

# APPLE CIDER VINEGAR



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## The Benefits of Apple Cider Vinegar

You've probably heard of Raw Organic Apple Cider Vinegar. But, do you know what all the talk is really about?

This murky brown vinegar, the one with the sediment in the bottom of the bottle, is the vinegar that has been used for hundreds of years largely for medicinal purposes.

Apple Cider Vinegar is made from nutritious organically grown apples and retains many of the fruits' beneficial components because raw apple cider vinegar is not pasteurized. And in its two fermentation processes, it produces enzymes and life giving nutrients that make apple cider vinegar the powerhouse it is.



### What Is The Difference Between Clear Vinegar & Raw Apple Cider Vinegar?



Clear vinegar has none of the benefits of raw organic apple cider vinegar. Through its processing and distilling, it's been stripped of everything beneficial and can be detrimental to your health due to the fact that it is dead instead of alive.

Only raw organic apple cider vinegar has the "mother of vinegar" that makes the vinegar so beneficial. The "mother" is made up living nutrients and bacteria. You can actually see it settled in the bottom of the bottle like sediment.

### What Can Raw Apple Cider Vinegar Do for Me?

Beneficial ingredients in raw apple cider vinegar give it its power to make us feel better, look better and feel energized. Just look at some of the beneficial ingredients in raw apple cider vinegar:

- **Potassium** – helps to prevent brittle teeth, hair loss and runny noses.
- **Pectin** – helps to regulate blood pressure and reduce bad cholesterol.
- **Malic Acid** – gives ACV the properties of being anti-viral, anti-bacterial & anti-fungal.
- **Calcium** – helps create strong bones and teeth.
- **Ash** – gives ACV its alkaline property which aids your body in maintaining proper pH levels for a healthy alkaline state.
- **Acetic Acid** – It appears that this acid slows the digestion of starch which can help to lower the rise in glucose that commonly occurs after meals.

## A Few Benefits of Raw Apple Cider Vinegar

- 1 tablespoon of Raw Apple Cider Vinegar mixed in 4 ounces of purified water after a meal has been used as a natural remedy for heartburn and as a replacement for toxic heartburn medications.
- Raw Apple Cider Vinegar may help improve bowel irregularity, thereby removing toxins from the body at a faster rate.
- Helps clear up skin conditions and blemishes giving a smoother texture and complexion.
- Raw Apple Cider vinegar may also help with joint pain and stiffness.
- Apple Cider Vinegar helps to break down fats so that your body can use them rather than store them. For this reason, many diets include ACV in their regimen.
- On a small scale, ACV was studied by researchers at Arizona State University. The preliminary study was published in the *Diabetes Care* journal. It reported that ACV helps reduce levels of glucose.

Raw organic apple cider vinegar is even good for pets. It has been used to help control fleas and even promotes a healthy shiny coat.

## How Do I Take Raw Apple Cider Vinegar?



Mixed with another powerhouse of beneficial goodness, organic honey, apple cider vinegar can be a tasty treat with very healthy benefits. This is a great drink for fast energy. Remember, the mother of vinegar will settle at the bottom of the bottle between uses. Be sure to shake the bottle well before pouring to include these healthful ingredients. In a large pitcher, add together:

- 2 tablespoons of Raw Organic Apple Cider Vinegar
- 1 gallon of purified water
- Raw locally harvested honey or agave nectar to suit your taste

Raw honey or organic agave nectar is a great addition because of their health giving properties. They can help improve your energy, strengthen your immune system, and much more. And they taste great.

You can also find apple cider vinegar in tablet or capsule form. However, I do not recommend these sources because they are a dried source and not living as the liquid is.

Raw Apple Cider Vinegar is very strong so I always recommend diluting it with water. A good ratio is 1 tablespoon per 32 ounces of water for general use.



## My Personal Recommendation

I personally use Bragg's Organic raw apple cider vinegar on a daily basis. I would recommend this brand of apple cider vinegar over any other brand currently on the market.

## 10 Health Benefits of Apple Cider Vinegar

Most of the health benefits of apple cider vinegar are anecdotal and have not been scientifically confirmed. We make no claims about any of the health benefits listed below but offer them up as a starting point for further research on your part.

1. When diluted with water 50/50 it is often used as a toner for the face. Caution should be used when applying as cider vinegar is very dangerous to the eyes.
2. A bath of apple cider vinegar is said to reduce the effects of sunburn. The vinegar soaked on a cloth and applied to sunburn may also be used.
3. Many women have tried a douche of apple cider vinegar as a remedy for yeast infections. However, many others claim that vinegar causes or worsens yeast infections. Some say it depends on the brand used.
4. There are many claims that apple cider vinegar is a powerful weight loss aid. Many people use it in salad dressings or drink a tablespoon diluted in a glass of water once or twice per day.
5. It is said to treat dandruff by destroying the fungus *Malassezia furfur* and restoring the PH balance of the scalp. Some people recommend applying a 50/50 mixture of water and vinegar, applying it to the scalp,



and leaving it to dry. Others suggest applying a couple of tablespoons of straight vinegar to the scalp and leaving it on for an hour or two before rinsing.

6. It has long been promoted as a remedy for arthritis. The National Arthritis Foundation says apple cider vinegar has not been proven effective against arthritis but is harmless to try.

7. A reported treatment for warts is to soak the affected area for 20 minutes per day in a 50/50 mixture of vinegar and water.

8. It is said to be a natural lowerer of bad cholesterol.

9. A teaspoon of cider vinegar in a glass of water per day is said to lower blood pressure.

10. Mother of vinegar, the layer of film that forms on top of the cider, is believed to have antibacterial and antifungal properties.

