACV mixture 2-3 times daily. Combine 1 part ACV with 3 parts water.
5. **Remove Warts:** Completely remove warts within 7-15 days. Saturate a cotton ball with ACV and place it on the wart holding it in place with a bandaid. Allowing the wart to soak in ACV, repeat this process every 24 hours until wart is gone. (It is normal for the wart to become inflamed and throb during the first couple days of treatment.)
6. **Treat Dandruff:** Eliminate dandruff in one week by saturating your hair with a 50/50 mixture of ACV and water. Leave the mixture in for 15 minutes before washing. Repeat this routine each night for one week.
7. **Energize and Detoxify:** Improve your energy levels and detoxify your body. Drink a mixture of 1 tbsp of ACV in 1 cup of water after waking up or in the mid-afternoon when your energy begins to slow down.
8. **Treat a Sore Throat:** Take 1-2 tbsps of ACV and mix with 2 oz of water. Gargling with this mixture will naturally disinfect your mouth and throat while improving immune function.
9. **Stop Hiccups:** Drink 1 tbsp of ACV. The concept of drinking pure ACV is that it will overstimulate nerve endings in the throat and prevent further spasms.
10. **Reduce Bruising:** Soak a cloth with ACV and gently rub over bruises to reduce inflammation and speed up the healing process.
11. **Detox Bath:** Adding 1 cup of ACV to your bath helps you cleanse toxins from your body. An ACV detox foot bath is also a great remedy if you are experiencing athlete’s foot or toenail fungus.
12. **Clean Your Home:** Prepare a spray bottle with ACV and water in a 1 part ACV and 4 part water mixture for an all-purpose cleaner.