

APPLE CIDER VINEGAR

Humble but Mighty

苹果醋

外表谦卑但功能强大



Apple Cider Vinegar (ACV) is one of the most popular natural remedies in folk medicine.

Traditional uses of ACV are vast and here are just a few of its health benefits:

- Detoxifies the body: Toxins often accumulate in our bodies, and the malic acid in ACV helps to eliminate these dangerous compounds. By doing so, ACV supports healthy kidney, bladder, and liver function.
- Alleviates allergy symptoms.
- Aids in flu prevention.
- Aids in digestion.
- Eases heartburn and nausea.
- Increases satiety and helps to promote weight loss.
- Reduces insulin resistance.
- Lowers cholesterol.
- Lowers blood pressure and improves heart health.
- Enhances metabolism.
- Alkalinizes the body: A big reason ACV is so effective for so many health conditions is that it makes the body more alkaline. The more acidic your body is, the more susceptible you are to sicknesses. Even though ACV is acidic, it has an alkalinizing impact on the body during digestion, unlike other kinds of vinegar.
- Contains potent antifungal, antibacterial and antiviral properties.

How to Select the Right Apple Cider Vinegar?

Many people know the benefits of ACV but not everyone knows how to choose the right kind.

When choosing an ACV, please be sure to **pick one that is raw, organic, unfiltered and unpasteurized** to enjoy its mighty nutritional benefits.

Raw, organic ACV is made from sweet varieties of organic apples. These apples undergo a double fermentation process, which produces enzymes and creates many of the vinegar's health-promoting characteristics. As the sugar in the apples is broken down, the first ferment yields what we know as "hard" cider or alcoholic cider. The second fermentation creates ACV.

Organic ACV is unpasteurized and contains what is known as the "mother of vinegar", which is the strand-like sediment that makes the ACV appear somewhat cloudy and murky. Also known as Mycoderma aceti, the mother of vinegar is created when acetic acid bacteria and a type of cellulose develop during the fermentation process. It is rich in proteins, enzymes and gut-friendly bacteria.

However, due to its not very appealing appearance, most vinegar manufacturers pasteurize and filter their ACV, getting rid of the mother of vinegar. Unfortunately, many useful nutrients are also lost and removed in the process.

苹果醋 (ACV) 是民间医药中最流行的自然疗法之一。

苹果醋的传统用途广泛，以下是它的一些养生价值：

- 排毒：毒素经常积聚在我们的身体，而苹果醋中的苹果酸有助于消除这些危险的化合物，进而支持肾、膀胱和肝功能健康。
- 减轻过敏症状。
- 有助于预防流感。
- 有助于消化。
- 减轻胃灼热和恶心。
- 增加饱腹感，有助于减肥。
- 减少胰岛素抵抗。
- 降低胆固醇。
- 降低血压，改善心脏健康。
- 促进新陈代谢。
- 增加身体的碱性：苹果醋对许多疾病或症状具有非常好的疗效性，最大的原因是它可碱化体质。我们都知道，身体长期处在酸性状态会导致许多疾病或病症。虽然苹果醋本质上是酸的，但它与其他种类的醋不同，因为它在消化过程中对身体有碱化作用。
- 含有有效的抗真菌、抗菌和抗病毒特性。

如何选择苹果醋？

许多人知道苹果醋的好处，但不是每个人都知道如何选择正确的种类。

当选择一个苹果醋时，请一定要**选择一个原生、有机、未经过滤、未经巴氏杀菌**的苹果醋，以享受它能提供的最佳利益。

未经加工的纯鲜有机苹果醋是由各种鲜甜有机苹果研制。所有的苹果都经过双重发酵过程，从中产生酵素和许多促进健康益处的有机醋。苹果所含的糖分经过分解后，在第一次的发酵过程会产生烈性苹果酒或含酒精苹果酒。要经过第二次发酵后，才会形成苹果醋。

有机苹果醋未经高温消毒，并含有所谓纯正“醋母”的独特天然物质，即一种链状类型漂浮于醋里的固态物质，使醋液显得浑浊不清。它也被称为醋母菌，醋母是醋酸菌和一种纤维素在发酵过程中产生的。它富含蛋白质、酶和有益肠道的益生菌。

然而，由于醋母外观不是很吸引人，大多数苹果醋制造商都通过巴氏杀菌和过滤来处理他们的苹果醋，以除掉醋母。不幸的是，大量有用的营养物质也在这个过程中被破坏和流失。

Choose **NewLife™ Organic** **Apple Cider Vinegar** for Exceptional Quality

选择卓越品质的新生命有机苹果醋

NewLife™ Organic Apple Cider Vinegar is naturally produced from delicious organic apples from New Zealand.

It is undistilled, unpasteurized raw apple cider vinegar. It appears cloudy because it contains the amazing naturally occurring "mother" of vinegar formed from pectin and apple residues that gives the extra health benefits.

Adding ACV to your lifestyle is just one way that you can utilize a simple, natural provision that costs so little for so many benefits. For general wellness, mix 1 teaspoon of **NewLife™ Organic Apple Cider Vinegar** with 1 tablespoon of **NewLife™ Pure Raw Honey** in a glass of water and consume two or more times daily. You can also use ACV to add some zest to your salad and dishes.

新生命有机苹果醋是由新西兰美味的有机苹果天然生产的。

它是未经蒸馏，未经高温消毒的原生苹果醋。它看起来浑浊，因为它含有神奇的天然醋母，由果胶和苹果残留物形成，带来额外的健康好处。

将苹果醋加入您的生活方式中，它是一种简单、天然、廉价的食材选择，又可以给您带来很多有益健康的好处。针对一般保健，将1茶匙**新生命有机苹果醋**和1汤匙**新生命纯蜂蜜**混合在一杯水中，每天饮用2次或更多。您也可以用苹果醋给沙拉和菜肴增添一些风味。

100% natural, certified organic with no artificial colouring, flavouring or preservatives.
Unfiltered and unpasteurised. Product of New Zealand.

100%全天然有机认证，不含人工色素，香料和防腐剂。
未经过滤和未经高温消毒。新西兰产品。



ACV LIFE HACKS | 苹果醋生活妙招

01



FOR HEALTH 健康



1. Nosebleeds

If you are injured or prone to nosebleeds, soak a cotton ball in ACV and lightly pack your nostril. Lean forward for 10 minutes, pressing the nostrils together. ACV contains properties that help to constrict blood vessels and slow bleeding.

2. Diarrhoea

Although many things can cause diarrhoea and it is sometimes just a way that the body rids itself of dangerous compounds, it should not be ignored. The pectin in ACV helps to form bulk in the stool, which works against diarrhoea and can eliminate the bacteria that causes it. In the intestines, gut flora helps to turn pectin into a soothing coating that protects the irritated colon. Mix 2 tablespoons of ACV with 1 tablespoon of raw honey and 240ml of water, and sip the mixture throughout the day.

3. Bad Breath

Simply gargle with ACV to avoid bad breath.

4. Carpal Tunnel Syndrome

Carpal tunnel syndrome occurs when the nerve that runs from the forearm to the palm of the hand is pressed or squeezed at the wrist. People who work long hours with their hands performing repetitive motions suffer from this condition. Due to its anti-inflammatory properties, ACV can be used as an effective remedy. If you are bothered by the pain of carpal tunnel syndrome, mix 1 tablespoon of ACV with 240ml of water and drink 3 times a day on an empty stomach.

1. 止流鼻血

如果鼻子受伤或容易流鼻血，可以将棉花球浸泡在苹果醋里，然后轻轻按塞着鼻孔，向前倾斜约10分钟，同时挤压鼻孔。苹果醋所含的独特物质可助收缩血管和控制出血状况。

2. 腹泻

虽然引起腹泻的因素有很多，但也可能是身体排除毒素的一种自然方式，不过腹泻情况仍不可被忽视。苹果醋中的果胶有助促成粪便形成固体状，这可以抑制腹泻，并消除引起腹泻的细菌。在肠道中，肠道菌群能帮助将果胶转化为一种具有舒缓作用的保护层，以保护受刺激的结肠。将2汤匙的苹果醋与1汤匙的纯鲜蜜糖倒入240毫升的水混合，全天各个时段小口慢慢饮用。

3. 口臭

用苹果醋漱口可以避免口臭。

4. 腕管综合症

腕管综合症的发生是由于前手臂到手掌或手腕上的神经线遭受挤压所致。此症状通常发生在长时间使用手部工作或一直重复同样手部动作的人士。由于苹果醋包含抗炎特性，因此已被用作为一种治疗腕管综合症的有效良方。要是您经常被腕管综合症所困扰，可将1汤匙的苹果醋倒入240毫升的水混合搅匀，空腹饮用每天3次。

5. Bed Wetting

Mix 2 drops of ACV in 180ml of water and drink at least one hour before bed. ACV helps to reduce acid levels in the stomach, which often contribute to excessive bedwetting.

6. Workout Endurance

Do you often feel fatigued halfway through your workout? During exercise, lactic acid collects in the muscles and contributes to a heavy or fatigued feeling. ACV helps push the toxins produced as a by-product of exercise out of your body and balances pH levels. For an extra boost to get you through a tough workout, mix 1 tablespoon of ACV in 240ml of water and drink during your workout. Follow this with 270ml of water.

7. Chicken Pox

Mix 1 cup of ACV in 5 cups of water. Wash the affected areas with a clean cloth dipped in the mixture. This will help reduce swelling and keep the infection from spreading.

8. Nail Fungus

Nail fungus is unsightly and can be painful. This fungus begins as a white spot and eventually becomes a yellow spot under the tip of your finger or toenail. The fungus can spread and go deeper into your nail, causing it to discolour and thicken with crumbling edges. ACV can be used to help with nail fungus in two ways: you can drink 2 tablespoons of ACV mixed in 240ml of water 3 times daily to help balance pH levels, and massage a mixture of 2 tablespoons ACV and 1 tablespoon water into the affected nail 3 times a day.

9. Hangover Helper

Consuming alcohol leaves toxins in our bodies, which contributes to that nasty hangover. ACV helps balance pH levels while replenishing minerals including potassium, calcium, iron, sodium and magnesium. What does this mean for you? It means that you will recover much quicker. Mix 2 tablespoons of ACV into 240ml of water and drink—repeat this step two more times during the day. You may also add some raw honey for taste.

5. 尿床

将两滴的苹果醋滴入180毫升的水，在睡前至少1个小时前饮用。苹果醋有助减少胃酸的分泌，从而抑制过多尿液的产生而防止半夜尿床问题。

6. 体育锻炼耐力

您是否经常锻炼到一半时感到疲惫不堪？当您做运动时，乳酸在肌肉中聚集，进而导致沉重或疲劳的感觉。苹果醋有助将运动时所产生的副产物或毒素排出体外和平衡身体酸碱值。如果想要增强身体的锻炼能力，可将1汤匙的苹果醋倒入240毫升的水混合，并在运动时饮用。之后再喝上270毫升的水。

7. 水痘

将1杯的苹果醋倒入5杯的水混合敷用具具有止痒作用。将干净毛巾沾湿苹果醋液用来清洗水痘患处，有助减少肿胀和防止水痘感染扩散。

8. 指甲真菌感染

指甲真菌不仅不雅观，而且还可以很疼痛。此真菌开始会在手指或脚趾甲顶端形成白斑，而最终形成黄色斑点。这种真菌会扩散并深入您的指甲，导致指甲变色、变厚、边缘易破损。苹果醋具有两种对抗指甲真菌的方式：每日各3次饮用将240毫升的水与2汤匙苹果醋混合的饮料，以平衡身体酸碱值；以及每日各3次将两汤匙苹果醋加1汤匙水的混合液涂抹在受感染的指甲上。

9. 舒解宿醉

摄入酒精会在我们的身体里留下毒素，从而导致严重宿醉。苹果醋有助平衡身体酸碱pH值水平，同时也补充矿物质，包括钾、钙、铁、钠和镁，也就是说它能帮助身体更快速恢复正常状态。每日重复两次将两汤匙的苹果醋倒入240毫升的水混合饮用。可以加一些生蜂蜜调味。



02

FOR HOUSEKEEPING 居家辅具

CLEAN & CHEMICAL-FREE 清洁，无化学

1. General Cleaning

For clean toilets and a fresh-smelling bathroom, pour some ACV into your toilet and allow it to sit overnight. Clean windows, glasses, wood and tile floors, and mirrors with a mixture of ½ cup ACV and 1 cup water.

2. Unclog Drains

Commercial drain cleaners are dangerous and can cause stinging of the eyes, rashes, respiratory damage, and other medical conditions. To avoid this, use a mixture of ACV and baking soda. This solution is not only better for your health but also better for your pipes. To unclog drains, funnel ½ cup of baking soda into your drain and follow it with 1 cup of ACV. After the foaming stops, flush the drain with hot water and wait five minutes. After this, flush with cold water. If you have a slow-running drain, you can pour in ½ cup of salt followed by cold water. Do this monthly to keep your drains running smoothly.

3. Chase Away Fruit Flies

If you have ever battled fruit flies, you know how much of a nuisance they can be. Pour some ACV into a container with a few holes and watch the flies disappear.

4. Remove Water Rings from Furniture

To remove the white rings left by wet glasses, mix equal parts of ACV and coconut oil, and apply the mixture to your furniture with a soft cloth. Use another clean cloth for shining—be sure to go with the wood grain.

1. 一般清洁作用

将适量的苹果醋倒入马桶里置放隔夜，可达到真正清洁和去除厕所臭味的效果。另外您也可将半杯的苹果醋与1杯清水混合，用于清洗窗户、玻璃、木制或瓷砖地板以及镜子。

2. 疏通排水管

市面上售卖的水管疏通剂大多都具有危险性物质，可导致眼睛刺痛、皮疹、呼吸道损伤和其他疾病问题。为了避免以上情况发生，可使用苹果醋与苏打粉的混合液替代商业型排水管疏通剂。这方式不仅有益于您的健康，也对水管有保护性功能。在疏通排水管时，将半杯的小苏打粉放入排水管内，接着倒入1杯的苹果醋。等到结束发泡后，倒入热水将排水管冲洗。等待五分钟后，再使用冷水冲洗水管。如果排水管流水缓慢，您可倒入半杯的盐巴，再以冷水一起冲洗。每月依照以上方式冲洗排水管可保证排水管顺畅运作。

3. 驱逐果蝇

果蝇惹人讨厌。不妨将适量的苹果醋倒入有洞孔的容器内，置放在柜台上，有驱逐果蝇的功效，让它们消失匿迹。

4. 去除家具上的集水环

要有效去除湿玻璃杯留在家具上的白色水环迹，您可将同量的苹果醋和椰子油混合后，使用柔软布料沾湿混合液擦拭在家具上。接着再使用干净的抹布，顺着家具上的纹理擦至光亮。

5. De-mildew Bathtubs

Give heavy mildew full-strength attention and for lighter stains use a 1:1 mixture diluted with water. You might add a few drops of essential oils, such as eucalyptus oil and lemon oil, to the mix too for a fresh scent.

6. Clean Your Washing Machine

Give your washing machine a good cleaning with 2 cups of ACV poured into the machine (without clothes) and run a full cycle.

7. Freshen Clothes

Remove musty odours and brighten colours by adding 1 cup of ACV to the wash cycle.

Another tip for keeping bright colours like red from staining other clothes is to soak new garments in pure ACV for 20 minutes before the first wash. This helps to lock in colours and prevent running or fading.

8. Remove Yellow Clothing Stains

Eliminate the yellow ring around the collar with a 12:1 ratio of warm water to ACV. Soak overnight before washing.

9. Degrease the Kitchen

Degrease your stove, countertops, etc. with a 1:1 ratio of ACV and water.

10. Remove Coffee or Tea Stains from Dishes

Scrub with a 1:1 ratio of ACV and salt.

11. Clean Cutting Boards

Cutting boards are hotbeds for bacteria. A thorough wipe down with pure ACV will keep them bacteria-free.

12. Clean the Fridge

Clean your whole fridge with a 1:1 ACV water mix. Remove mildew from the door seals by wiping them down with full-strength ACV.

13. A Handy Tool in the Pantry

- **Delicious salad dressing**—Mix flaxseed oil, ACV, a little bit of honey, and herbs; sprinkle dressing over a fresh salad.
- **Marinate**—Marinating meat in ACV helps to tenderize the meat and kill harmful bacteria. Add your spices and herbs to $\frac{3}{4}$ cup of ACV and marinate meat in the mixture for a few hours or overnight.
- **The perfect poached eggs (aka Eggs Benedict)**—Bring a small pot of water to a rapid boil and pour in a splash of ACV. Crack one egg, be careful to keep the yolk intact, and slip the egg into the boiling water. With a spatula, keep the water moving by swirling gently around the egg.
- **DIY buttermilk**—If the original recipe calls for buttermilk but you can't find one in the nearby supermarket, take one tablespoon of ACV and add enough milk to make 1 cup (240 ml). Let it stand for 5-10 minutes, and now you have your buttermilk!

5. 清除浴缸内的霉菌

对严重的霉菌，要用纯苹果醋清除浴缸。对于较轻微的，您用水一对一稀释苹果醋，再将混合物喷洒在受影响的部分。也可以加几滴精油，比如桉树油和柠檬油，让空气闻起来更清新。

6. 清洗洗衣机

将2杯苹果醋倒进洗衣机（没有衣服），让洗衣机运行整个循环。

7. 清新衣服

在洗涤过程中加入一杯苹果醋，可以去除霉味，提亮颜色。

防止鲜艳的颜色，如红色，染到其他衣服上的方法是，在第一次清洗前，将新衣服浸泡在纯苹果醋中20分钟。这有助于锁定颜色，防止颜色流失或褪色。

8. 去除衣服上的黄色污渍

用12:1的比例把温水和苹果醋混合可去除领子周围的黄圈。浸泡一夜再清洗。

9. 清除厨房里的油脂

用苹果醋和水1:1的比例清除炉灶、台面上的油污。

10. 清除碗碟上的咖啡或茶渍

用苹果醋和盐1:1的比例擦洗除渍。

11. 砧板消毒

砧板是细菌的温床。用纯苹果醋彻底擦拭可以保持砧板上没有细菌。

12. 清洁冰箱

用1:1的苹果醋和水混合物清洁整个冰箱。用纯苹果醋擦拭门封处清除霉菌。

13. 备膳室好帮手

- **沙拉酱**—将亚麻籽油、苹果醋、少许的蜜糖和香叶混合后撒在沙拉上，以增添独特风味。
- **腌制调料**—使用苹果醋腌制肉类有助肉质变嫩和杀菌。将所需的香料和香叶倒入 $\frac{3}{4}$ 杯的苹果醋液里搅拌后，再放入肉类腌制至数小时或一个晚上。
- **完美水煮荷包蛋**—把水倒入小锅中迅速煮沸后，倒入一些苹果醋。打破蛋壳时确保蛋黄保持完整，之后将蛋滑入沸水中，再用木勺轻轻搅动水煮蛋。
- **自制酪乳**—食谱要求使用酪乳，但附近超市没售卖，怎么办？没问题，您可以自己做。用1汤匙的苹果醋再加入鲜奶至刚满一杯（即240毫升），轻轻混合搅匀后，再搁置5至10分钟左右即可。

03



FOR BEAUTY 美容



1. Spot Treatment

If you are looking to reduce the size and inflammation of a pimple overnight, you can use ACV for this purpose. Take 2 tablespoons of ACV and mix it well with 1 cup of water. Store the mixture in a spray bottle and spritz it onto a cotton pad. Place the cotton pad against the affected area for a minute. Don't rinse your face until the next morning, and you will find that the pimple has reduced in both size and redness.

2. Facial Steam

Prepare this liquid mixture to be placed in a facial steamer. Add 4 tablespoons of ACV and a few drops of **NewLife™ Wonda Oil** to 2 cups of water. Allow the steam from this mixture to seep into your pores. This will help cleanse and clarify your skin and effectively treat both acne and dark spots.

1. 抗痘遮瑕

如果想在 overnight 之间减少粉刺的大小和炎症，苹果醋可以帮上忙。取2汤匙苹果醋，与1杯水混合均匀。将混合物储存在喷雾瓶中，然后喷在化妆棉上。将化妆棉放在患处搁置一分钟。等到第二天早上再洗脸，您会发现痘痘的大小和发红程度都减少了。

2. 脸部蒸汽

将4汤匙苹果醋和几滴**新生命万宝油**加入到2杯水中，然后将准备好的混合液放入脸部蒸汽机。让混合液的蒸汽渗入毛孔。这将有助于清洁和澄清皮肤，并有效地治疗青春痘和黑斑。

3. Detox Masks

You can prepare a detox mask by adding a tablespoon of ACV to any clay mask you have. Using it in your clay masks will help detoxify and exfoliate your skin as ACV is great at balancing the pH level of the skin. You will be left with glowing, smooth skin.

4. Foot Soak

Whip up a quick DIY foot soak at home, add 2 parts of water to one part of ACV and soak your feet in the mixture for about 15 minutes for a refreshing experience. The exfoliating properties in ACV will help remove the dead skin from your feet.

5. Natural Toner

Use ACV as a facial toner for smooth, glowing skin. A very basic recipe is to mix 2 parts of water with one part of ACV. However, the ratio depends on your skin type.

Start with a small mixture of 1 part ACV to 4 parts of water. If it is too strong for your skin, add more water. If it does not seem strong enough and you are not noticing any of the benefits, add more ACV. You can customize your toner by adding rosewater (1 teaspoon), essential oils such as chamomile or lavender (2-3 drops). If you have oily skin, add 3-5 drops of **NewLife™ Wonda Oil**.

6. Tangle-free, Shiny Hair

Add a boost of shine to your hair using ACV. Mix equal parts of ACV and water, rinse your hair with this mixture right after you shampoo your hair. Leave it on for a few minutes before you rinse with plain water. ACV also helps treat dandruff and itchy scalp.

7. Healthy, Shiny Nails

Mix equal parts of ACV and water, soak your nails in this mixture for 10 minutes, and rinse off with normal water for bright, healthy, clean and shiny nails.

8. Makeup Brushes Cleanser

Mix a quarter cup of water with 1 teaspoon of ACV, mix well and soak your makeup brushes in this mixture for about 5-10 minutes and rinse off with water. ACV cleanses all the product out of brushes leaving you with sparkly, clean brushes.

9. Sunburn Relief

Treat your sunburnt skin by mixing equal parts of ACV and water, pour it into a spray bottle, and spray it over the affected area multiple times during the day or as frequently as you can.

10. Teeth Whitening

ACV acts as a natural bleach as well as a potent cleanser. As a deep cleaning agent, it helps to remove the bacteria that affect the natural colour of your teeth. As a bleaching agent, it helps to balance the pH in your mouth and make your teeth shine. Mix a ½ spoonful of ACV with one cup of water. Rub your teeth with this mixture every day before bedtime using a toothbrush, and brush your teeth later with toothpaste as usual.

3. 排毒面膜

您可以在任何粘土面膜中加入一汤匙苹果醋作排毒面膜。在面膜中加入苹果醋可以帮助皮肤解毒和去角质，因为苹果醋能很好地平衡皮肤的酸碱值水平，使皮肤变得光滑和有光泽。

4. 足浴

在家里快速DIY泡脚，将两份水加到一份苹果醋中，然后把脚浸泡在这混合液里约15分钟，可以给您带来清爽提神的体验。苹果醋的去角质特性将有助于去除脚上的死皮。

5. 天然面部爽肤水

使用苹果醋作为面部爽肤水，使皮肤光滑、容光焕发。一个非常基本的配方是将两份水和一份苹果醋混合。然而，比例取决于皮肤类型。

从1份苹果醋和4份水小份量开始。如果它对您的皮肤太强烈，可以添加更多的水。如果感觉不够强，或者没有观察到任何改善，就增加苹果醋份量。您可以加入玫瑰水(1茶匙)，菊花或薰衣草等精油(2-3滴)来定制自己的爽肤水。如果您是油性皮肤，可以加入3-5滴**新生命万宝油**。

6. 无缠结，有光泽的头发

使用苹果醋为头发增加光泽。将等量的苹果醋和水混合，在洗发后用此混合液冲洗头发。几分钟后用清水冲洗。苹果醋也有助于治疗头皮屑和头皮瘙痒。

7. 健康有光泽的指甲

将等量的苹果醋和水混合，将指甲浸泡10分钟，然后用普通水冲洗干净，指甲就会变得明亮、健康、干净、有光泽。

8. 化妆刷清洁剂

将四分之一杯水和一茶匙苹果醋混合均匀，将化妆刷浸泡在其中大约5-10分钟，然后用水冲洗。苹果醋可以清洁化妆刷上的所有产品残留，给您留下一把干净的刷子。

9. 舒缓晒伤

将等量的苹果醋和水混合，将其倒入喷雾器中，并在一天中多次或尽可能频繁地喷在晒伤处。

10. 美白牙齿

苹果醋是一种天然的漂白剂，也是一种有效的清洁剂。作为一种深层清洁剂，它可以帮助去除影响牙齿自然颜色的细菌。作为一种漂白剂，它有助于平衡口腔中的酸碱值，让牙齿闪闪发光。将半匙苹果醋和一杯水混合，每天睡觉前用牙刷沾湿这种混合液刷牙，然后再像往常一样用牙膏刷牙。

