

	Home	Personal Care/ Beauty	Dietary/ Medicinal
Lemon Juice	<ul style="list-style-type: none"> · Clean glass & mirrors · Brighten your whites · Disinfect your cutting board · Brighten your toilet bowl 	<ul style="list-style-type: none"> · Remove sun spots · High-light your hair · Reduce wrinkles · Shrink your pores 	<ul style="list-style-type: none"> · Detox · Improve digestion · Sooth a sore throat · Strengthen immunity
Coconut Oil	<ul style="list-style-type: none"> · Polish wood furniture · Replace WD-40 · Remove shower scum 	<ul style="list-style-type: none"> · Hair serum · Lip gloss · Deodorant · Prevent wrinkles 	<ul style="list-style-type: none"> · Improve thyroid function · Reduce migraines
Apple Cider Vinegar	<ul style="list-style-type: none"> · Repel fleas · Clean your microwave · Deodorize laundry 	<ul style="list-style-type: none"> · Sooth Sunburns · Wash your hair · Treat acne · Aftershave 	<ul style="list-style-type: none"> · Weight-loss/Detox · Control high-blood pressure · Cure yeast infections · Prevent a cold
White Vinegar	<ul style="list-style-type: none"> · Polish Silver · Clean windows · Neutralize odors · Unclog your drain 	<ul style="list-style-type: none"> · Cure an upset stomach · Sooth a bee sting · Condition your hair 	<ul style="list-style-type: none"> · Tenderize meat · Boil better eggs · Eliminate garlic odor · Keep veggies fresh
Baking Soda	<ul style="list-style-type: none"> · Put out fires · Scrub toilets and tubs · Clean your oven or grill 	<ul style="list-style-type: none"> · Deodorant · Toothpaste · Relieve diaper rash · Treat heartburn 	<ul style="list-style-type: none"> · Leavening agent · Make fluffier omelets · Crispier chicken
Castile Soap	<ul style="list-style-type: none"> · All-purpose cleaner · Dish soap · Mop floors with it 	<ul style="list-style-type: none"> · Body wash · Pet shampoo · Toothpaste · Prevent eczema 	<ul style="list-style-type: none"> · Treat eczema and psoriasis · Cure acne
Castor Oil	<ul style="list-style-type: none"> · Discourage rodents · Lubricate kitchen scissors · Restore health of your plants 	<ul style="list-style-type: none"> · Strengthen eyelashes · Relieve cracked heels · Soften cuticles 	<ul style="list-style-type: none"> · Treat dry/itchy skin · Laxative · Induce labor · Relieve menstrual cramping