

Ingredient of the Week

Apple Cider Vinegar



Miracle or myth?

Apple cider vinegar has been called a miracle cure for everything from high blood sugar to cancer. But is it? In this era of “fake news,” Skokie Public Library is here to help you figure out what’s true and what’s not. When it comes to apple cider vinegar as a cure-all, the short answer is: mostly myth.

Apple cider vinegar (ACV) is great for cooking. It has cleaning power. It may help a sore throat if you gargle with diluted ACV. However, It won’t cure diabetes, high blood pressure, or cancer. Experts at Harvard Medical School and the Mayo Clinic warn that ACV can interact with some drugs, including insulin and diuretics. People with diabetes should talk to their doctor before using it as a supplement.

According to Edwin K. McDonald IV, MD, a University of Chicago gastroenterologist, talk to your doctor before adding ACV to your diet if you have any chronic health conditions. ACV’s high acid content can erode tooth enamel. People who have acid reflux report that their symptoms are made worse by acidic foods and liquids, like AVC. For people with kidney disease, ACV may be more than your kidneys can handle.

How can we use ACV?

All types of vinegar, including ACV, are effective food preservatives. People have used vinegar to [pickle foods](#) for thousands of years. It works by making food more acidic, and that acidity kills bacteria that could cause the food to spoil.

Salad Dressing

Homemade dressings tend to be healthier than those purchased in a bottle. Apple cider vinegar [dressings](#) and [marinades](#) enhance the flavor of food.

Deodorizer

Apple cider vinegar has antibacterial properties. While there is no research to prove that it’s also a good deodorizer, you can test it by mixing apple cider vinegar with water to make a deodorizing spray. You also can mix ACV with water and Epsom salts

to make a [foot soak](#) that kills odor-causing bacteria. It may also help cure any toe fungus you might have.

Pest Killer

Leave the chemicals behind to fight household pests. Mix 1 part ACV with 1 part water and apply it to your dog's fur. It's a good idea to do a small test first to see if your dog has a reaction to it before doing their whole body.

Fruit flies can be annoying around the kitchen. ACV makes a simple, inexpensive, and effective fly trap. Use a small bowl or cup. Pour in a bit of ACV and a few drops of dish soap. Soap traps any flies that fall into the cup. Set the cup on the counter, and just go about your life.

ACV can also be used as a homemade weed killer. Spray undiluted vinegar on weeds in your garden. You can also try mixing it with soap and lemon juice to see if that makes it more effective.