HEALTHY TIPS

Study Finds: Vinegar Kills Germs just as Good as Commercial Cleaners

By bestfolkmedicine · 15/12/2020 · 2 min read



Did you know that vinegar can be your best ally in the fight against germs in your home?

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

In addition to being a salad staple, it's also an amazing way to dissolve that soap scum in the shower and fight off pathogens, including viruses and bacteria.

Vinegar is for many, an all-natural cleaner. They use it for practically everything in their homes, from the countertops to the sinks.

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Vinegar is also amazing to remove dirt and unpleasant odors. And, when combined with baking soda, it makes an excellent scrubber for hard surfaces.

Therefore, if you're eager to clean in an eco-friendly way and to learn more about the powers of vinegar, learn more about it below.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Is Vinegar a Good Choice for Disinfection?

Disinfectants are used for destroying germs-they kill bad, inactive germs like viruses and bacteria. On the other hand, cleaners remove debris and dirt, and can remove some germs too.

However, they can't kill them.

Vinegar is an awesome cleaner-it has 5 percent acetic acid known to dissolve debris, grime, and dirt. Although limited, it also has some amazing uses as a disinfectant.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

In fact, it's capable of destroying some pathogens such as E. coli, salmonella, and listeria monocytogenes.

These germs are associated with foodborne illnesses. And, according to a study from 2010, a solution with 10 percent malt vinegar destroyed influenza A.

However, it can't kill all germs out there, including the one which causes covid-19, that is, SARS-CoV-2.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

And, it's not been registered by the EPA as a disinfectant because they don't review household ingredients for their effect on germs.

When cleaning with vinegar, make sure you avoid using it on some surfaces such as waxed wood, granite, marble, aluminum, and cast iron as its acidity may damage them!

How to Make a DIY Vinegar Cleaner for Your Home

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

½ cup of white distilled vinegar

2 cups of distilled water

A spray bottle

Pour the ingredients in the bottle and shake it well. You can add 10 to 20 drops of an essential oil you love to lower the strong smell of the vinegar.

Spray it on the desired surfaces that need cleaning and then scrub or wipe. Afterwards, rinse the area.

Sources:

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