



Vinegar

White vinegar is 5% acetic acid. It has many medical uses.

Swimmer's Ear Prevention (External Otitis)

"Swimmer's Ear" is an infection of the external ear canal caused by the bacteria *Pseudomonas*. It is most often seen in swimmers, but can occur in anyone who has a tendency for water to remain in their ear canal. A simple preventive measure is to flush the ear canals with a 50/50 mixture of white vinegar and 70% isopropyl (rubbing) alcohol after swimming.

Jellyfish Stings

Take a bottle of white vinegar with you to the beach or Chesapeake Bay. If you get a jellyfish sting, dab or pour white vinegar on it. The acetic acid denatures the venom.

Compresses

White vinegar can be mixed up to 50/50 with water to prevent or treat infection of the skin. My favorite mixture is to mix one (1) tablespoon in a pint (16oz) of water. Compresses with a moistened cloth applied for up to 20 minutes 3-4 times a day help treat infection in open wounds, sores, eczema, and body fold areas. I call it the "poor man's" Burow's solution.