Apple Cider Vinegar



For centuries, apple cider vinegar has been used for many purposes: cleaning, polishing, cooking, salad dressings, skin and hair treatments and to relive just about any ailments and many more uses. One of the claims to its fame is that apple cider vinegar aids to loosing weight, another claim is given to aid with arthritis, high cholesterol, high blood pressure, healthier skin, controlling blood sugar, constipation and many other attributes.
As its shown to be an effective natural antibiotic and antiseptic that works on germs and bacteria.

Apple cider vinegar is a product of double fermentation. This is a process in which sugars in a food are broken down by bacterias and yeast. In the first stage of fermentation, the sugars are generally turned into alcohol. The word vinegar originates from the French, meaning “Sour Wine”, Vinegar can be made from all sorts of products, like fruits, vegetables and grains – Apple Cider vinegar comes from apple scraps or

pulverized apples.



You probably seen it in the supermarkets, the bottles containing a cloudy sediment at the bottom. These sediments are known as the " Mother of Vinegar " and are mostly composed of bacteria from acetic acid. The main ingredient in apple cider vinegar, or any vinegar is acetic acid, part citric, malic and lactic acids.

Vinegars can be made from almost any fermentable carbohydrate source, including wine, molasses, dates, sorghum, apples, pears, grapes, berries, melons, coconut, honey, beer, maple syrup, potatoes, beets, malt, grains, and whey to mention a few.

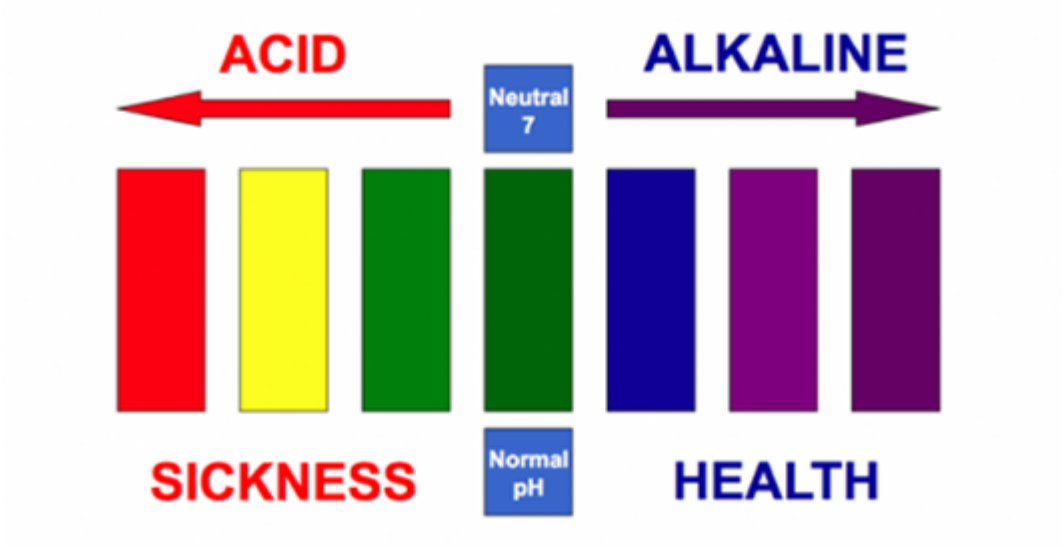
The use of vinegar with a variety of plants or essential oils for cosmetic purposes can be traced back to the Romans and was fashionable during the 19th century as vinegar de toilette.

Read more: http://www.care2.com/greenliving/apple-cider-vinegar-skin-tip.html#ixzz3DtJqRutT

Hippocrates know as the father of modern medicine, used apple cider vinegar as a health tonic.

Christopher Columbus sailed with 55 gal. drums aboard his ships to fight scurvy.

Apple Cider vinegar is said to speed up metabolism and found that vinegar also burns fat faster.



Alkaline Acid Balance – Despite being an acidic solution, apple cider vinegar has an alkalinizing effect on the body.

Some alternative practitioners recommend using apple cider vinegar to restore alkaline acid balance. The theory behind the alkaline diet is that our blood is slightly alkaline (with a normal pH level of between 7.35 and 7.45) and that our diet should reflect this pH level. Proponents of the alkaline-acid theory believe that a diet high in acid-producing foods leads to lack of energy, excessive mucous production, infections, anxiety, irritability, headache, sore throat, nasal and sinus congestion, allergic reactions, and increased risk of conditions such as arthritis and gout.

Despite being an acidic solution, some proponents of apple cider vinegar believe it has an alkalinizing effect on the body. As such, they recommend one to two teaspoons of apple cider vinegar in water as a daily health tonic.



Acetic Acid inhibits the activity of several carbohydrate-digesting enzymes, including amylase, sucrase, maltase, and lactase. As a result, when vinegar is present in the intestines, some sugars and starches temporarily pass through without being digested, so they have less impact on blood sugar.

- improves insulin sensitivity during a high-carb meal by 19-34% and significantly lowers blood glucose and

insulin responses.

- 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugars by 4%
- Numerous other studies show that vinegar can increase insulin sensitivity and significantly lower blood sugar responses during meals.



Make sure you get the raw Apple Cider vinegar to get the most benefits from it. Apple Cider vinegar which is unfiltered, unheated, unpasteurized with plenty of the MOTHER VINEGAR. The mother is made up of living nutrients and bacteria. This is

were most of the health benefits come from. It doesn’t have a great look, but is the the most nutritious and has many of the bacterial and anti-fungal properties.

The ingredients of raw Apple Cider vinegar: potassium, pectin, malic acid,acetic acid, and ash (ash creates alkalinity in the vinegar and helps maintaining a healthy alkaline state)



Apple Cider vinegar for the Skin: Dr Frank Lipman great site to visit

According to http://www.drfranklipman.com

There are several key attributes to ACV for maintaining beautiful skin, and exfoliation is one of them. Exfoliating is a key element for keeping youthful healthy skin. There are several ways to exfoliate, and one of them is by “digesting”

dead skin cells, which the acids in ACV do. This mild cell turnover is widely used as a skin treatment to improve, soften, and smooth skin texture. The new skin layer, once revealed, is more vibrant, youthful, and healthy.

With a pH similar to skin, AVC helps restore and balance your skin’s pH and acid mantle. This too is key to healthy, beautiful skin. The acid mantle is the combination of sebum (oil) and perspiration on the skin’s surface. This barrier protects the skin and makes it less vulnerable to environmental damage (smog, sun and wind), less prone to dehydration, and also inhibits the growth of foreign bacteria and fungi (enabling skin to be healthier and have fewer breakout and blemishes. Acne, allergies and other skin problems become more severe as the skin becomes more alkaline).”Mild” soaps are often alkaline (pH 9.5-11), and remove the natural acid protection as well as extract protective lipids (fats) from the skin. Washing with soap can increase this alkaline state and make the skin even more vulnerable to irritation and infection. Most people are cleansing with products that are breaking down their acid mantle and causing increased skin issues. Balancing your pH is an imperative part of maintaining healthy skin.



Hair rinse: Apple cider vinegar gets rid of residue build-up on hair, leaving it soft and shiny. Mix ¼ cup apple cider vinegar with 2 cups water. Apply after shampooing.

Dandruff: Mix 1 part apple cider vinegar to 3 parts warm water, apply to scalp. Use a hair toner/dye bottle or any bottle that has a pointy tip that will allow you to get the liquid directly on your scalp.

Deodorant: Since ACV helps adjust the skin's pH level, it helps to eliminate odor-causing bacteria. For underarms use a cotton ball to apply, for feet: Add ½ cup ACV to a bowl of water; soak feet.

Acne: Mix 1 part ACV, and 3 parts Rooibos tea and apply to blemishes. You can add a drop of Tea Tree Oil or Oregano oil as well.

pH balancing toner: Mix 1 part ACV with 4 parts water for your base.

For acne/oily skin replace water with roobois tea.

For dry skin replace water with chamomile tea or cucumber-infused water (leave several slices of cucumber in the water overnight).

For aging skin replace water with green, black or white tea.

Skin perfecting mask: 1 teaspoon deep sea mud, 1 teaspoon rose water, ¼ teaspoon ACV, 1/8 teaspoon yogurt, 1/16 teaspoon nutritional yeast, 1 teaspoon kombucha. Mix all ingredients together. To balance the texture, you can add more mud or yogurt (to thicken) or kombucha or water (to thin). (If you cannot find deep sea mud or rose water locally you can either eliminate them from the mask replacing the mud with arrowroot and the rose water with plain water. If don't want to do the swaps I suggested you can purchase deep sea mud and rose water online at www.sumbody.com).

And last but not least, if you have achy, swollen hands and feet: Rub them with a little apple cider vinegar.