

APPLE CIDER VINEGAR

Home Remedies

You can find good quality natural apple cider vinegar at most natural health food stores or through various websites. When choosing apple cider vinegar, look for brands that are cold pressed, using organically grown apples and containing no preservatives. Be sure it has not been pasteurized, this heating process kills the natural enzymes and minerals. Look for those with a mild acidic pH level of 5-7.

Apple Cider Vinegar can also be purchased in capsule form if you find the strong sour taste of vinegar to be undesirable.

When the vinegar matures, it contains a dark, cloudy bacterial foam called the "*mother*." Natural vinegars that contain the mother have enzymes, minerals and trace elements such as calcium, magnesium, potassium sodium, iron, silicon and fluorine.

Many say that home brewing apple cider vinegar is easy and fun to do. There are various websites that have directions on how to do this.

Apple cider vinegar can be used in any recipe that calls for vinegar. It is a main ingredient in many condiments and salad dressings.

It also is a wonderful non-toxic household cleaner due to its deodorizing and disinfectant qualities. Add a tablespoon to a quart of water in a spray bottle and use to make windows and glass squeaky clean. Add 1 cup or less to a gallon of warm water to mop linoleum and floor tiles.

HEALTH BENEFITS OF APPLE CIDER VINEGAR

Apple Cider Vinegar has been used for centuries to assist with the healing of many ailments, both for humans and animals. Below are a few examples:

Acne cure	
Age spot prevention	Prevents bladder stones
Alleviates arthritis and gout symptoms	Prevents urinary tract infections
Athlete's Foot	Reduces cellulite
Boosts immune system ,reducing allergies	Relieves aching muscles
Clears sinus infections	Relieves insect bites
Daily health tonic	Relieves skin conditions
Dandruff Treatment	Remove skunk odors
Diabetes: Helps control blood sugar	Soothes irritated colon
Digestive aid	Soothes sore throat by gargling with a mixture of vinegar and water
Eliminates constipation	Soothes sunburns
Fights bad breath	Strengthens immune system
Lowers cholesterol level	Weight loss: One suggestion is to mix 2 teaspoons of ACV with 8 ounces of water and drink before every meal.
Mosquito deterrent	
Pets: Deter fleas and ticks	