

Apple Cider Vinegar



Apple Cider Vinegar: Recipes & Remedies ACV

Smarter in Minutes Guide

What Does it Do?



Apple Cider vinegar is very effective in detoxifying various organs in the body together with the blood stream. Hence it is a blood purifier, as it has a means of breaking down fatty, mucous and phlegm deposits within the body. It promotes the health of the vital organs of the body, e.g. kidneys, bladder, liver, etc., by preventing an excessively acid blood. It also helps coagulate the blood, which consequently prevents the blood from becoming too thick and gloomy, which gives rise to a strained heart and blood vessels resulting in high blood pressure. It promotes digestion, assimilation and elimination and it neutralises any toxic substances taken into the body. There have been a number of instances where people who had taken a mixture of cider vinegar and water before a meal were unaffected by diarrhea, or digestive upsets, whilst their companions who ate the same meal were. Hence the cider vinegar seemed to neutralise the harmful substances in the food eaten.

The Uses of ACV

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<p>ACNE BLEMISHES - Apply a solution of apple cider vinegar and water (2-tablespoons to 1 eight ounce glass of water) with a cotton ball several times a day. This will help reduce infection and dry out inflammation.</p> <p>AGE SPOTS - Apply daily, to these darkened areas of the skin, a solution containing 2 teaspoons of apple cider vinegar and 1 teaspoon of lemon juice. According to this home remedy, the spots should begin to fade within 2 weeks.</p> <p>ARTHRITIS - Help the sore joints with a liniment made up of 1/2 cup apple cider vinegar, and 1/4 cup olive oil. Also, simply taking the apple cider vinegar tonic (1 or 2 tablespoons in 8 ounces of water) before each meal has been an effective natural healing home remedy for many people.</p> <p>ASTHMA - Some people have found relief from mild asthma by taking the apple cider vinegar tonic, along with applying a vinegar soaked compress to the inside of the wrist.</p> <p>ATHLETE'S FOOT - Athlete's foot is a fungal</p>	<p>infection which is quite difficult to get rid of. One of the best home remedies involves soaking the feet twice a day in a 50/50 mixture of apple cider vinegar and water. Or, you can apply pure apple cider vinegar to the affected areas several times a day and before bedtime.</p> <p>BLEEDING NOSE - Soak a cotton ball in pure apple cider vinegar, have the person lay his head back and then place it in the bleeding nostril. This home remedy will help stop the bleeding quickly.</p> <p>BLOOD PRESSURE - Take 1 tablespoon of apple cider vinegar and 1 tablespoon of honey in a glass of water twice a day to help lower blood pressure. The high potassium values in both natural healing substances help to balance out sodium levels in the body, which aids in maintaining blood pressure within healthy limits. Apple cider vinegar and honey also contain magnesium, a mineral that works to relax blood vessel walls and thus lower high blood pressure.</p>
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Reviews

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(Kristy Hermann)

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