

Surprising Benefits of Apple Cider Vinegar

Historical records show that apple juice has been fermented into vinegar since before 5000 BC. Through the ages, apple cider vinegar has been used to stimulate circulation, aid in the detoxification of the liver, to purify blood, cleanse lymph nodes, and improve immune system response. In fact, Hippocrates often prescribed it for coughs and colds, when mixed with a touch of honey.

01
Detox Your Body

02
Natural Conditioner to Make Hair Shine

03
Natural Teeth Whitener

04
Can Treat Acid Reflux & Heartburn

05
Can Kill Candida (Yeast) and Boost Probiotics

06
Regulates Your Body's pH

07
Can Support Weight Loss and Metabolism

08
An All-Natural Household Cleaner

09
Soothe a Sunburn

10
Balances Blood Sugar and Improves Diabetes

11
Heal Poison Ivy

12
Repel Fleas on your Pets

13
Lower Blood Pressure

14
Fight Seasonal Allergies

15
Kill Fungus on Toes and Skin

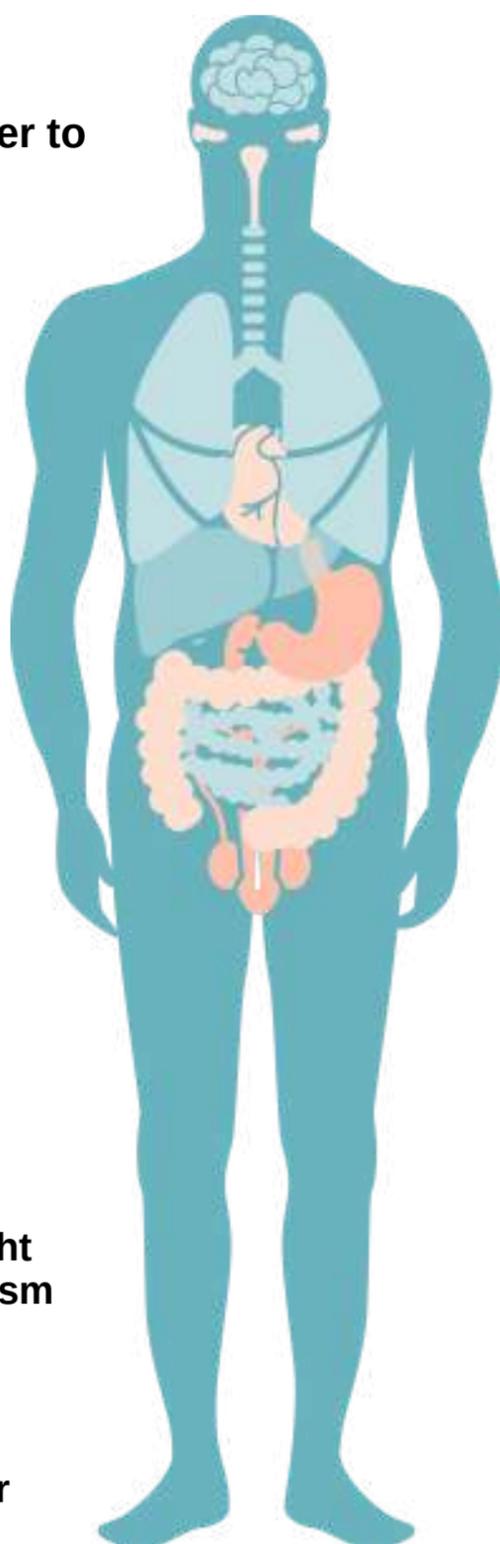
16
Skin Toner for Eczema and Acne

17
Ease Varicose Veins

18
Natural Deodorant

19
Cure a Cold and Sore Throat

20
May Reduce Warts



*This is only a few of the many apple cider vinegar uses and natural remedies.

What is the Mother in the Apple Cider Vinegar?

It is important to note that not all apple cider vinegar is created equally! To get the most out of using ACV, make sure you buy it raw and with the "mother" intact, which means it still contains the beneficial compounds including probiotics.

It is imperative that you select organic, unfiltered and unpasteurized apple cider vinegar to reap its many health and beauty benefits. Also, look for cloudy vinegar; this is the sign that the friendly enzymes and bacteria that promote healing have not been removed. The cloudy strands is what is referred to as the "mother" probiotics.



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