

Apple Cider Vinegar is an old remedy that has been credited with fixing just about anything. But what exactly is apple cider vinegar and why is it so useful?

What is in Apple Cider Vinegar?

There are many different substances in apple cider vinegar, including important minerals, trace elements, vitamins, acetic acid, propionic acid, lactic acid, enzymes, amino acids, and roughage in the form of potash and apple pectin. Following is a list of just some of the minerals, trace elements, and vitamins found in apple cider vinegar:

- potassium
- calcium
- magnesium
- phosphorus
- chlorine
- sodium
- sulfur
- copper
- iron
- silicone
- fluorine
- vitamin C
- vitamin A
- vitamin E
- vitamin B1
- vitamin B2
- vitamin B6
- beta carotene
- vitamin P

What is Apple Cider Vinegar Useful For?

Apple cider vinegar is useful for a whole range of things including:

- helping the metabolism to function correctly
- reducing the levels of bad cholesterol in the body
- regulating the water content in the cells and body
- reducing water retention in the body
- helps with regulating blood pressure
- helps to prevent circulatory problems
- helps with reducing premature calcification of the arteries
- increases concentration and memory
- helps with blood circulation
- helps to regulate the body temperature
- increases general vitality and energy

Apple cider vinegar is a powerful detoxifying and purifying agent. It breaks down fatty, mucous, and phlegm deposits in the body and, by doing so, improves the health and function of the vital organs of the body, such as the liver, kidney, and bladder by preventing excessively alkaline urine. It oxidises and thins the blood, and promotes digestion, assimilation and elimination, as well as neutralising toxic substances that enter the body. Apple cider vinegar has also been found to neutralise harmful bacteria found in certain foods.

Apple cider vinegar is rich in potassium, and this is believed to ease the effects of common colds and allergies. It is also helpful for tooth decay and splitting fingernails, both of which are signs of potassium deficiency. Potassium is also important for the replacement of worn out tissues within the body and also for soft tissue repair. Apple cider vinegar is also

thought to help arthritis, either as a beverage, or with compresses soaked in hot vinegar and applied to the affected joints. It is also helpful in the treatment of asthma, nose bleeds, osteoporosis, candida, high cholesterol, colds, constipation, muscle cramps, colitis, diabetes, diarrhea, depression, dizziness, ear discharge, eczema, fatigue, gallstones, kidney stones, hay fever, headaches, heartburn, hiccups, indigestion, insomnia, kidney and bladder problems, metabolism, nasal congestion, sore throats, stiff joints, ulcers, and weight loss.

Apple Cider Vinegar is similar to our stomach juices and adds benefit to our digestive process. The body can absorb much acidity from processed foods, alcohol, caffeine, the environment, and the body can become more acidic due to physical and emotional stress. It feeds the body's muscles calcium & magnesium so is great for physical activity & endurance in sports, avoiding cramps and feeding the body what it needs.

Here is how I take Apple Cider Vinegar:

After breakfast and before going to bed every night:

Boil the jug & add a shot glass size of water to a glass

Then add desired amount of honey (I recommend a minimum of ½ a teaspoon)

Let it dissolve and then add two teaspoons of Apple Cider (be sure to shake bottle first)

Swish it all around and then one gulp and down the hatch!

You can also add Apple Cider Vinegar to a smoothie after a workout, or use throughout your cooking! I reckon it is one of nature's wonder tonics!