

# Apple Cider Vinegar

Do not expect the same health benefits with clear vinegars (that have been heated and processed), as those found in raw apple cider vinegar.

<b>Influence on the Body</b>	
<i>Blood and Circulatory System</i>	Blood Purification • Clogged Arteries • Cholesterol (lowers bad, raises good) • Varicose Veins
<i>Body System</i>	Detoxification • Mental Clarity • Night Sweats • Vertigo • Chronic Fatigue • Premature Aging • Calcium Assimilation • Hiccups
<i>Digestive Tract</i>	Acid Reflux • Heartburn • Food Poisoning • Constipation • Diarrhea
<i>Ears</i>	Ear Infections
<i>First Aid</i>	Burns • Sunburns • Cuts • Insect Bites • Insect Stings • Wound Healing
<i>Infections and Immune System</i>	Allergies • Hayfever • Coughs (inhale in steamer) • Cough Syrup • Candida • Yeast • Ringworm • Fungus
<i>Inflammation</i>	Arthritis • Rheumatism • Painful Joints • Gout
<i>Liver</i>	Gallstones
<i>Lungs &amp; Respiratory</i>	Asthma
<i>Mouth, Nose &amp; Throat</i>	Congested Nose • Mouthwash • Gum Infection • Sore Throat • Laryngitis
<i>Muscles</i>	Muscle Cramps
<i>Nervous System</i>	Headaches • Twitching
<i>Skin, Tissues &amp; Hair</i>	Skin Health • Youthful Skin • Acne • Corns • Callouses • Weak Skin • Psoriasis • Shingles • Warts • Hair Loss
<i>Sleep</i>	Insomnia
<i>Urinary Tract</i>	Kidney • Bladder
<i>Weight</i>	Obesity

<i>Other Uses</i>	Herb Vinegars • Massage Liniment • Hair Rinse • House Cleanser
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**Key Properties:**

- *Digestive Aid* – increases saliva and gastric secretions and appetite
- *Mildly Acidic* • *Antiseptic* • *Cleansing* • *Tonic*

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**Attributes**

Key Components: (including, but not limited to)

Calcium • Copper • Iron • Magnesium • Manganese  
• Phosphorous • Potassium • Selenium • Sodium • Zinc

Enzymes

Apple cider vinegar is made from fresh, crushed apples allowed to mature in wooden barrels (wood tends to 'boost' natural fermentation). Natural apple cider vinegar has a rich, brownish color, and when held to the light, a cobweb-looking sediment (called 'the mother') can be seen. Apple cider vinegar has a pungent odor and sometimes is so ripened, it can pucker the mouth and smart the eyes.

*Digestive Aid*

Organic raw apple cider vinegar contains powerful enzymes, minute quantities of minerals and a mild acidity that balances and promotes digestion.

Millions suffer with heartburn (a type of acid reflux) aggravated by poor digestion and weak saliva juices. Activating the saliva glands with raw apple cider vinegar helps to alleviate and heal acid reflux.

The acetic acid and potassium found in raw apple cider vinegar supports good bacteria, deters harmful bacteria, and aids digestion and assimilation of nutrients. Raw apple cider vinegar facilitates absorption of calcium and helps regulate its metabolism.

*Additional Benefits*

***Raw Apple Cider Vinegar:***

*Cleansing and Circulation*

- Achieves and maintains healthy blood consistency
- Helps remove arterial plaque and body toxins
- Fights arthritis by removing crystals and impurities from joints, blood, tissues and organs

*Vitality and Health*

- Balances the body's pH (acidic) level
- Normalizes urine pH, relieving the frequent urge to urinate
- Heals urinary tract infections
- Fights bacteria, viruses, germs, and mold
- Relieves sore throats, laryngitis, throat tickles, and gum disease
- Detoxifies the body so sinus, asthma and flu sufferers can breathe easier

*Weight*

- Helps the body control and normalize body weight

*Women*

- Regulates women's menstruation and relieves symptoms of PMS (pre-menstrual syndrome).

**Preparations and Remedies**

Use raw apple cider vinegar as a salad dressing or ingredient for stimulating antipasto vegetables. It may be taken straight or diluted in water.

*Daily Tonic and Restorative:*

Take one to two teaspoons raw apple cider vinegar in eight ounces distilled or purified water. You may add raw honey (or agave nectar, or pure maple syrup) to taste. Drink upon rising, and an hour before lunch and dinner.

*Acid Reflux (Heartburn) Aid:*

Before meals, sip 1/3 teaspoon raw apple cider vinegar (hold in mouth for a minute before swallowing) to stimulate salivary glands, alleviate heartburn and improve digestion.

*Gargle/ Mouthwash:*

A teaspoon of raw apple cider vinegar in warm water makes a mucus cleansing, antiseptic gargle or mouthwash for sore throats or mouth and gum sores. Add a dash of real salt (not table salt) for added benefit.

*Sunburn Vinegar Wash:*

The 'burn' and inevitable skin peeling due to sunburn can be diminished and often avoided by applying raw apple cider vinegar to exposed areas as soon as possible. Stinging may occur on sensitive areas. The sensation often resolves quickly on its own. Dilute the area with water if it becomes intolerable. When possible, leave vinegar wash on overnight and rinse off in a shower or bath in the morning. Yes, you will smell like a pickle for awhile, but the benefits of damage control to the skin and accelerated healing are worth it.