

Section 1

Health Tips for a Healthier You

Using Activated Charcoal to whiten teeth.

- Brush or clean your teeth as normal.
- Mix together a scant 1/2 tsp activated charcoal powder with about 1/2-1 Tbsp water (exact measurements are not necessary, but I do recommend mixing it with the water first, or else you might accidentally inhale some activated charcoal powder and cough for a while).
- Swish it around in your mouth for 15-30 seconds.
- Hold it in front of your front teeth for 3-5 minutes.
- Rinse your mouth – very well. You'll see why.

Lazy way to loose weight

Ingredients

2 teaspoons of honey

1 teaspoon of cinnamon

1 cup water

Boil one cup water, then pour water over cinnamon. Cover and let it steep until it is warm enough to drink

Add honey when the water is cool/warm. Never add honey when it is hot because the heat will destroy the enzymes and nutrients in the raw honey.

Drink half before going to bed and the other half should be covered and refrigerated, drink it the following morning, do not reheat.

Stay away from the GMO Popsicles

Make your own homemade orange creamsicles popsicles

1 cup of freshly squeezed orange juice

1 cup of coconut milk

2 tablespoons of honey or maple syrup

½ teaspoon of vanilla extract.

5 drops Stevia (Stevia is about 100 to 300 times sweeter than sugar, but has no carbohydrates, calories, or artificial ingredients.) It's made from a leaf related to popular garden flowers like asters and chrysanthemums Look for stevia in powder or liquid form in supermarkets and health-food stores. You're likely to find it on the baking goods aisle or in the health food aisle.

Benefits of Health Spices

Cinnamon – Lowers blood sugar

Oregano – A natural source of Omega-3 fatty acids

Paprika – Anti – inflammatory and antioxidant

Rosemary – Fights against obesity Liver diseases Gastritis Cholesterolemia Bronchic Asthma

Tumeric – Inhibits the growth of cancer cells

Garlic – Anti fungal and Anti bacterial

Ginger – Decreases motion sickness and nausea

Plant Foods containing Omega -3

Flaxseed/linseed oil	1 Tablespoon = 7520 Mg
Walnuts, English (chopped)	¼ Cup = 2043 Mg
Canola Oil	1 Tablespoon = 1267 Mg
Walnuts, Black (chopped)	¼ Cup = 1031Mg
Wheat Germ oil	1 Tablespoon = 938 Mg
Soybean oil Crisco/Wesson	1 Tablespoon = 927 Mg
Green Soybeans/with salt	1 Tablespoon = 637 Mg
Spinach	1 Cup = 353 Mg
California Avocado (pureed)	½ Cup = 132 Mg
Almonds (dry roasted)	¼ Cup = 127
Safflower Oil	1 Tablespoon = 55 Mg
Turnips	1 Cup = 50 Mg
Banana (medium)	1 Each = 39 Mg
Sweet Potatoes (mashed)	1 cup = 36 Mg
Apple (medium with peel)	1 Each = 25 Mg
Roasted Potato (medium)	1 Each = 17 Mg
Cucumber (slices with peels)	½ Cup = 16 Mg
Whole Wheat Bread	1 Slice = 14 Mg

Home Remedy for High Blood Pressure

Mix 1 teaspoon of honey with 1 teaspoon of ginger juice and 1 teaspoon cumin powder, take twice a day.

Honey Lemon and Coconut Oil Syrup

Soothe Sore Throats and Coughs- Relieves Allergies- Boosts Immune System

3 Tablespoons Lemon Juice

¼ Cup Raw Honey

2 Tablespoons Coconut Oil

Make into a syrup and drink

Cold and Flu Soothing Tea

Ingredients:

2 ½ quarts of water

½ lb of sliced ginger root

4 Garlic cloves, sliced in half length wise

4 lemons, sliced

Raw cinnamon to taste

Cayenne pepper to taste (optional)

Cold and Sore Throat Tea

If you wake up with a sore throat, and begin to feel a cold coming on, mix hot water, 2 tablespoons honey, 2 tablespoon vinegar, dash of cinnamon, and 2 tablespoons of lemon juice, mix well, and drink, you will feel better within the hour! Works every time!

Sweet Lemon Honey & Thyme Cough Syrup Recipe

Ingredients

- a handful of fresh thyme sprigs (or buy organic, dry leaves [here](#))
- 1 pint of water (2 cups)
- ½ cup honey ([raw is best](#), but regular will do)
- ½ lemon chopped

Instructions

1. Place the lemon in the pint jar and cover with the honey. The honey will macerate the lemons and draw out liquids which taste so delicious!
2. Meanwhile, toss the thyme leaves into a saucepan and cover them with the water.
3. Bring the water to a gentle simmer and reduce it to half, about a cup of tea.
4. When the tea is reduced and cooled a bit, strain the sprigs & leaves, add it into the pint jar and stir it well.
5. Give it a shake and use a spoonful as needed.
6. Store your homemade cough syrup in the refrigerator for about a month.

Apple Cider Vinegar Morning Detox Tea

1 cup warm water
2 tablespoons apple cider vinegar
2 tablespoons lemon juice
1 tablespoon raw honey
1 teaspoon cinnamon
dash of cayenne pepper

Anti-Inflammatory Turmeric Dressing

1 teaspoon of ground turmeric
½ teaspoon fine sea salt
¼ teaspoon ground black pepper
¼ teaspoon garlic powder
1 teaspoon of dried dill weed
2 teaspoons of honey
3 tablespoons of vinegar
¼ cup extra light/extra virgin olive oil

Put all ingredients, as listed into a glass jar or shaker bottle with a tight fitting lid. Shake well! Pour and toss over your favorite salad greens.

Note: If you prefer a thicker dressing put all the ingredients in a blender with ½ an avocado – blend well. Simple, now you have a creamy anti-inflammatory dressing.

Home Remedies for Cracked Heels

Lemon, Salt Rose Water Foot Mask: take a basin of warm water in which you'll be dipping your feet and add raw salt, lemon juice and rose water. Soak your feet for about 15 – 20 minutes in this water.

Raw Honey: Mix one cup of honey to half a bucket of warm water. Soak your feet for about 15 - 20 minutes. Scrub off gently for soft and supple feet.

Avocado Foot Mask: Apply over cracked parts of the heel and feet.

Olive Oil: Virgin olive oil is one of the most natural way to get smooth soft healthy heels.

Pineapple Cleanser Smoothie

1 rib celery

½ cucumber

1 cup of fresh or frozen pineapple

½ lemon peel

1/3 bunch parsley

1 inch piece of ginger root

1 to 2 cups of coconut water or just water

Health Benefits of this smoothie

This smoothie is very supportive of liver and kidney detoxification. Your liver has to process almost all of the substance that circulate through your body, and the kidneys do a lot of work to flush out toxins from the fluids in your body. Keep both of these organs supported with this smoothie.

Hot healthy drink for Sinuses plus inflammation

1/4 tsp Turmeric spice

1/8 pepper, I don't use this

1 tblsp. coconut oil

6 oz unsweetened almond milk

cook until hot, do not boil

While sitting add a little honey and drink slowly. Helps inflammation of the body to go down. It is the Turmeric spice that does this.

Natural facelift

Exfoliate:

- Exfoliating the skin gets rid of dead cells and improves blood circulation leaving your skin smooth and soft.
- Mix brown sugar with coconut oil to scrub your face, use gentle circular motion to do so.
- Brown sugar will gently exfoliate the skin while gradually treating wrinkles and maintaining a smooth skin. while coconut oil is the best natural moisturizer that helps reduce fine lines and refreshes skin.

Tighten:

- Mix egg white with few drops of vitamin E oil.
- Apply it all over your face, wait until the pack tightens and then rinse off.
- Egg white and vitamin E helps to firm and tighten the skin naturally.

You can also try these [amazing natural masks](#) at home to cleanse, exfoliate and tighten skin.

Moisturize:

- For a natural moisturizer massage few drops of coconut oil or honey all over your face for few mins.
- Rinse off after 15 mins with a [warm wash cloth](#).
- It is important to keep your skin hydrated and moisturized for a healthy skin.

Also, try to combine this at home face lift treatment with [dry skin brushing](#) to firm and smooth skin naturally.

Dry Skin Lightener and Brightener

Mix

1 ½ Teaspoon raw honey

2 Teaspoons juiced lemon

¼ Teaspoons turmeric

Apply to skin and let set for 20 minutes, then rinse off.

Apply directly to dark spots, age spots, sun spots, or freckles with q- tip or cotton

Apply as a mask to even out skin tone

Keep solution in fridge

Be advised that solution may stain fabric

Dandruff Treatment

Heat ½ cup coconut oil

Add juice of one lemon

Massage into scalp and leave in 20 minutes to 40 minutes

Shampoo and Rinse.

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Coconut oil for skin and teeth and overall health

One tablespoon of coconut oil, I microwave it for 30 seconds then swish it in your mouth for around 20 minutes. Do not swallow. Spit out in trash can. Pulls toxins out of your body, whitens teeth and makes skin smooth.

Uses For Coconut Oil

Moisturizer

Eye Cream

Preshave

Deodorant

Hair Conditioner

Hair Gel

Toothpaste

Massage Oil

Sunscreen

Stretch mark Cream

Body Scrub

Bug Bites

Skin Problems

Stress Relief

Eczema

Skin Problem

Toenail Fungus

Head Lice

Menstruation - Pain/Cramps

Migraines

Gallbladder

Energy Boost

Asthma

Stronger Immune System

Athletes Foot

Acne

Cellulite

Herpes

Insect Repellent.

Charcoal and Flax Seed Poultices

In a small sauce pan place together 3 tablespoons of Flax Seed and 3 tablespoons of charcoal powder and 1 cup of water.

Bring to boiling and boil for 2 minutes

Remove from heat and let cool completely. Place in fridge to cool

Drain off any excess water after cooling period. Mixture left will be a thick gel.

Use this gel for sores, or make poultices in-between 2 wet pieces of paper towel.

I usually take one sheet and cut it in half for smaller wounds, or just apply directly on affected area.

Make sure that the area stays moist while treating it. Do not let it dry out. Apply little bits of water once in a while to keep it wet.

Leave mixture on for 15 minutes 2 or 3 times a day.

Wash off with hot soapy water to remove any black residue on skin.

Health Benefits of Apples

Neurological - Prevention of dementia

Cardiovascular - Decreased cholesterol level

Lungs - Decreased cancer risk

Colon - Decreased cancer risk

Systemic - Prevention of overweight

prostate - Decreased cancer risk.

Health Benefits of Bananas

Eyes - Maintenance of night vision

Cardiovascular - Prevention of hypertension

Stomach - Prevention of peptic ulcers

Bone - Protection from breakdown

Intestinal - Electrolyte replacement in diarrhea - ease of constipation

Kidneys - Decreased risk of cancer

Liver Cleansers

Beets

Avocado

Cauliflower

Apples

Turmeric

Garlic

Green Tea

Broccoli

Spinach

Carrots

Walnuts

Citrus

Cabbage

Liver Detox

Your liver is like the maid of your body, cleaning up all the toxins you put into it. The liver keeps all internal systems running smoothly.

Warm Lemon Water: A great way to detox your liver every single morning since it is believed that the liver produces more enzymes in response to water with lemon than any other food.

Cilantro: This versatile herb can be added to just about any dish. Cilantro helps remove heavy metals from the body. Something your liver could be struggling with right now.

Garlic: Add some garlic to your cooking or salad. Garlic contains sulfur compounds that help activate enzymes in the liver and contains allicin and selenium which are both good for liver protection.

Beets: Beets are one of the most common foods to cleanse the liver. High in antioxidants beets have a high number of healthful substances and contain dietary fiber that helps absorb toxins and flush them out of the body.

Avocado: A study found that avocados contain compounds that protect the liver from galactosamine, a powerful toxin.

Turmeric: A powerful spice with a long list of benefits. Turmeric is said to protect the liver from damage. Encourage the regeneration of liver cells and also increases natural bile production and aids in keeping the body toxin free.

Reduce Arthritis And Inflammatory Pain

Turmic: Curcumin, the active compound in this spice, is what makes it so powerful for healing.

Cherries: Contain substances called anthocyanosides which are very effective at lowering uric acid levels

Ginger: Prepare by making a tea from the roots.

Pineapple: Contains the anti-inflammatory bromelain.

Omega-3 Foods: Try freshly ground flax seeds, chia seeds, (unground) and hemp seeds.

Raw Apple Cider Vinegar: Pour a tablespoon or two into four to eight ounces of purified water.

/Antiperspirant and Breast Cancer

This is a vital information - literally of life and death - Be sure to read it and send it to those who appreciate it.

WATER AND SOAP IN ARMPIT BEFORE BEDTIME

We spend the night with clean and underarm deodorant, to be a free breathing time the armpit.

Some time ago, I went to a seminar on Breast Cancer, led by Terry Birk with support from Dan Sullivan.

During the discussion, asked why the most common reason for developing breast cancer tumors is near the armpit.

My question could not be answered at that time.

This information was sent to me recently, and I'm glad it has been answered.

I informed a friend who is undergoing chemotherapy and she said that I had this information, obtained in a support group that frequents ...

Now I want to share information with you.!The main cause of Breast Cancer

is the use of anti-perspirant!

Most products on the market are a combination of anti-perspirant/deodorants.

Look at the labels!

Deodorant is fine,

ANTI-PERSPIRANT, NO.

The concentration of toxins causes cell mutation:

CANCER. Here's why:

The human body is just a few areas where it can eliminate toxins: behind the knees, behind the ears, the English area and armpits.

Toxins are eliminated through perspiration.

The anti-perspirant, as the name says, prevents you from perspiring, thereby inhibiting the body to eliminate toxins through the armpits.

These toxins do not magically disappear.

As not come with sweat, the organism ta deposited in the lymph glands found under the arms.

Most breast cancers occur in the upper outside quadrant of the breast area.

Precisely where are the glands in men seems to occur to a lesser extent, but are not exempt from

Breast Cancer develop because of the anti-perspirant used instead of

soap and water.

The difference lies in the fact that when men use anti-perspirant, not applied directly to the skin, they do so in large part on the hair of the armpits.

Women who apply antiperspirant or aftershave shaving the underarms, increase the risk due to tiny injuries and skin irritations which make harmful chemical components to penetrate more quickly into the body,

Please pass this information everyone ...

Breast Cancer is becoming frighteningly common and this warning may save some lives.

If somehow doubt this information, they can make their own investigations

They'll probably come to the same conclusion.

Foods high in Potassium

Raisins

Prunes

Potatoe

Apricots

Dates

Strawberries

Bananas

Watermelon

Cantaloupe

Citrus fruits

Beets

Greens

Spinach

Tomatoes

Mushrooms

Soy and soy foods

Many veggie burgers

Peas

Beans

Turkey

Beef
Salmon
Cod

White Willow Bark

Willow bark is the bark from several varieties of the willow tree, including white willow or European willow, black willow or pussy willow, crack willow, purple willow, and others. The bark is used to make medicine.

Willow bark acts a lot like [aspirin](#), so it is used for pain, including [headache](#), [muscle pain](#), menstrual [cramps](#), [rheumatoid arthritis](#) (RA), [osteoarthritis](#), [gout](#), and a disease of the spine called [ankylosing spondylitis](#).

Willow bark's pain relieving potential has been recognized throughout history. Willow bark was commonly used during the time of Hippocrates, when people were advised to chew on the bark to relieve pain and fever.

Willow bark is also used for fever, the [common cold](#), [flu](#), and [weight loss](#).

Salicin, the active ingredient in willow bark, seems to have contributed to the death of the composer, Ludwig von Beethoven. Apparently, Beethoven ingested large amounts of salicin before he died. His [autopsy](#) report is the first recorded case of a particular type of [kidney](#) damage that can be caused by salicin.

How does it work?

Willow bark contains a chemical called salicin that is similar to aspirin.

Ten Signs you are Gluten Intolerant

1. Digestive issues such as gas, bloating, diarrhea and even constipation. I see the constipation particularly in children after eating gluten.
2. Fatigue, brain fog or feeling tired after eating a meal that contains gluten.
3. Diagnosis of an autoimmune disease such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis.
4. Neurologic symptoms such as dizziness or feeling of being off balance.
6. Hormone imbalances such as PMS, PCOS or unexplained infertility.
7. Migraine headaches
8. Diagnosis of chronic fatigue or fibromyalgia. These diagnoses simply indicate your conventional doctor cannot pin point the cause of your fatigue or pain.
9. Inflammation, swelling or pain in your joints such as fingers, knees or hips.
10. Mood issues such as anxiety, depression, mood swings and ADD.

How to Remove Varicose Veins

Apple cider vinegar is such a great cure for varicose veins because it is so inexpensive, and you can find it just about anywhere. Nature always seems to know best, and nature seems to know the way to get rid of those bulging veins, which may be putting a damper on your social life, because they are so embarrassing. Well, you don't have to hide those bulging veins anymore, when you can simply get rid of them.

Here is the proven cure for varicose veins using apple cider vinegar:

1. Find some quality apple cider vinegar. This can usually be found at your local grocery store, and it can also be found online if you so desire.
2. Make sure that the apple cider vinegar that you buy is undiluted. This will make it an extra effective treatment option for varicose veins.
3. Take the undiluted apple cider vinegar, and apply it to the varicose veins every night by rubbing against them.
4. Repeat this varicose vein treatment in the morning, in the same way that you applied your treatment at night.
5. Every day, mix two teaspoons of apple cider vinegar with a glass of water.
6. Drink this mixture of apple cider vinegar and water twice a day.
7. Wait about one month, and you will see your varicose veins disappear!

I hope that this guide to removing varicose veins has been helpful. Good luck to removing your varicose veins, once and for all!

2. Cayenne Pepper

Cayenne pepper is considered a miracle treatment for varicose veins. Being a very [rich source of vitamin C](#) and bioflavonoids, it increases blood circulation and eases the pain of congested, swollen veins.

1. Add one teaspoon of cayenne pepper powder to a cup of hot water and stir it well.
2. Drink this mixture three times a day for one or two months.

3. Olive Oil

Increasing blood circulation is essential to treating varicose veins. Massaging with olive oil can help increase circulation, thereby reducing pain and inflammation. Mix equal amounts of olive oil and vitamin E oil and warm it slightly. Massage the veins with the warm oil for several minutes. Do this twice daily for one to two months.

- You can also mix four drops of cypress essential oil in two teaspoons of warm olive oil and massage with this mixture.

4. Garlic

Garlic is an [excellent herb for reducing inflammation](#) and the symptoms of varicose veins. It also helps break up harmful toxins in the blood vessels and improve circulation.

1. Slice up six garlic cloves and put them in a clean glass jar.
2. Extract the juice from three oranges and add it to the jar. Also add two tablespoons of olive oil.
3. Let the mixture sit for about 12 hours.
4. Shake the jar and then put a few drops of the solution on your fingers. Massage the inflamed veins with the solution in a circular motion for 15 minutes.
5. Wrap the area with a cotton cloth and leave it on overnight.
6. Repeat daily for several months.

Also, include fresh garlic in your diet.

5. Butcher's Broom

Butcher's broom is very helpful for relieving the aches and discomfort of varicose veins. This herb contains compounds known as ruscogenins that help reduce inflammation while constricting the veins due to its anti-inflammatory and anti-elastase activity.

Take 100 mg of butcher's broom supplements three times a day. Created from the roots and seeds of the plant, butcher's broom supplements have vitamins B and C along with calcium, chromium, magnesium, manganese, potassium, selenium, silicon and zinc.

These nutrients will help tighten, strengthen and decrease inflammation in the veins as well as improve blood flow up the legs.

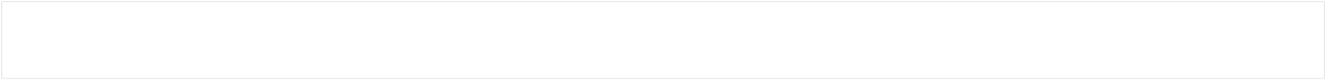
Note: People with high blood pressure or benign prostate hyperplasia should not take this herb without consulting a doctor.

6. Witch Hazel

Witch hazel is a very effective herb for strengthening blood vessels and hence can reduce symptoms of varicose veins. Apart from being an astringent, it also contains gallic acid and several essential oils that can help reduce the swelling as well as the pain.

- Soak a washcloth in witch hazel and place it on the affected area. Do this two or three times a day for one or two months.
- Alternatively, fill a tub with lukewarm water and add 10 to 20 drops of distilled witch hazel.

- Soak your legs in the solution for at least 15 minutes. Then wash your legs with clean water and pat them dry. Follow this remedy once daily for one or two months.



Section 2

Natural Cleaning Tips and More

HOME MADE MOSQUITO REPELLENT (ALSO FOR ANTS & FLEAS)

(And free from chemicals that poison the body)

1

Ingredients:

1/2 litre of alcohol

100 gram of whole cloves

100 ml of baby oil or similar (almond, sesame, chamomile, lavender, fennel etc)

Preparation:

Leave cloves to marinate in alcohol four days

Stir every morning and evening

After 4 days add the oil

It's now ready to use.

How to use:

Gently rub a few drops into the skin of the arms and legs.

Observe the mosquitoes fleeing the room.

Repels fleas on pets too.

2

Combine in a 16 oz bottle:

15 drops of lavender oil

3-4 Tablespoons of vanilla extract

¼ cup lemon juice

Fill bottle with water. Shake, ready to use.

Garden Spray for Garden Pests

1-3 Thai peppers

A couple of cloves of garlic

1 tablespoon of canola oil

2 Cups to 4 cups water or more depending on how many peppers you use

Bring to boil

peppers, garlic, and water. Remove from heat and let steep until cooked. Once cooled, add oil then pour into spray bottle. Then lightly spray onto veggies, shaking bottle to mix each time before use. You can experiment with the proportions of the ingredients.

45 Uses for Vinegar

Wow look at the the different uses for vinegar!

1. Freshen up the fridge. Clean the shelves and walls with a solution of half water and half vinegar.
2. Brighten coffee cups and teacups. Gently scrub stains with equal parts vinegar and salt (or baking soda).
3. Eliminate odors. Swab plastic containers with a cloth dampened with vinegar.

4. Kill bathroom germs. Spray full-strength vinegar around the sink and tub. Wipe clean with a damp cloth.
5. Save a garment. To remove light scorch marks on fabrics, rub gently with vinegar. Wipe with a clean cloth. This technique also works on antiperspirant stains.
6. Tidy up a toilet. Pour a cup or more of diluted white distilled vinegar into the bowl. Let sit several hours or overnight. Scrub well with a toilet brush and flush.
7. Lose the carpet stain. Make a paste of 2 tablespoons white distilled vinegar and $\frac{1}{4}$ cup salt or baking soda. Rub into the stain and let dry. Vacuum the residue the next day. (Always test an out-of-sight part of the carpet first.)
8. Renew paint brushes. To remove old paint, place brushes in a pot with vinegar. Soak for an hour, then turn on the stove and bring the vinegar to a simmer. Drain and rinse clean.
9. Wipe off a dirty faucet. To get rid of lime buildup, make a paste of 1 teaspoon vinegar and 2 tablespoons salt. Apply to sink fixtures and rub with a cloth.
10. Stop static cling. Add $\frac{1}{2}$ cup of white distilled vinegar to your wash cycle. The acid reduces static and keeps dryer lint from sticking to your clothes.
11. Make old socks look new. Get the stains out of old socks and sweaty gym clothes by soaking them in a vinegar solution. Add 1 cup of white distilled vinegar to a large pot of water, bring to a boil and drop in the stained clothes. Let them soak overnight, and in the morning stained clothes are fresh and bright.
12. Restore handbags and shoes. Wipe white distilled vinegar on scuffed leather bags and shoes. It will restore their shine and help hide the marks.
13. Banish weeds. Pour white distilled vinegar on the weeds growing in the cracks of your walkway and driveway. Saturate the plant so the vinegar reaches the roots.
14. Liven droopy flowers. Don't throw out cut flowers once they start to wilt. Instead, add two tablespoons of white vinegar and one teaspoon of sugar to a quart of water. Pour the solution into your vase, and the flowers will perk up.
15. Put an end to itching. Dab a cotton ball soaked in white vinegar on mosquito bites and insect stings. It will stop them from itching and help disinfect the area so they heal faster.
16. Whiten your teeth. Brush your teeth once a week with white distilled vinegar. Dip your toothbrush into the vinegar and brush thoroughly. It will help prevent bad breath, too.
17. Make nail polish last longer. Before you apply your favorite polish, wipe your nails with a cotton ball soaked in white distilled vinegar. The clean surface will help your manicure last.

18. Keep car windows frost-free. Prevent windows from frosting over in a storm by coating them with a solution of three parts white distilled vinegar to one part water. The acidity hinders ice, so you won't have to wake up early to scrape off your car.

19. Let your dog shine. Spray your dog with one cup white distilled vinegar mixed with one quart water. The solution is a cheap alternative to expensive pet-care products, plus the vinegar will help repel pests like fleas and ticks.

20. Battle litter-box odor. Cat litter can leave behind an unwelcome smell. Eliminate it by pouring a half-inch of white distilled vinegar into the empty litter box. Let stand for 20 minutes, then rinse with cold water.

21. Kill bacteria in meat. Marinating in vinegar knocks out bacteria and tenderizes the meat. Create a marinade by adding $\frac{1}{4}$ cup balsamic vinegar for every 2 pounds of meat to your own blend of herbs and spices. Let the meat sit anywhere from 20 minutes to 24 hours, depending on how strong you want the flavor, then cook it in the morning without rinsing.

22. Prevent cracked eggs. Prevent eggs from cracking as they hard-boil by adding two tablespoons of white vinegar to the water. The eggs will stay intact, and the shells will peel off more easily when you're ready to eat them.

23. Steam away a microwave mess. Fill a small bowl with equal parts hot water and vinegar, and place it in the microwave on high for 5 minutes. As the steam fills the microwave, it loosens the mess, making clean up a breeze.

24. Repair DVDs. If you have a worn DVD that skips or freezes, wipe it down with white distilled vinegar applied to a soft cloth. Make sure the DVD is completely dry before reinserting it into the player.

25. Get those last drops. If you can't get that final bit of mayonnaise or salad dressing out of the jar, dribble in a few drops of vinegar. Put the cap on tightly and shake. The remaining condiments will slide out.

26. Rinse fruits and vegetables. Add 2 tablespoons white distilled vinegar to one pint water. Use the mixture to wash fresh fruits and vegetables, then rinse thoroughly. The solution kills more pesticide residue than does pure water.

27. Brighter Easter eggs. Before your kids dye Easter eggs, mix 1 teaspoon of vinegar with $\frac{1}{2}$ cup of hot water, then add food coloring. The vinegar keeps the dye bright and prevents the color from streaking.

28. Loosen a rusted screw. Pour vinegar onto the screw, and it will easily unstick.

29. Remove gum. To remove gum from fabric or hair, heat a small bowl of vinegar in the microwave. Pour the warm vinegar over the gum, saturating the area. The gum will dissolve.

30. Keep cheese from molding. Wrap cheese in a vinegar-soaked cloth, then place in an airtight container and refrigerate.
31. Renew a loofah. Soak your loofah in equal parts vinegar and water for 24 hours to dissolve soap residue, then rinse in cold water.
32. Remove wax. If you get melted candle wax on your wood furniture or floors, gently wipe it away with a cloth soaked in a solution of equal parts white vinegar and water.
33. Take a relaxing bath. Add ½ cup of vinegar to warm bath water for a cheap spa session at home. The vinegar removes dead skin, leaving you feeling soft and smooth.
34. Brighten your hair. Remove hair product buildup by rinsing a tablespoon of vinegar through your hair once a month.
35. Freshen fabrics. Fill a spray bottle with white vinegar and spritz your home to neutralize odors in fabrics, carpets, shoes or any sprayable surface.
36. Erase crayon. If your kids get crayon marks on the walls or floor, dip a toothbrush in white vinegar and gently scrub. The vinegar breaks down the wax, making for an inexpensive, nontoxic way to clean up after children.
37. Sticky stickers. Don't scratch at the residue left by stickers or price tags. Instead, apply vinegar to the gunk, let it sit for a few minutes, then wipe the glue away.
38. Clean the dishwasher and coffee pot. Reduce soap buildup and food residue by pouring a cup of vinegar into your empty dishwasher or coffee pot once a month and letting it run a full cycle.
39. Sanitize pet accidents. You can remove the stain—and smell—of your pet's accident by mixing ¼ cup vinegar with a quart of water and blotting the mixture onto the mess with a washcloth. Continue dabbing until the spot is gone.
40. Prep for summer grilling. To remove charcoal buildup from your grill, spray white distilled vinegar on balled up aluminum foil and scrub the grate thoroughly.
41. Restore showerhead pressure. If your showerhead gets clogged with mineral deposits, soak it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
42. Clean your scissors. When your scissor blades get sticky, wipe them down with a cloth dipped in full-strength white vinegar. Unlike soap and water, vinegar won't ruin the blades or rust the metal.
43. Unclog drains. For a natural, nontoxic way to clean clogged pipes, pour one cup of baking soda, followed by one cup of white vinegar, down the drain. Let the products bubble and foam, then flush the pipes with a pot of boiling water.

44. Eliminate dandruff. If your scalp is feeling dry or flaky, vinegar can be a simple at-home remedy. Once a week, pour one cup of apple cider vinegar over your scalp, and let it sit for 15 minutes. Rinse thoroughly with cool water.

45. Soften your feet. Summer sandals leaving you with cracked heels and calluses? Soak your feet for 20 minutes a day in one part vinegar to two parts warm water. The vinegar removes dead skin, leaving your feet soft and smooth.

Homemade bathroom cleaner:

No more spending money on bathroom cleaners for me. I cleaned my bathrooms with it and it smells good and looks clean. Love, love, love it! Here it is, feel free to share:

1 professional spray bottle (it is worth the extra dollar, I bought mine at the Family Dollar store)
8 oz distilled white vinegar
4 oz Lemon juice
2 oz Liquid Soap, (I use Dawn)
2 tsp. baking soda
10 oz water

To mix: Funnel in all the ingredients, I would put the water in first because when I did it last it kept bubbling out and would not stop, so next time I will try it with the water first. Screw on your cap, do squeeze out the bubbles if there are too much, and go make your bathroom sparkle.

I just sprayed everything down and waited a few seconds then cleaned with a soft cloth or whatever you want.

Remove Ugly Mildew

Combine the following ingredients in a bucket

1 Tablespoon powdered laundry detergent
1 quart chlorine bleach
2 quarts water

Wearing rubber gloves, use the mixture to wash off mildew. Keep room ventilated.

Cleaning Car Seats

Add equal parts of club soda, white vinegar and blue dawn dish soap.

Mix into a spray bottle and generously spray on seats. Scrub with a scrub brush then rub with a clean rag.

Getting Oil Stains out of Clothes Qtips (optional)

Baking soda

Scrap of cardboard (optional)

Dawn liquid soap (or any other liquid dish detergent on hand)

An old toothbrush

Your regular laundry routine after stain removal

Note: It has been brought to my attention that WD-40 is not oil, but rather a water dispersant. (Thanks to those observant readers!) However, the makers of WD-40 have listed the product as an oil-stain removal solution.

I started off with my generic WD-40. I always buy generic when I can on everyday things. WD-40 might be a tad extreme, but since I had already WASHED and DRIED these oil stains on high heat, what did I have to lose? I placed my scrap of cardboard underneath the stains (between the front and back of the t-shirt) and sprayed each oil stain...
Note: if your stains are super tiny, try spraying some WD-40 in a shallow bowl and using a Qtip to dab it on to control how much WD-40 gets on your clothing.

Liquid Floor Cleaner

¼ cup white vinegar

1 Tblsp liquid dish soap

2 gallons water

¼ cup washing soda, Arm and Hammer Super Washing Soda

Dying Flowers

Pour apples cider vinegar and water in a vase for longer lasting flowers

Clean Glasses

Spray white vinegar on soft cloth to remove dirt and smuges. Will be crystal clear

Solution to Keep Cats from clawing on Furniture or anything else
Spray vinegar on area, cats dislike vinegar, and they will avoid it.

Cleaning Pots and Pans

Place pot on stove.

Add cup or two of white vinegar and same amount of water. Boil it for 5 minutes.

HERE'S A MAGICAL WAY TO CLEAN YOUR WINDOWS!!!

This is the best way EVER to clean your windows...

No drying is needed, and you won't have any spots or streaks on your window!

You can clean 2 big sliding glass doors and 8 large windows in minutes!!!

Here are the ingredients you need to use:

1/2 gallon warm water

1-2 Tablespoon of liquid "Jet Dry" (Finish Rinse Aid)

2-3 Tablespoons of liquid laundry detergent or dish washing soap

Mix all of the ingredients above.

Spray your windows down with your hose to get them wet then wipe or brush on the solution onto your windows, then immediately hose it off.

That's all there is to it and you're done.

The remaining water just sheets off and you don't need to dry it off!

To use in a spray bottle for inside use. 2 cups of warm water. 2 teaspoons of "finish" rinse aid. 2 teaspoons dish washing liquid. Shake well and use.

Stop cut apples browning in your child's lunch box
by securing with a rubber band

Remove crayon masterpieces from your TV or
computer screen with WD-40

Overhaul your linen cupboard - store bed linen sets
inside one of their own pillowcases and there will
be no more hunting through piles for a match

Pump up the volume by placing your iPhone & iPod
in a bowl. The concave shape amplifies the music

Re-use a wet-wipes container to store plastic bags

Use baby powder to get sand off your skin easily. Who knew?

Attach a Velcro strip to the wall to store soft toys

Use wire to make a space to store gift wrap rolls against the ceiling, rather than cluttering up the floor

Find tiny lost items like earrings by putting a stocking over the vacuum hose

Forever losing your bathroom essentials? Use magnetic strips to store bobby pins, tweezers and clippers behind a vanity door

Store shoes inside shower caps to stop dirty soles rubbing on your clothes. And you can find them in just about every hotel

A muffin pan becomes a craft caddy. Magnets hold the plastic cups down to make them tip-resistant

Bread tags make the perfect cord labels

Bake cupcakes directly in ice-cream cones - so much more fun and easier for kids to eat

Microwave your own popcorn in a plain brown paper bag. Much healthier and cheaper than the packet stuff

Freeze Aloe Vera in ice-cube trays for soothing sunburn relief

Use egg cartons to separate and store your Christmas decorations

List of 2,000 plus uses for WD-40 Link to site

https://wd40.com/files/pdf/wd_40_2000_uses_updated_jan_2017.pdf