

# VINEGAR SOLUTIONS

**How To Harness  
The Power of  
Nature's Most  
Remarkable  
Healer**

Published by  
[OffTheGridNews.com](http://OffTheGridNews.com)



# Vinegar Solutions

How To Harness The Power of  
Nature's Most Remarkable Healer

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# VINEGAR SOLUTIONS

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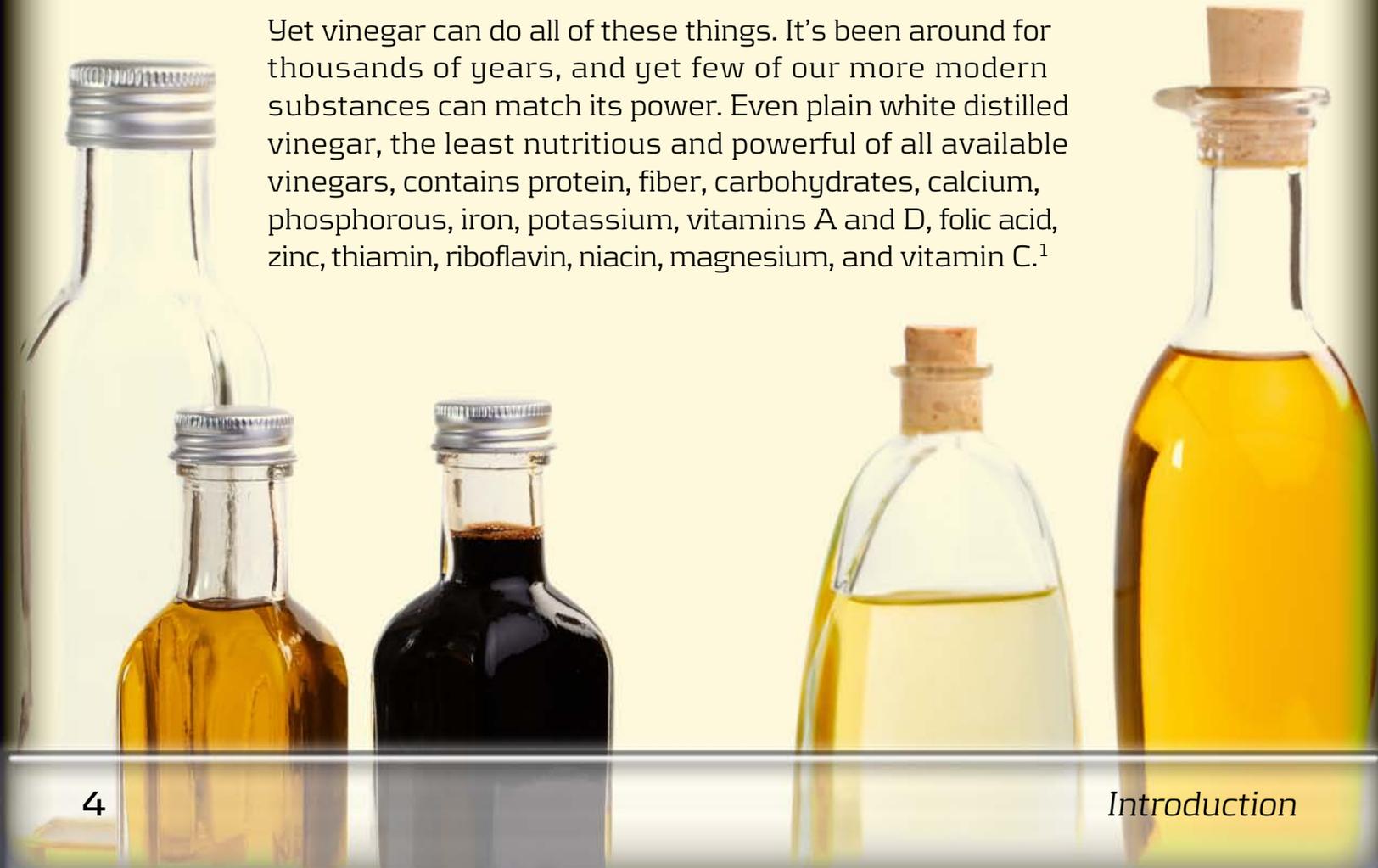
## INTRODUCTION

What if there was one simple substance that could not only enhance your off-the-grid lifestyle but could also increase your chances for survival in just about any disaster? What if this simple substance could also improve your health while providing you with an alternative to dangerous, Big Pharma-created prescription drugs? What if this substance could also help you clean your home without harsh, dangerous chemicals? What if it had several other excellent survival uses as well, such as preserving your food, increasing your garden output, and repelling insects too?

Would it seem like a magic potion? Would it seem like an impossible substance?

Now what if I were to tell you that in most stores you could get your hands on this little miracle for less than \$10 per gallon? Or that you could make it yourself if you needed to, using things that you already have in your garden? You probably wouldn't believe it.

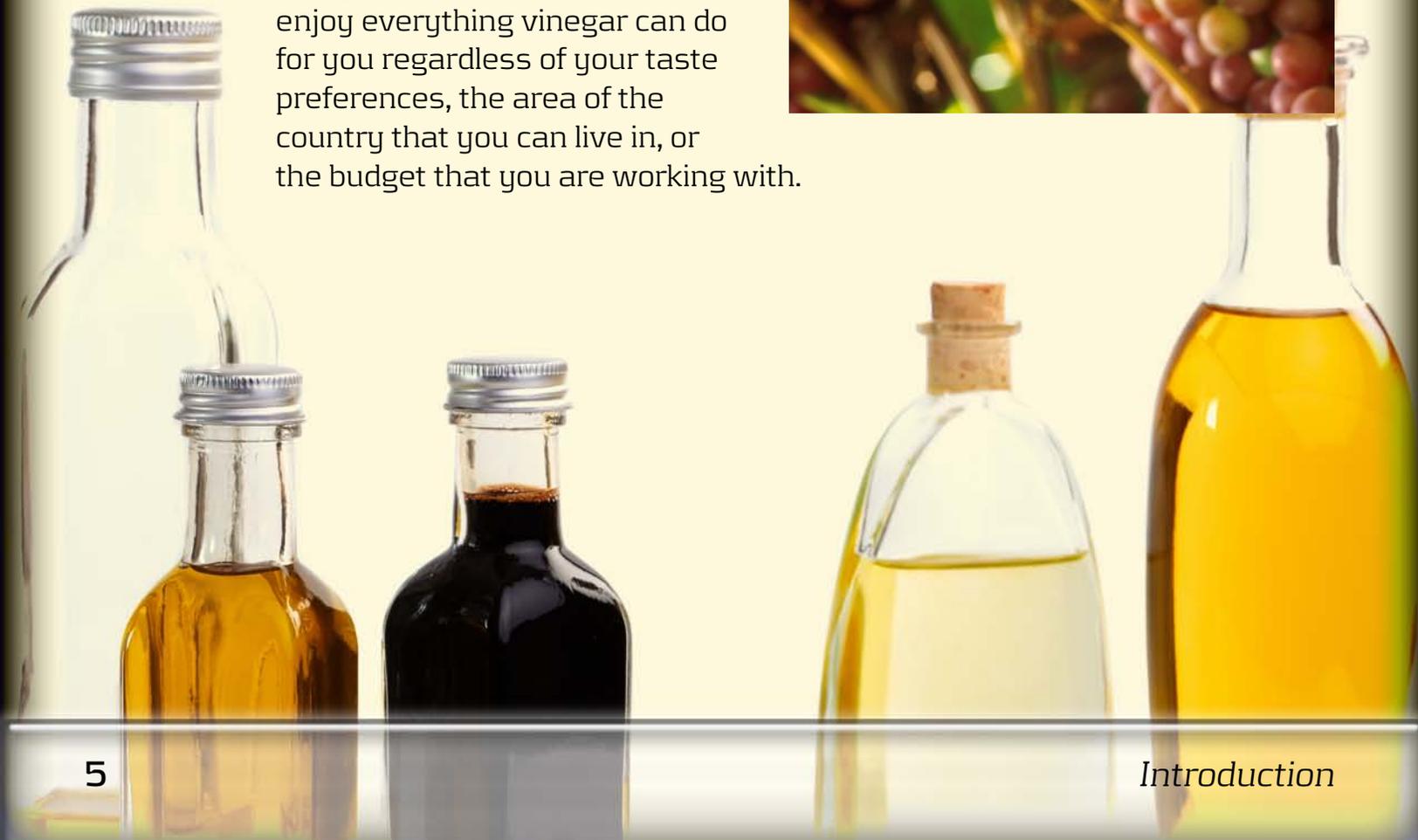
Yet vinegar can do all of these things. It's been around for thousands of years, and yet few of our more modern substances can match its power. Even plain white distilled vinegar, the least nutritious and powerful of all available vinegars, contains protein, fiber, carbohydrates, calcium, phosphorous, iron, potassium, vitamins A and D, folic acid, zinc, thiamin, riboflavin, niacin, magnesium, and vitamin C.<sup>1</sup>



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More nutritious vinegars, like apple cider vinegar, include still more powerful compounds. Every type of vinegar is a little bit different, but all of them offer powerful benefits.

This guide will show you how to take full advantage of all of vinegar's wonderful qualities. You'll also learn how to make your own vinegar—just in case you're ever in a situation where you can't just head down to the store to buy some. Note that the benefits of vinegar are consistent across nearly every variety of vinegar that you can think of, whether it's made from rice, potatoes, grapes, apples, barley, or any of the other myriad of all-natural ingredients that can produce vinegar. That means you can enjoy everything vinegar can do for you regardless of your taste preferences, the area of the country that you can live in, or the budget that you are working with.





*PART 1*

# VINEGAR FOR FOOD PRESERVATION



# VINEGAR SOLUTIONS

Vinegar has been used to help people store food safely for centuries. Not only can you preserve food through the process of pickling, but it can help you ward off food poisoning and malnutrition as well.

## Vinegar for Food Preservation

In order to effectively use vinegar for food preservation, you need to understand how to do basic canning. It's a little bit more complex than simply pouring vinegar over the food and expecting it to sit for months on end.

You will need to have a few things before you get started. You'll need proper containers. You can use mason jars or food-grade plastic containers. Generally you can process pickled foods in boiling water canners (as opposed to pressure cookers).

You can create your own pickle recipes if you want to. You just have to make sure the vinegar is at least a 5% acetic acid solution and takes up no less than 50 percent of the pickling mixture. So you could use one part water and one part vinegar (50 percent and 50 percent), two parts vinegar to one part water, or 100 percent vinegar—whatever suits your



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tastes. Make sure you pack the food tightly so it doesn't float. Some things will certainly be trickier than other things (cabbage and cucumbers are going to be much easier than say, fish and eggs). Make sure you leave half an inch to one inch of headspace in your jar or container. You can't really get seasoning wrong—use whatever makes you happy. Experiment a little, and keep trying till you find what you like. Don't try to eat your pickles too soon—they'll taste better after a week than they will after one day.<sup>1</sup> You'll then want to process them in a boiling water canner for at least forty-five minutes.

If you're more comfortable using recipes or want to get a very thorough understanding of canning and food preservation before you begin to actively use these techniques in your own home, there are two resources worth checking out. The first is a DVD set called [Food Storage Secrets](#). This will take you through the canning process, step-by-step, so that there are absolutely no mysteries left to the process. You'll know exactly how to safely and effectively can every kind of food that you can think of.

The second is a book called [The Homesteading Handbook](#). This book contains several recipes for pickling all kinds of vegetables, including dill pickles, sauerkraut, pickled three-bean salad, pickled horseradish, pickled peppers, and more. The book includes multiple methods for creating your pickles, allowing you to master the method that suits you best.

You can pickle almost anything that can be eaten, which means that if you can just master three techniques—growing



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your own garden, making your own vinegar, and pickling—then you can essentially ensure your own food independence for as long as you care to. Since pickling does not require a pressure cooker, you'd be in good shape in a crisis, even if all you had to work with was a fire and a very large pot, just like your forefathers and foremothers did.

## Pickling vs. Food Poisoning

Do you happen to be a sushi fan? Did you ever wonder how you (or other sushi fans you may know) could safely eat raw fish, or how that fish avoids acquiring the “fishy smell” that you might have seen or smelled out of fish on other occasions? The answer is that the fish is treated liberally with rice wine vinegar. It's not pickled, but it is marinated.

*Vinegar is considered by many to be able to attack and kill harmful bacteria which has invaded the digestive tract. This may lessen the likelihood of the body developing toxemia and other blood borne infections.*

*Some doctors suggest regular vinegar use to prevent food poisoning. They recommend its use when visiting questionable countries. The usual dose is to take 1 tablespoon of vinegar 30 minutes before meals. It can be mixed with a glass of water, vegetable juice, or any other beverage. Honey added to the vinegar and water makes the taste more palatable for most people...*



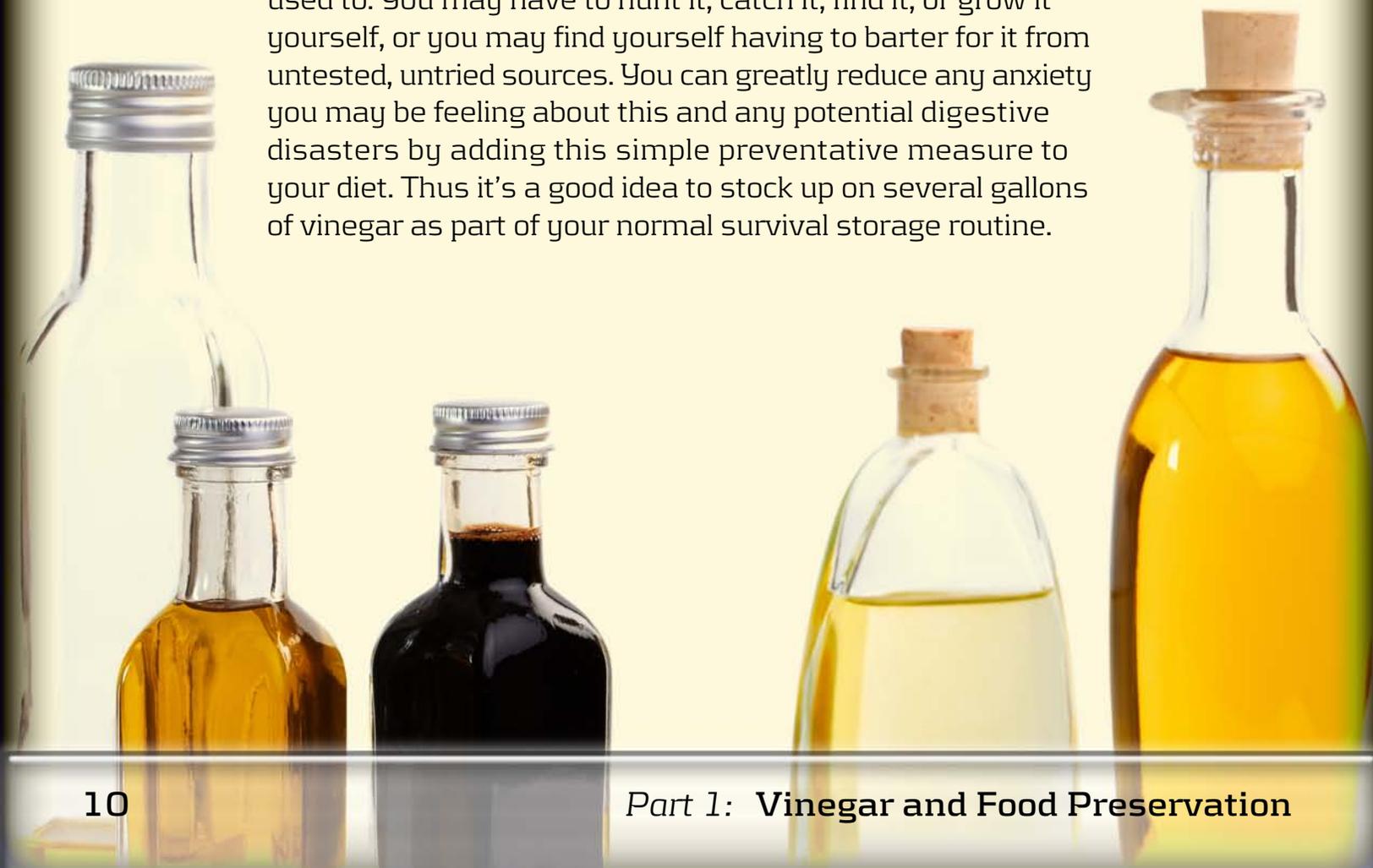
# VINEGAR SOLUTIONS



*For many thousands of years, doctors in China have treated the symptoms of food poisoning from contaminated fish, meat, or vegetables by having the affected person sip on rice vinegar... Japanese scientists have shown that vinegar kills germs that can cause colitis, dysentery, and some of the most common forms of food poisoning.<sup>2</sup>*

In certain survival situations, you can't count on your food being as pristine as you may be

used to. You may have to hunt it, catch it, find it, or grow it yourself, or you may find yourself having to barter for it from untested, untried sources. You can greatly reduce any anxiety you may be feeling about this and any potential digestive disasters by adding this simple preventative measure to your diet. Thus it's a good idea to stock up on several gallons of vinegar as part of your normal survival storage routine.



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## Vinegar vs. Malnutrition

Certain types of vinegar, such as apple-cider vinegar, are so nutrient-packed that they can help combat malnutrition. This is great news. One thing that people who prepare for disaster, especially those who are not in a position to grow their own gardens at this time, often worry about is the possibility of malnutrition. While many nutritious foods can be dried, canned, or preserved, it's not easy to think of everything. Vinegar provides a nutritional punch in a very small package, since a few spoonfuls a day can deliver a lot of nutritional benefit. Of course it's better to get fresh fruits and vegetables if you can, but vinegar can help see you through in a pinch. Don't look to distilled vinegar to fulfill this function, however. Look for a strong, organic, local vinegar. It's an inexpensive way to protect yourself.

Vinegar has incredible healing properties. It's a natural antibiotic, antiseptic, and antifungal substance. It's not quite a one-stop shop for every problem you could ever encounter on the homestead or during a crisis, but it does come close. While skin and nail infections aren't always life-or-death affairs, they can make life relatively miserable. Vinegar can also be used to treat burns, which can be life or death.





*PART 2*

# VINEGAR FOR FIRST AID



# VINEGAR SOLUTIONS

## Vinegar for Skin Rashes

You can use vinegar to treat all kinds of skin rashes, including poison ivy, hives, and mosquito bites—in fact, it was one of my grandmother’s preferred treatments when I was a child. Applying the cure is easy. Simply run a cool bath and add two cups of vinegar. You can do this for sunburn as well. If you wanted to treat dandruff, you’d use a few tablespoons of vinegar in a quart of hot water, using it for a final rinse during shampooing.<sup>1</sup> The treatment should reduce the itching as well as the rash itself.

## Vinegar for Fungus

Vinegar can cure almost all external fungal infections including athlete’s foot and nail fungus. It’s not an instant cure—nail fungus can take months to clear up—but you will typically start to see results right away.

Putting together a vinegar-based foot soak or nail soak can be very effective.

If you have a nail fungus, you will typically need to clear out the embedded keratin debris with a pair of nail clippers and a nail file. For athlete’s foot, carefully dry the affected area after your soak. Make sure to wear clean shoes and socks immediately after applying the treatment. The treatments will be more effective if you complete them morning and night.



# VINEGAR SOLUTIONS

## Vinegar for Burns

Be aware that vinegar works best on only very minor burns. It's not a good idea to rely on it for more intense burns if you have any access to proper medical care. Burns that are deep enough to blister should not be treated at home if you have any choice in the matter.

Again, the treatment is reasonably simple:

*First, run cold water over the area for a few minutes to bring the temperature down and prevent the burn from penetrating deeper into the tissue. Soak a cloth in 1 part vinegar and 1 part water. Apply to the burn area. Vinegar will relax the area and kill the pain. Refresh the compress and reapply if the pain intensifies. Repeat as often as needed.<sup>2</sup>*

The most important part of the vinegar burn treatment is its action as an astringent and antiseptic. In a crisis situation where you can't get to a doctor and where the burn is on a central area of the body, you can even get quite creative with this, such as soaking a cotton t-shirt in the vinegar and water mix, then having the victim wear the t-shirt.<sup>3</sup>



*Nonyx Gel, a popular and effective cure for nail fungus, is actually just vinegar in gel form. It's effective because the gel form helps it stay in place longer than the liquid form.*



# VINEGAR SOLUTIONS

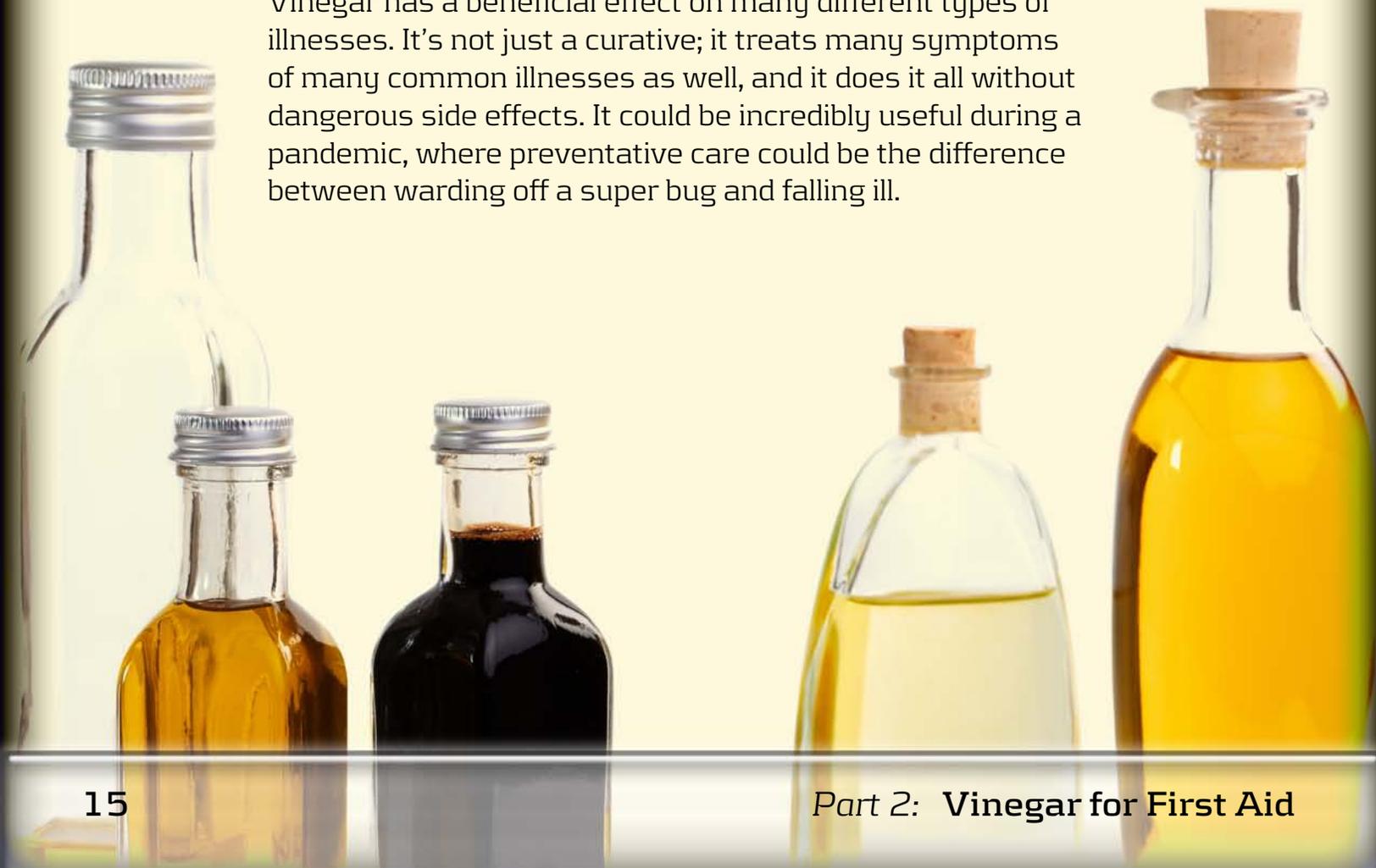
## Vinegar for Open Wounds

During the Civil War, soldiers routinely used vinegar on wounds, and the practice saved lives. Simply apply it the same way that you'd apply any antiseptic wound dressing. As with most vinegar remedies, it's a good idea to dilute it with water first.<sup>4</sup> This is one of the few antiseptics that you can safely and reliably make yourself if you have to, and it's far less expensive than most antiseptic ointments, sprays, and treatments that are on the market.

If you sprain a muscle, you can create a compress to soothe it. Soak a cloth in warm water and vinegar and then wrap it around your sprained muscle. Rest should allow the sprain to heal the rest of the way.

Remember, it's a good idea to combine your knowledge of vinegar cures with a broader knowledge of basic first aid.

Vinegar has a beneficial effect on many different types of illnesses. It's not just a curative; it treats many symptoms of many common illnesses as well, and it does it all without dangerous side effects. It could be incredibly useful during a pandemic, where preventative care could be the difference between warding off a super bug and falling ill.





*PART 3*

# VINEGAR FOR ILLNESS



# VINEGAR SOLUTIONS

## Vinegar as Disease Prevention

Vinegar can help you prevent some rather surprising ailments. While it's perhaps no surprise given vinegar's properties that you could prevent the flu with a daily dose, it is perhaps surprising to realize that vinegar is also successfully preventing and treating tough diseases like cervical cancer.

This is, of course, given little credence in Western medicine, even when the techniques arose in Western hospitals. You have to look a little farther away for that.

*Experts from the Johns Hopkins University School of Medicine developed a simple procedure involving vinegar and carbon dioxide that successfully locates precancerous white spots on the cervix and allows them to be removed with a cooled metal probe. The procedure is simple, say experts, and has helped to significantly reduce the cervical cancer rate in primarily Asian, rural villages.*

*The pap smear, a procedure commonly used in developing countries to identify the presence of cervical cancer, is not as effective in poorer areas due to a lack of testing laboratories. So when samples are taken, they have to be sent to distant facilities where they can take weeks to be evaluated—and the women waiting for the results are often difficult to locate as they typically live far from clinics.*

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*But the vinegar and carbon dioxide procedure is simple. By applying vinegar to the cervix, a nurse can identify the presence of pre-cancerous spots, which will turn white on contact, and remove them using a cryotherapy device that freezes them. And the best part is the entire procedure can be completed during the first visit.”<sup>1</sup>*

While you would not necessarily be trying to do such procedures in your back yard in a survival scenario, the potency of this naturally occurring substance is difficult to deny or to beat. You don't necessarily need complicated procedures to help you ward off cancer, however, since ingesting a nutritive vinegar such as apple cider vinegar will provide you with all of the nutritional benefits, including fiber, which normally help people prevent this deadly disease.

## The Legend of 4 Thieves Vinegar

During the Black Plague, there was said to be a group of four thieves who robbed the dead or the sick. When they were caught, they offered to exchange their secret recipe, which had allowed them to ward off the plague, in exchange for their lives.

Legend has it that their recipe was an infusion of vinegar, garlic, sage, rosemary, lavender, and thyme. Some traditionalists who make the recipe now add one herb for each thief.

# VINEGAR SOLUTIONS

## Digestion Issues

Vinegar isn't good for every stomach problem—sometimes drinking it can actually give you a mild stomachache because you increase the acid levels in your stomach. For that reason, it's not a good idea to drink lots of vinegar if you have ulcers. If you don't have enough acid in your stomach, however, vinegar can certainly help, because that condition can often cause discomfort as well. Using vinegar in a salad dressing or diluting it in water can ultimately aid digestion.

If you are vomiting you can often relieve vomiting by placing a warm compress of apple cider vinegar over the stomach and lying down. Replace it with another warm compress when the first one grows cool, as the heat and the vinegar work together to provide the relief.<sup>2</sup>

Regular doses of vinegar can help ward off kidney infections and urinary tract infections as well, in both cases by keeping these environments inside of your body properly acidic. The vinegar will help you flush impurities in your bladder as well, making you healthier overall.

## Ear, Nose, and Throat Problems

Vinegar can help you relieve coughs, sore throats, and other symptoms associated with colds and flus. It can help you

# VINEGAR SOLUTIONS

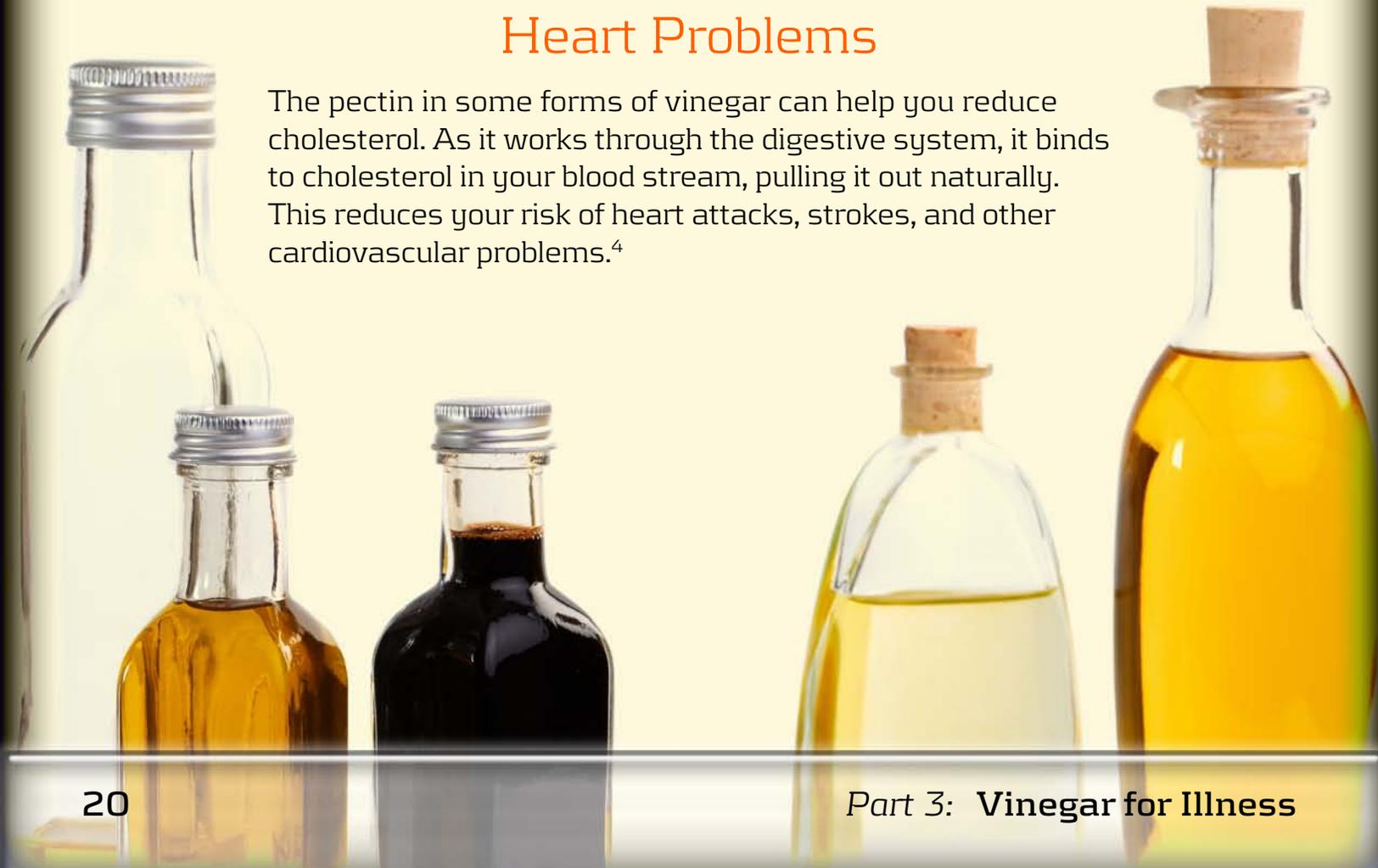


break up phlegm while soothing aches and pains. Start by mixing two teaspoons of apple cider vinegar into one cup of boiling water. You can sweeten this with honey to help the taste. You can serve it either hot or cold—if it's hot, you'll want to inhale the steam to help cut through all of your congestion.

Vinegar can also be very helpful for swimmer's ear. Swimmer's ear is often caused by a bacterial or fungal infection inside of your ear. A few drops of one part vinegar and one part water in the ear will help kill the infection while making it inhospitable to any further growth. Look at many over-the-counter earache remedies for yourself, and you'll see that they often contain acetic acid—one of the primary ingredients in vinegar.<sup>3</sup>

## Heart Problems

The pectin in some forms of vinegar can help you reduce cholesterol. As it works through the digestive system, it binds to cholesterol in your blood stream, pulling it out naturally. This reduces your risk of heart attacks, strokes, and other cardiovascular problems.<sup>4</sup>



# VINEGAR SOLUTIONS

## A Question Worth Considering

With all of these important health benefits, it's worth asking yourself why the mainstream medical industry has failed to embrace vinegar in any serious way. Currently it's considered a home remedy or a folk remedy. Some doctors won't give it any real credence.

If you were inclined to be cynical, you might have to wonder if it is because there's no profit in vinegar. Nearly anyone can make it with a little effort, and it can be made from materials that are freely and inexpensively available and which can be grown in one's own back yard. One can't charge \$100 for a bottle of vinegar the way one might for a side-effect-laden heart drug or cancer treatment.

In addition, natural cures like vinegar actually correct the problem when used in conjunction with other healthy, natural remedies such as exercise and changes in your diet. Suppressing symptoms and "managing" conditions creates a steady stream of lifelong customers—cures don't.

Vinegars are often made stronger when infused with certain healing herbs. [A Survival Herb Bank](#) can help you grow those life-saving herbs on your own so that you always have them available, so that you're free to make your own health choices, and so that you do not have to rely on the pharmaceutical industry to "manage" your health.



PART 4

# VINEGAR FOR MENTAL HEALTH



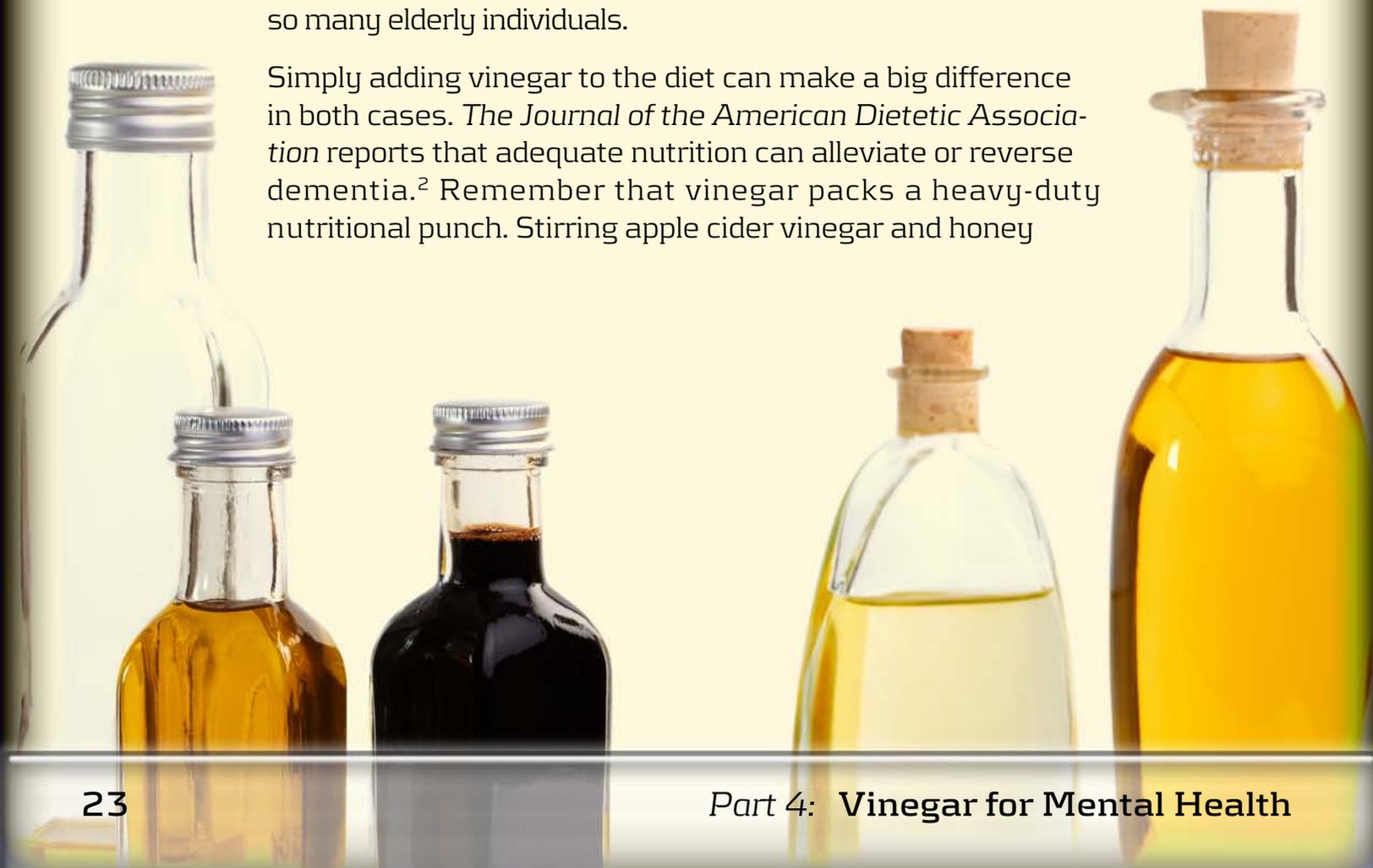
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Consuming regular quantities of vinegar can help you ward off depression. This is because vinegar contains tryptophan, which helps the brain produce more serotonin. Serotonin deficiencies are implicated in depression, migraine headaches, and a host of other mental and physical problems.

In a crisis situation, depression is a real danger. People have committed suicide when their lives were changed in a tragic and dramatic way. During Argentina's total economic collapse, for example, there was a dramatic increase in the suicide rate. The suicide rate has recently doubled in Greece during a similar economic meltdown.<sup>1</sup> It's vital to strengthen your mental health during a crisis and not just your physical health. Of course, you want to develop mental fortitude, but the chemicals in your brain do make a difference. If you don't have enough neurotransmitters to send the correct messages in your brain, then it's not unreasonable to expect an emotional crash.

Vinegar has also shown itself to be useful in dementia cases. Vinegar slows brain cell degeneration. It also helps combat the poor nutrition that can cause dementia in so many elderly individuals.

Simply adding vinegar to the diet can make a big difference in both cases. *The Journal of the American Dietetic Association* reports that adequate nutrition can alleviate or reverse dementia.<sup>2</sup> Remember that vinegar packs a heavy-duty nutritional punch. Stirring apple cider vinegar and honey



# VINEGAR SOLUTIONS

into a glass of water three times a day can give you these benefits without forcing you to turn to expensive vitamin supplements with limited effectiveness. Many people can't absorb many of the nutrients in a vitamin supplement, so they simply sit in the stomach like stones until the body finally passes them. Vinegar, by contrast, absorbs quickly into the body and aids the body in absorbing other vital nutrients from food as well.





*PART 5*

# VINEGAR FOR CLEANING

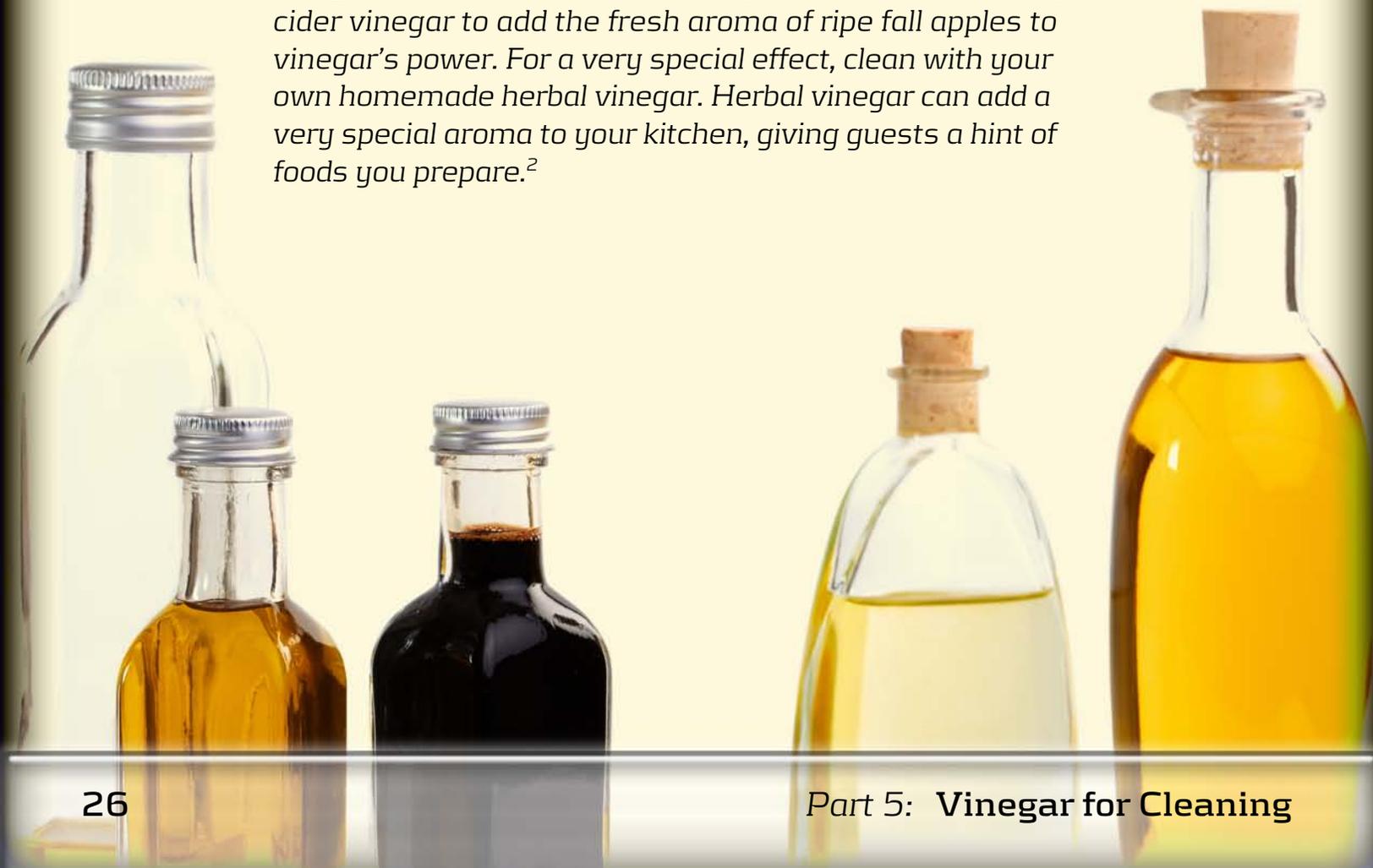


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In modern society we've come to rely on a vast array of harsh chemical cleaning products. Off-the-grid living encourages something more—a natural cleaning product that can be created on the homestead, is environmentally safe, and doesn't exacerbate medical conditions like asthma with harsh fumes.

It's important to be able to stay clean during a crisis and to keep your environment clean. Doing so reduces your chances of getting ill. Fortunately, vinegar is just as good at destroying pathogens around your home as bleach is. In fact, it is so effective that hospitals are even using it as a routine disinfectant.<sup>1</sup>

*Grandmother knew the value of vinegar in the kitchen, and she used it for more than cooking! All sorts of viruses, bacteria, and fungus can grow on kitchen surfaces. Keeping everything clean and dry helps to eliminate them and the sickness they can bring. Vinegar can be a big help in doing this. Use white vinegar for its antibiotic and antiseptic qualities, or use apple cider vinegar to add the fresh aroma of ripe fall apples to vinegar's power. For a very special effect, clean with your own homemade herbal vinegar. Herbal vinegar can add a very special aroma to your kitchen, giving guests a hint of foods you prepare.<sup>2</sup>*



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*It's remarkably easy to make fresh, healthy cleaning products with vinegar.*

When you clean with vinegar, you're going to want to start with white vinegar. Cider vinegar, red wine vinegar, and other vinegars are likely to stain the surface of whatever you are trying to clean. It'll be just as effective at killing germs, but you might not like the stains!

Here is a simple, vinegar-based, all-purpose spray cleaner recipe. All of the ingredients are incredibly inexpensive—you'll never have to spend big bucks on cleaning solutions again. Add one teaspoon of white vinegar, one teaspoon of Castille soap, and one teaspoon of Borax to a spray bottle. (You can find spray bottles at any crafts store or reuse an old spray bottle that has been rinsed out well.) Fill the bottle up with water and mix well.<sup>3</sup> You can use this cleaner to wipe countertops, stovetops, windows, and bathroom surfaces.

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You don't need a formal recipe necessarily, however. You simply have to know which substances are traditionally added to vinegar cleaners and what they're often used for. These are baking soda, Borax, chalk, pumice, oil, salt, washing soda, and wax. Baking soda helps you absorb odors and deodorize while acting as a mild abrasive. Borax disinfects and deodorizes while stopping mold from taking hold in your home. Chalk is just a mild non-abrasive cleaner. Use oil to shine and preserve wood—olive oil and vinegar make a very nice dusting agent, for example. Pumice acts as a stain remover and polisher for metals. Salt is a very mild abrasive. Washing soda helps you cut heavy grease. Wax also helps you shine and protect your belongings.<sup>4</sup> Of course, you'd mix each of these ingredients with water, usually one part to one part. If you're using white vinegar and want a nicer scent, you can always add a little bit of lemon to the mix. Some ingredients may cause the vinegar to become foamy, so don't be surprised if that happens! This is a natural chemical reaction.<sup>5</sup> If one of the additives causes your vinegar to become foamy, just avoid storing it in a tightly capped container for safety's sake.

## What Can You Clean With Vinegar?

You can clean just about anything with vinegar. You can also use vinegar to remove soap scum and film on dishes that might not have shined like they used to. You can use vinegar to help you remove some of the most stubborn gunk imaginable from almost any surface you can think of (with a few caveats—see below).

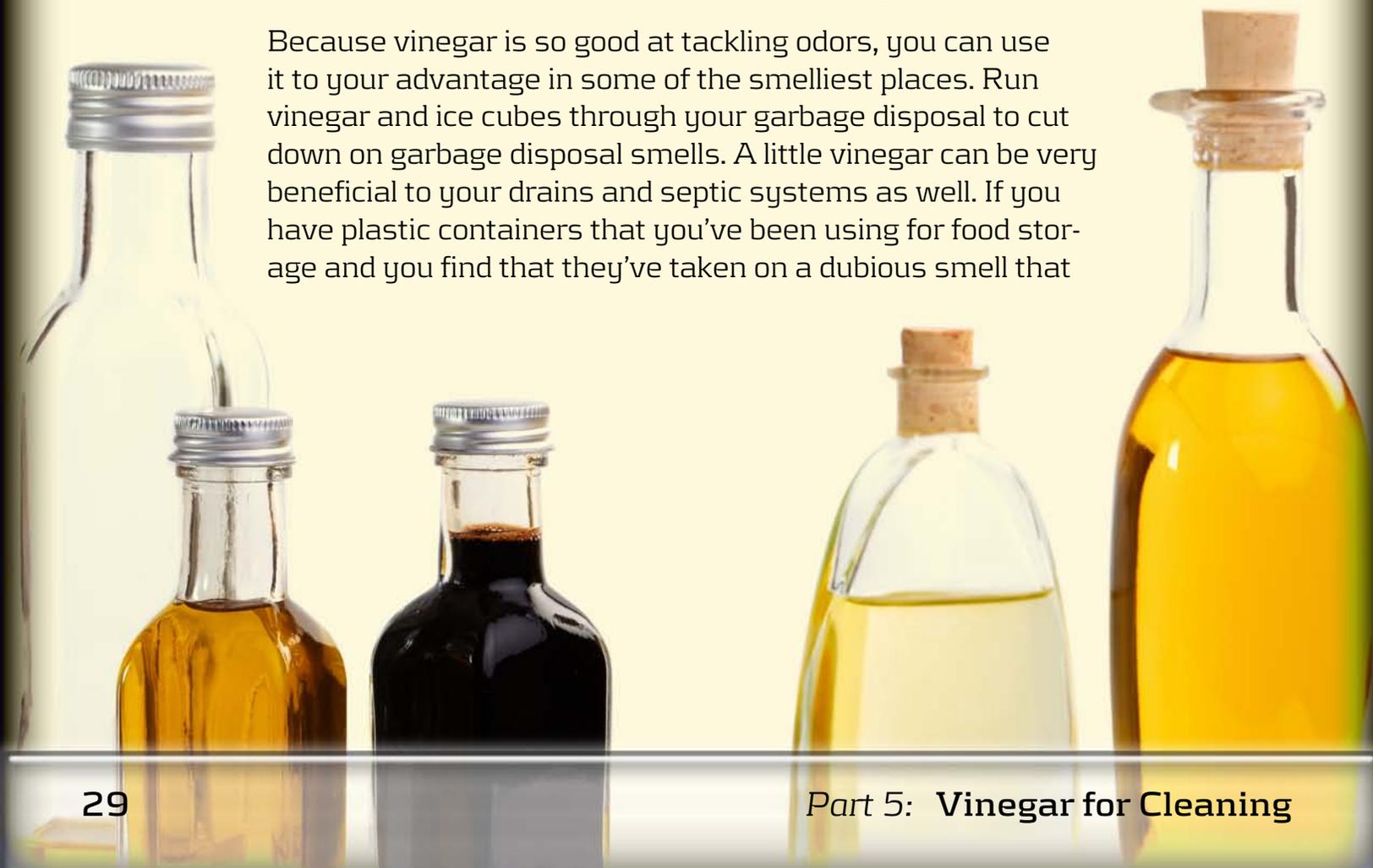
# VINEGAR SOLUTIONS

You can use vinegar on almost anything in the kitchen, from your normal flatware to the fine china. It works well with copper, brass, and crystal. It's especially helpful on appliance cords, since those can't exactly be scrubbed with water. Instead, you can simply wet a cloth with vinegar and carefully scrub the gunk off of the cord. Vinegar cleaning can help your can openers stay sharp and ready for action far better than running them through the dishwasher can.

If your coffee's been tasting awful lately, then you might well need to apply some vinegar to your coffee pot. Simply fill the coffee pot with vinegar and ice cubes to break up that old, sticky tar residue that builds up inside of the pot. You can clean out the rest of the machine with vinegar as well. You needn't worry that your coffee will take on a "vinegary" taste—in truth, you'll finally get a decent cup of coffee! This trick works for the inside of thermoses as well.

Cleaning the fridge is another tough job. Vinegar is very good at breaking up the food muck that can get into the most stubborn places in the fridge.

Because vinegar is so good at tackling odors, you can use it to your advantage in some of the smelliest places. Run vinegar and ice cubes through your garbage disposal to cut down on garbage disposal smells. A little vinegar can be very beneficial to your drains and septic systems as well. If you have plastic containers that you've been using for food storage and you find that they've taken on a dubious smell that



# VINEGAR SOLUTIONS

is picked up by the food you are storing inside of them, then you'll find vinegar to be very helpful in restoring these containers to usefulness.

A little vinegar and salt is excellent for sanitizing cutting boards, especially wooden ones. As mentioned before, vinegar is capable of combatting food poisoning. Any lingering salmonella or E. coli bacteria in your cutting board can be safely removed with this simple, effective substance.

You'll find vinegar incredibly useful in the bathroom as well. It can dissolve mineral deposits in showerheads and kill mold and mildew on shower curtains and shower tiles. You can even turn vinegar into a deodorizing spray. Apple cider vinegar will give you a pleasant scent that gets rid of odors without any harsh chemicals or additives.

You can even take your vinegar into the bedrooms. If you have a child who wets the bed, you'll find that vinegar, thankfully, provides an easy way to get rid of urine stains. It works equally well on pet stains, too.

## What You Can't Clean With Vinegar

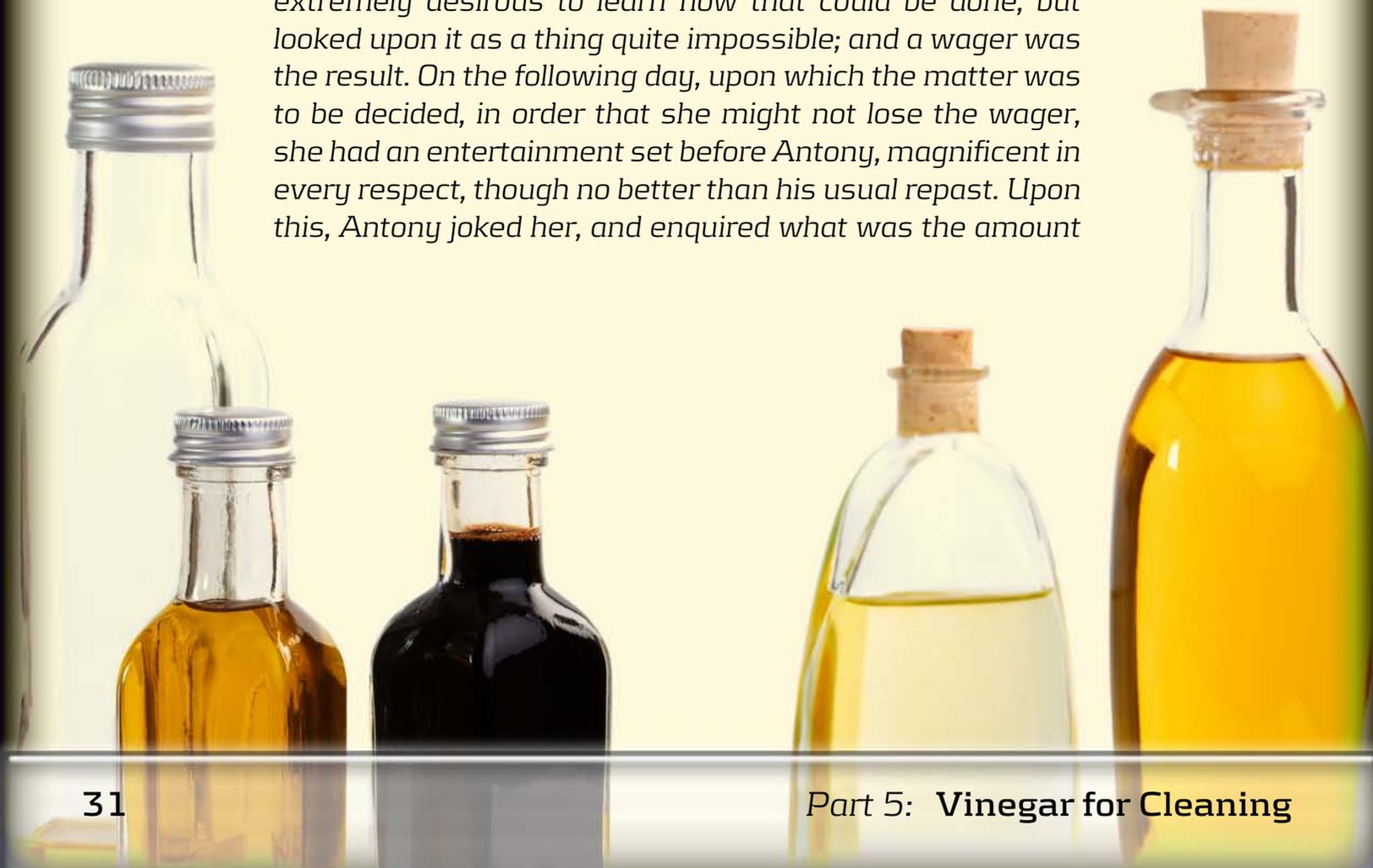
In spite of all of vinegar's cleaning benefits, there are still some things you should not try to tackle with vinegar. For example, vinegar tarnishes silver.



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In his work *Natural History*, Pliny the Elder relayed the following story that demonstrates why it is a bad idea to try to clean pearls with vinegar.

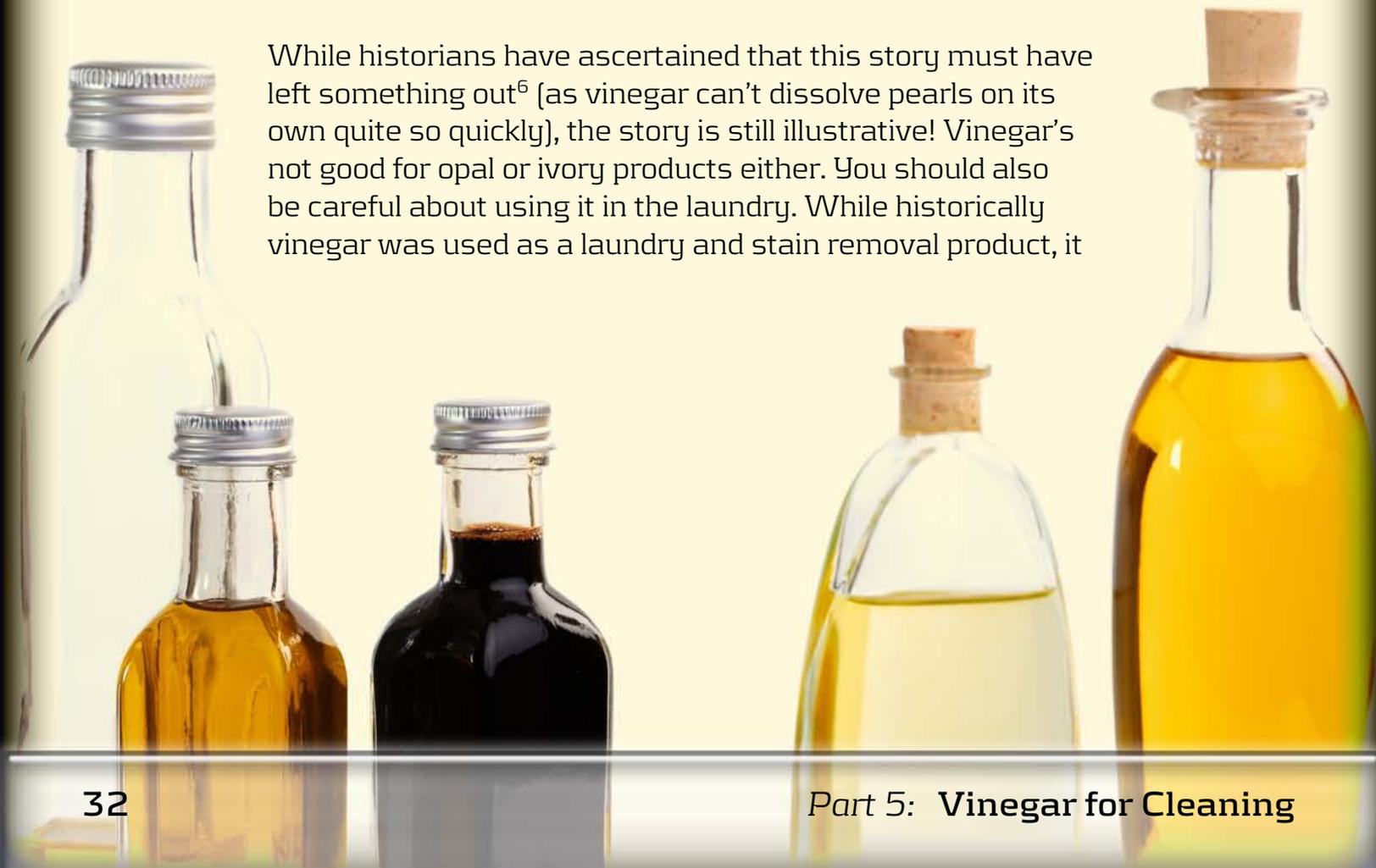
*There were formerly two pearls, the largest that had ever been seen in the whole world: Cleopatra, the last of the queens of Egypt, was in possession of them both, they having come to her by descent from the kings of the East. When Antony had been sated by her, day after day, with the most exquisite banquets, this queenly courtesan, inflated with vanity and disdainful arrogance, affected to treat all this sumptuousness and all these vast preparations with the greatest contempt; upon which Antony enquired what there was that could possibly be added to such extraordinary magnificence. To this she made answer, that on a single entertainment she would expend ten millions of sesterces. Antony was extremely desirous to learn how that could be done, but looked upon it as a thing quite impossible; and a wager was the result. On the following day, upon which the matter was to be decided, in order that she might not lose the wager, she had an entertainment set before Antony, magnificent in every respect, though no better than his usual repast. Upon this, Antony joked her, and enquired what was the amount*



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*expended upon it; to which she made answer that the banquet which he then beheld was only a trifling appendage to the real banquet, and that she alone would consume at the meal to the ascertained value of that amount, she herself would swallow the ten millions of sesterces; and so ordered the second course to be served. In obedience to her instructions, the servants placed before her a single vessel, which was filled with vinegar, a liquid, the sharpness and strength of which is able to dissolve pearls. At this moment she was wearing in her ears those choicest and most rare and unique productions of Nature; and while Antony was waiting to see what she was going to do, taking one of them from out of her ear, she threw it into the vinegar, and directly it was melted, swallowed it.*

While historians have ascertained that this story must have left something out<sup>6</sup> (as vinegar can't dissolve pearls on its own quite so quickly), the story is still illustrative! Vinegar's not good for opal or ivory products either. You should also be careful about using it in the laundry. While historically vinegar was used as a laundry and stain removal product, it



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often reacts badly to synthetic fibers. Since most clothing these days contains at least a small synthetic component, it's important to at least test your laundry before trying to use vinegar on it. There are other, natural, vinegar-free laundry detergents that you can make for yourself that don't include vinegar and won't put your clothes at risk.

There is, however, one survival exception, and that is in a situation where water use is a premium, you still need clean clothes, and whether or not they bleach is the least of your concerns. In that case, you can wash laundry without power and without agitation by using the vinegar method. Simply place all of the clothes in a watertight container with a little bit of detergent and a little bit of vinegar. Let it sit for several hours, then hang it out to dry naturally in the sun.<sup>7</sup> Keeping your clothes clean is important to your health and safety during a crisis, and the right vinegar will make them smell good while keeping the use of your precious water resources to a minimum.





*PART 6*

# VINEGAR IN THE GARDEN



# VINEGAR SOLUTIONS

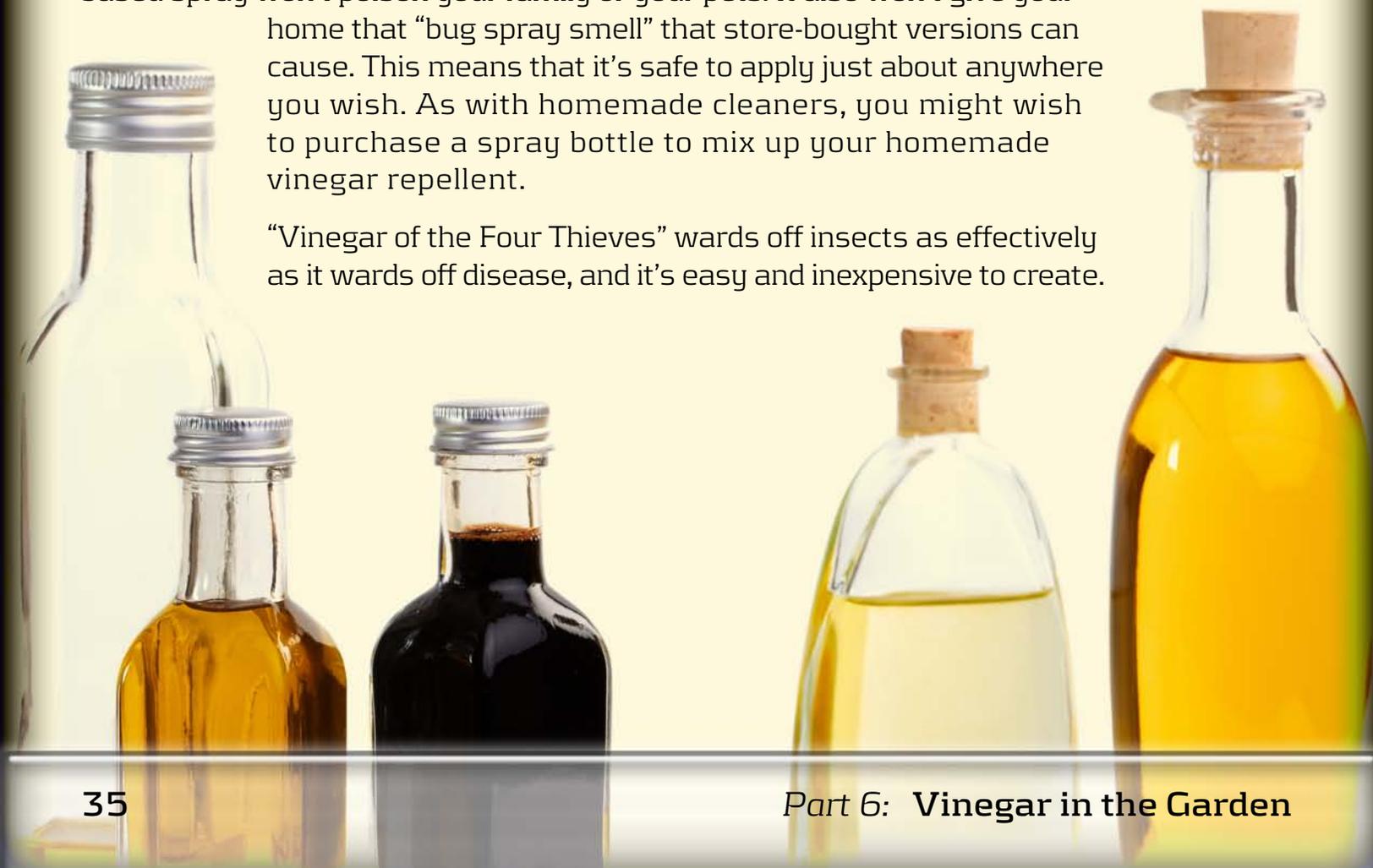
Growing your own food is an essential part of survival. Used correctly, vinegar becomes an important helpmate to ensure that your garden grows safely, offering a natural pesticide and soil pH balancer. This pesticide is also very effective inside of the home, which is especially good for homesteaders living in warm climates where bug infestations are often a persistent problem.

## Vinegar-Based Insect Repellent

Vinegar can be an effective insect repellent against ants, fleas, mosquitos, flies, and spiders. You can either mix up a natural bug spray or use vinegar directly. Using vinegar directly is helpful when you want to protect individual plants, as in your garden. You'd simply pour the vinegar in a circle around the plant to protect it from pests.<sup>1</sup>

However, most people will want to protect wider areas than a single plant. You may even want to create a spray that can take on your entire home. Thankfully, a vinegar-based spray won't poison your family or your pets. It also won't give your home that "bug spray smell" that store-bought versions can cause. This means that it's safe to apply just about anywhere you wish. As with homemade cleaners, you might wish to purchase a spray bottle to mix up your homemade vinegar repellent.

"Vinegar of the Four Thieves" wards off insects as effectively as it wards off disease, and it's easy and inexpensive to create.



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Add two tablespoons each of dried rosemary, sage, lavender, thyme, and mint to a thirty-two-ounce bottle of apple cider vinegar. Shake it well every day for two to three weeks. Strain the herbs out and then transfer the liquid to a spray bottle.<sup>2</sup> You can use this both as a home insect repellent and as a natural, sweet-smelling version of *Off!* that doesn't require you to apply a sticky, unpleasant chemical to your skin.

Adding apple cider vinegar to your pet's water dish and rinsing your pet's coat in apple cider vinegar can help get a flea problem under control. This works for livestock as well. Actively drinking or eating the vinegar can alter the pH of your animal's blood enough to ensure that he or she isn't quite such a tasty meal for insects anymore.<sup>3</sup> White vinegar and coconut oil is also an effective combination, as insects dislike the smell of both.<sup>4</sup>

When attempting to combat bugs in your home, there are a few more advanced techniques to employ. For example, if you want to get rid of spiders, you can spray the spider's webs to keep them from returning there. This tends to encourage them to go outside where their webs are much less likely to be disturbed. For indoor ants, you can wipe down the area where you saw them directly with vinegar and water, erasing all of their scent marks.<sup>5</sup>



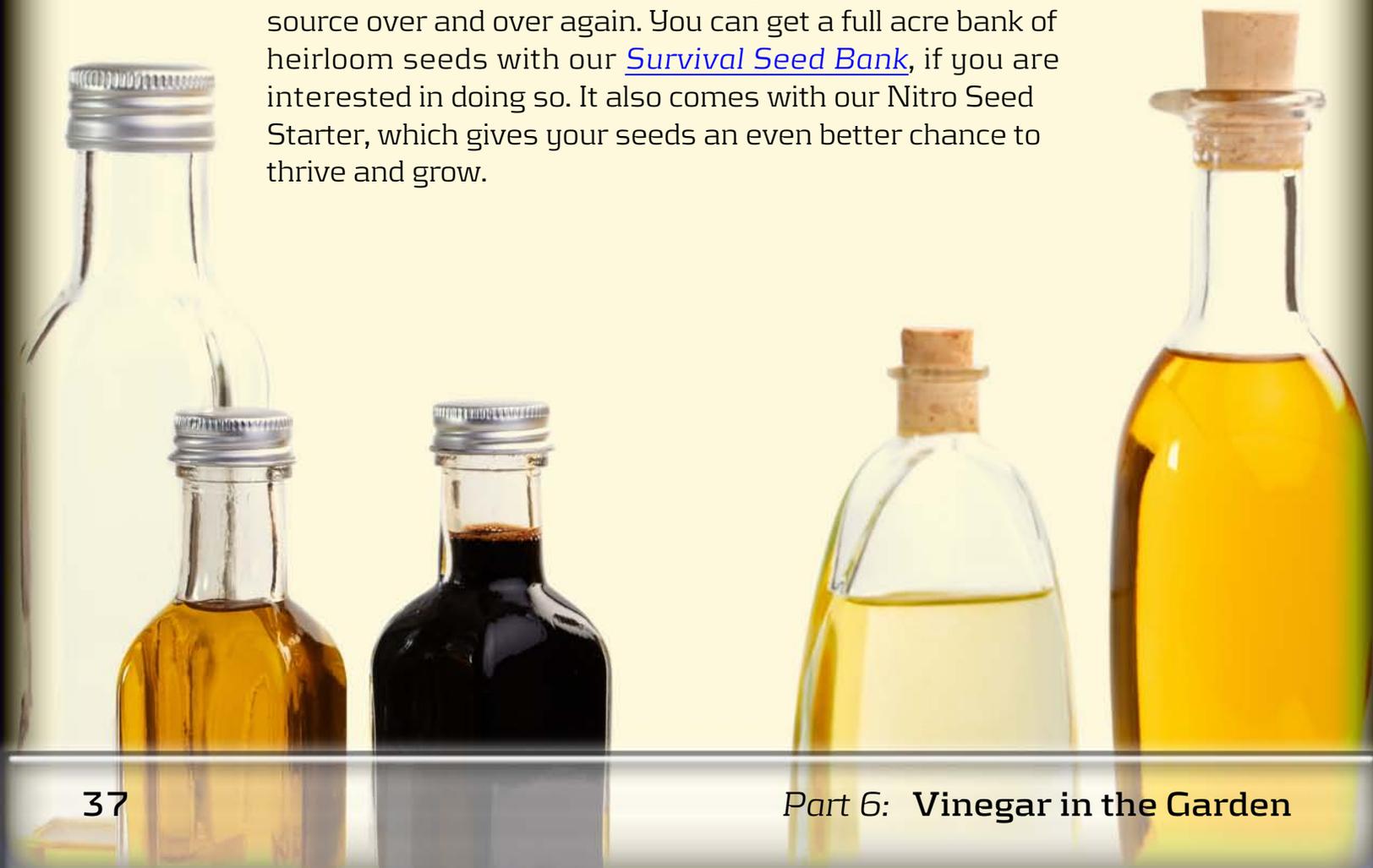
# VINEGAR SOLUTIONS

## Balancing the pH of Soil with Vinegar

It doesn't take long for anyone who steps off the grid to figure out that good gardening takes a lot more than putting seeds into the ground and hoping for the best. There are dozens of factors to get right, from making sure the right plants get the right light to making sure the soil conditions are optimal for the plants that you wish to grow.

Many plants love an acidic soil environment. Vinegar offers a safe, effective way to increase soil pH. The method is simple: just pour one cup into a bucket of water, then pour the acidic water gently around the plant in a circle. You'll get dual benefits: insect protection and acidic soil.<sup>6</sup>

If you've never gardened before, then the tips in [The Homesteading Handbook](#) will prove invaluable to you. You should also make absolutely certain that you are using heirloom seeds. Heirloom seeds can be saved from year to year, unlike hybrid or genetically engineered seeds. This means that you get the opportunity to reinvest in your food source over and over again. You can get a full acre bank of heirloom seeds with our [Survival Seed Bank](#), if you are interested in doing so. It also comes with our Nitro Seed Starter, which gives your seeds an even better chance to thrive and grow.





*PART 7*

# HOW TO MAKE OFF-THE-GRID VINEGAR



# VINEGAR SOLUTIONS

One of vinegar's greatest advantages is that it is easy to create yourself. After all, vinegar is essentially soured wine. When you get right down to it, the process is as easy as allowing something to ferment, and then allowing it to ferment a second time. You could make vinegar simply by leaving a bottle of wine exposed to air long enough. Of course, there are more sophisticated methods of making your own vinegar—methods that are faster and ultimately more satisfying in terms of taste and nutritional content.

You can therefore make vinegar from just about anything that ferments. If you've heard of it being turned into a form of alcohol, then you can make it into a vinegar, too. Some choices include:

Apples  
Potatoes  
Rice  
Grapes  
Molasses

Sorghum  
Coconuts  
Pineapples  
Sweet potatoes

Sugar cane  
Berries  
Pears  
Melons

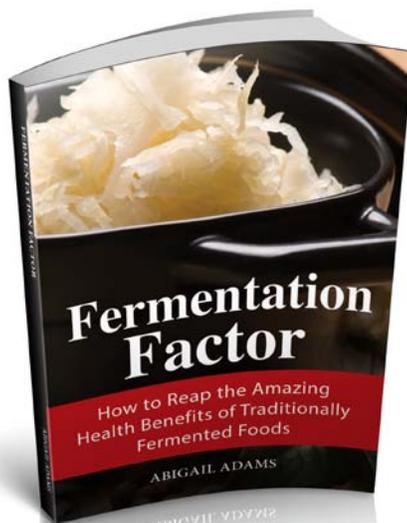
Beets  
Barley  
Bananas  
Oranges

The type of base that you use will ultimately determine the type of vinegar that you get. You don't even have to use up vital food stores to do it in a crisis. You can start vinegars with the waste peels and fruit cores that you'd never eat anyway.<sup>1</sup> Grind the flesh, peels, and cores, and then place them in a pot. Add enough water to cover. Boil the scraps until they are soft,

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and then strain the juice through a clean cheese cloth. You'll then need to measure the total amount of the juice you have created. You'll need to add a quarter pound of sugar per quart of liquid. (If you're not using the scraps of fruits and are instead using ground up fruit, you'd skip the sugar phase). For each quart of liquid, use one package of wine yeast, found in wine-making outlets or stores. Certain types of yeast are more recommended than others, and you can find a good reference chart here at the [WineMakers Depot](#).

After adding the yeast, stir your mixture well and place in a glass or earthenware jar (no metal!) and cover with a clean cheesecloth. Maintain temperatures between 80 and 85 degrees. Lower temperatures will simply slow the process. Higher temperatures will kill the bacteria and cause your solution to spoil.



**Are you ready to take your skills to the next level by learning how to make off-the-grid super foods secretly in your own home?**

**Outwit the food Nazis and take control of your own health through a food preservation method that has been around for thousands of years!**

Go to  
[www.fermentationfactor.com](http://www.fermentationfactor.com)

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After the two weeks is complete, separate the liquid from the sediment. If you don't have a mother-of-vinegar starter, then for your first batch of liquid you'll need to acquire *mycoderma aceti* from the same wine making supplier you purchased your yeast from. (More information on mother-of-vinegar is below.) One highly recommended source of supplies is [Northampton Beer and Winemaking](http://www.beer-winemaking.com). They have vinegar mothers and other supplies to get you started, and I've heard that they're available to their customers should you have questions. You can find them at [www.beer-winemaking.com](http://www.beer-winemaking.com). Add this mixture and stir it in. Then cover the mixture and let it stand in a warm place until it acquires the desired flavor.<sup>2</sup>

A lump of goo will eventually form in your vinegar. Don't throw it away! This "goo" is called mother-of-vinegar. You should remove it and store it in an earthenware crock. People used to pass this substance down from generation to generation. It is vital to creating new vinegar, and over time your special batch will give *your* vinegar a fine, distinctive taste that's all its own. After your first batch of vinegar is made, you will simply add your mother-of-vinegar instead of the *mycoderma aceti* from a wine-making supply store. Mother-of-vinegar will continue to thrive as long as it has food and oxygen. However, vinegar mother can die, especially if it doesn't have enough oxygen, food, or if the storage temperature is too warm.

If you've made your vinegar out of red wine, then the next time you have a little bit of homemade red wine left over (do



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not use commercial wines which contain preservatives...they will kill the yeast bacteria.), gently push the mother to the side a bit and pour it into the jar. (Don't pour your liquid directly on the mother as you can stunt the vinegar production process.) Don't overwhelm the mother with a lot of liquid, but each time you have something to add, pour it in there. If you made a honey vinegar, then add a little honey to keep it going. If you made your original fermented liquid from a hodgepodge of fruit peelings and cores you had left over, then pour a sweet fruity homemade wine in to give it some nourishment. Beer is a great feeder. Experiment with your vinegars and have fun!

Some people consume mother-of-vinegar directly, claiming that it has healing properties that far outstrip even the healing qualities of vinegar. There's no harm in consuming it if you wish to do so, but make sure you always have enough on hand to create your vinegar.

If you plan to use homemade vinegar in home canning, you'll need to be sure to test your vinegar for safety's sake. If your vinegar isn't acidic enough to kill off bacteria, then you will get sick when you try to eat your pickles or other preserved, pickled foods. Your vinegar needs to have at least 4.5 percent acetic acid to be safe, and you'll need an acid titration kit to test it. This is not an expensive supply, and it will last for many bottles of vinegar. You usually have to get these kits from wine makers, as well.

*Because the type of acid you are testing for in vinegar is different from that in wine, and usually at a much higher amount, you need to follow different instructions from the*

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ones that come with the wine-testing kit.

To test your vinegar, first use the syringe to measure 2 ml of homemade vinegar and transfer it to the testing cup.

Add 20 ml of water and 3 drops of indicator solution to the vinegar, and stir.

Fill the syringe with 10 ml of standard base. Add the standard base to the mixture in the testing cup 1 ml at a time, stirring after each addition.

At first, the liquid will turn clear after each addition of standard base. Eventually, it will darken and turn pink. Stop adding the standard base at that point...make a note of how much standard base you added...For example, since you started



Cake of fresh yeast.



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*with 10 ml of standard base if you have 2 left after the addition that made the testing sample color change, then you added 8 ml of standard base.*

*Now comes a little math. Multiply the number of milliliters of standard base you added by 0.6. The result is the percentage of acetic acid in your vinegar. If you added 8 ml of standard base, for example, multiply  $8 \times 0.6$  and you get 4.8, or 4.8% acetic acid.<sup>3</sup>*

If you discover your vinegar is not acidic enough to can with, simply use it for other functions in your home—as a cleaning solution, for example, as it will still be useful in this regard.

Now, close your eyes and picture something. You've just gone out to reap the rewards of your homestead. Perhaps you grow apples, potatoes, beets, and black walnuts. You've got a small garden plot which produces tomatoes, cucumbers, and green peppers.

You set aside a few vegetables for tonight's dinner, some for freezing, and some to make immediately into soups and stews. You then peel and core the rest. Some of your apples go into your dehydrator for drying. You freeze most of your walnuts. You cook and can the rest of your apples, and your potatoes, beets, and tomatoes. You then take all of the peels and cores. You've got plenty to make lots of vinegar. You take some of last year's vinegar and use it to pickle your cucumbers and your peppers. You put it all up for winter, knowing you've slashed your grocery bill in half, knowing you



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could make it for several months without the grocery store if you had to. In the mean time, you've created something more: a substance which will offer you a fabulous survival medicine, survival cleaning supply, survival bug repellent, survival gardening aid, and nutrient-dense survival food. No scrap of your work is wasted—you've made the very most of your harvest.

Can you feel the sense of satisfaction and well-being that comes from knowing the secrets of vinegar?

If you're off the grid now, or you are thinking about going off the grid, then you're in luck. We've created hundreds of resources for anyone who wants to enjoy the benefits of a self-sufficient lifestyle that is no longer dependent on either the government or corporate America for authentic, successful living. Find out more secrets for self-sufficient, off-the-grid living at [www.solutionsfromscience.com](http://www.solutionsfromscience.com).





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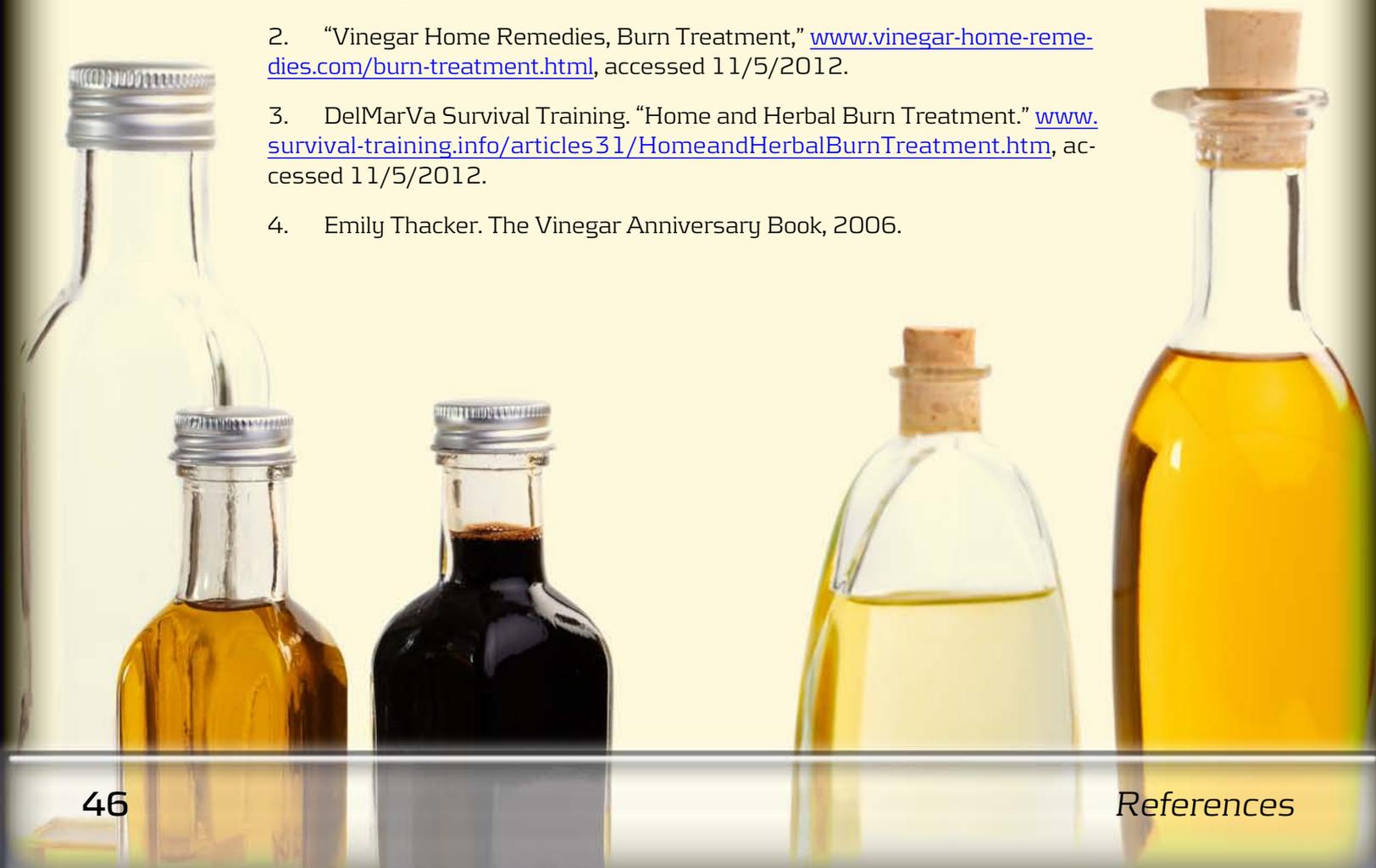
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