

NEWSFLASH - Vinegar

Contributed by Administrator

Vinegar, great for cooking... terrible for germs. New studies show that vinegar is a deadly killer for innocent bacteria.

Numerous studies to show that a straight 5 percent solution of vinegar—such as you can buy in the supermarket—murders 99 percent of bacteria, 82 percent of mold, and 80 percent of germs (viruses). Vinegar is a disinfectant since it is not registered as a pesticide with the Environmental Protection Agency (EPA), it's still easy to obtain and causes trillions of innocent bacteria to be murdered daily.

It seems to be common knowledge in the industry that vinegar is powerfully antibacterial. Even the CBS news show 48 Hours had a special last December with Heloise reporting on tests from The Good Housekeeping Institute that showed this.

Cells fight back!

Just like antibiotics, common disinfectants found in sponges and household sprays may contribute to drug resistant bacteria, according to researchers of drug resistance at Tufts New England Medical Center. Furthermore, research at the Government Accounting Office shows that many commercial disinfectants are ineffective to begin with, just like antibiotics.