**Vinegar, One Product with Multiple Purposes**

A product discovered over 10,000 years ago over time has been used as a cleaning agent, home remedies, and as an ingredient in some recipes. There are several different types of vinegars that all have a wide ranges of tastes and uses.

Vinegar is produced during a process called alcoholic fermentation, Acetobacter, group of bacteria convert the alcohol portion to acetic acid, which creates vinegar.

Vinegar is a sour tasting liquid that is used in condiments like mustard, salad dressing, and canning. Since vinegar contain acetic acid, it can be used as a cleaner. The acid concentration removes many buildups that occur around the house like dirt, grease, soap scum, brines from hard water and glue from stickers. Together, vinegar and baking soda paste can safely remove a red wine stain in a carpet or clothing. e. White vinegar is said to help treat sunburn by placing a tissue over the sunburned skin and lightly spraying the vinegar over the burned area. The vinegar is said to help restore the skin to the correct acidity and give a cooling effect.

Some medical research has shown that ingesting apple cider vinegar can help acid reflux, lower blood pressure, improve diabetes and support weight loss. Some of these benefits have been hyped up but the acetic acid in vinegar can interact with starch-digesting enzymes, which will help keep blood sugar down (after a meal) in the short term.

When selecting vinegar, look for one with the least amount of additives as possible and one that also best suits your needs for cooking or cleaning. White vinegar is best for cleaning, while apple cider vinegar is known for its health benefits and balsamic vinegars are typically used as salad dressings.

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