HOME

What Happens When You Soak Cloves in Apple Cider Vinegar? A Traditional Remedy Worth Knowing

By bestfolkmedicine · 06/03/2026 · 4 min read



Sometimes the most fascinating remedies come from the simplest ingredients found in our kitchen. Our grandmothers knew this well. Long before modern supplements and complicated health formulas, people relied on everyday herbs and natural tonics to support their bodies.

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Two ingredients that have been treasured in folk medicine for generations are **cloves and apple cider vinegar**.

When these two powerful natural ingredients are combined, they create a simple infusion that many traditional healers believe may help support digestion, immunity, and overall vitality.

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Let's take a closer look at what happens when **cloves are soaked in apple cider vinegar**, and why this remedy has been passed down through generations.

Why Cloves Have Been Used in Traditional Remedies

Cloves are the dried flower buds of the **Syzygium aromaticum** tree and have been used in traditional medicine for centuries.

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These tiny aromatic buds contain powerful natural compounds such as:

- **Eugenol**, a compound known for its antimicrobial and anti-inflammatory properties
- Antioxidants that help protect the body from oxidative stress
- Natural compounds that may support digestion and circulation

Because of these properties, cloves have traditionally been used to support:

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- digestive comfort
- oral health
- immune support
- respiratory wellness

Many cultures also believe cloves help **warm the body and stimulate circulation**, which is why they are often used in herbal tonics.

The Remarkable Benefits of Apple Cider Vinegar

Apple cider vinegar, especially the raw and unfiltered type with “the mother,” has been used for centuries as a traditional wellness tonic.

It contains:

- acetic acid
- beneficial enzymes
- trace minerals
- natural probiotics

Many people use apple cider vinegar to support:

- healthy digestion
- balanced blood sugar levels
- metabolism
- gut health

When herbs are soaked in vinegar, the liquid acts as a natural **extractor**, drawing out the beneficial compounds from the plant.

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What Happens When Cloves Are Soaked in Apple Cider Vinegar?

When cloves are soaked in apple cider vinegar for several days, the vinegar begins to **extract the active compounds from the cloves**. The result is a potent herbal infusion sometimes referred to as a **spiced vinegar tonic**. Traditional herbalists believe this combination may support several areas of wellness.

1. It May Support Digestive Health

Both cloves and apple cider vinegar have long been used to help stimulate digestion. Cloves may encourage the production of digestive enzymes, while apple cider vinegar may help balance stomach

acidity.

Together, they may help:

- reduce bloating
- improve digestion
- support a healthy gut environment

This is one reason some people take small amounts of herbal vinegar tonics before meals.

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2. It Provides a Natural Antioxidant Boost

Cloves are among the most antioxidant-rich spices known. Antioxidants help protect the body from **oxidative stress**, which is associated with aging and many chronic conditions. When infused in vinegar, these antioxidant compounds may become more easily available in the liquid.

3. It May Help Support the Immune System

Both ingredients have been traditionally associated with immune support. Cloves contain natural antimicrobial compounds, while apple cider vinegar has long been used in traditional wellness tonics. This combination is often used during **cold and flu season** as part of a natural routine to support overall wellness.

4. It May Support Oral and Throat Comfort

Cloves have been used in traditional remedies for oral health for centuries. The compound eugenol has natural soothing properties that may help support gum and throat comfort. Some people dilute the infusion in warm water and use it as a mild gargle.

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5. It May Help Support Circulation and Warm the Body

In traditional herbal systems, warming spices like cloves are believed to stimulate circulation. Apple cider vinegar is also thought to support metabolic processes. Together, they create a tonic that many herbal enthusiasts believe may help promote a feeling of warmth and vitality.

How to Prepare Cloves in Apple Cider Vinegar

This traditional infusion is very simple to make.

Ingredients

• 1 tablespoon whole cloves

• 1 cup raw apple cider vinegar

Instructions

1. Place the cloves in a clean glass jar.
2. Pour apple cider vinegar over the cloves.
3. Seal the jar and store it in a cool, dark place.
4. Allow the mixture to infuse for **3 to 7 days**.
5. Strain if desired.

The infused vinegar can be stored in the refrigerator. Many people add a small amount to warm water or herbal tea.

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A Few Helpful Tips

If you decide to try this traditional remedy, keep these tips in mind:

- Always dilute vinegar before drinking it to protect tooth enamel.
- Start with small amounts to see how your body responds.
- Use **raw, unfiltered apple cider vinegar** for best results.

A Gentle Reminder

While traditional remedies can support overall wellness, they are not a substitute for professional medical advice. If you have existing health conditions or take medications, it is always wise to consult a healthcare professional before trying new remedies.

Final Thoughts

Our ancestors often relied on simple combinations of herbs and natural ingredients to support their health. The mixture of **cloves and apple cider vinegar** is a beautiful example of how two humble kitchen staples can come together to create a powerful traditional tonic. Whether used occasionally as a digestive support or as part of a seasonal wellness routine, this remedy reminds us of the timeless wisdom found in folk medicine. Sometimes the most powerful remedies are the ones that have quietly been sitting in our kitchen all along.

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