

## Benefits of Apple Cider Vinegar

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**Raw & Unfiltered *with the Mother***



**OCEAN'S Apple Cider Vinegar**

**R45**  
500ml

**If you Love that  
Feel Good feeling!**

For more info or to buy - Yvonne 082 3008624

Raw, Unfiltered Apple Cider Vinegar, also known as ACV, is an age old acetic drink with an array of health and household uses. An 'evergreen' favorite amongst the natural health fraternity, it's not to be confused with the sparkling clear, commercialized

product found on supermarket shelves.


Made from fresh, organically grown apples it is left to ferment and mature in its own time, a process that can take months. The real McCoy ACV contains a cloudy bacterial substance called "mother" that is generally not found in the over-processed commercial varieties.

**The mother** is defined as a complex structure of beneficial acids that are crammed with health benefits.

Today we have a an assortment of vinegars ranging from Passion Fruit, Strawberry and Coconut flavors, all with their special health benefits, but none more so than the ever popular Apple Cider Vinegar, or ACV as it's often known.

The health benefits of Vinegars go way back into history, the first written records being 1200BC by the Chinese, although it is said to have been used by the Egyptians as far back as 3000BC. Ceaser's army used it to stay healthy and fit, the Greek and Romans promoted it's holistic values and the Japanese Samurais believed that it gave them super powers. ACV remains highly popular and is even to this day used by many for an array of ailments, especially by those who favor alternative medicines.

Vinegar is made through a fermentation process using fruit, vegetables, herbs, grains etc added to a mixture of water and honey or sugar. The resultant alcohol is exposed to the air and bacteria that converts it into acetic, malic, formic and lactic acids and *tara...!!*,

we have vinegar. 

One of the best ways to cleanse the body and kill bacteria is ACV. Acting like a sponge it draws out toxins and distributes much needed nutrition to our body parts. **ACV** is said to be a natural *antibiotic*, has *anti-viral and anti-fungal properties*, *aids the respiratory system*, *is anti-inflammatory*, *circulatory propellant*, *clears infection*, *boosts the immune system and much more!*

Contrary to popular belief research done by the United States Dept of Agriculture affirmed that apple cider vinegar contains no measurable amounts of vitamin A, vitamin B, vitamin C, vitamin E, riboflavin, niacin, beta-carotene, folate, amino acids, or any other nutritional elements.

*Does this mean that ACV is nothing more than a fallacy?*

**Definitely not!**

**Apple cider vinegar is loaded with acetic acid, a crucial ingredient that aids with the ingesting of essential minerals from the foods we eat. ACV is especially effective in absorbing potassium, a much needed aid to muscle growth and also the prevention of heart and nervous system disorders.**

More specifically Apple Cider Vinegar has the following uses:

- \* 2-3 teaspoons of ACV before meals helps digestion and balances your body's PH level.
- \* It stops and prevents heartburn, acid reflux and ulcer related problems
- \* Detoxing process helps with weight loss and breakdown of fat.
- \* It is said to remove stains from teeth, stop diarrhea, clear a blocked nose, kill bad breath, stop hiccups and fades bruises.

Apple Cider Vinegar has a ginormous following worldwide with some little known but highly effective external uses:

- Combining 1 cup apple cider vinegar with 1 cup cold water and applying to the face with a cotton ball makes for a great facial tonic.

- If you're one of the 'go green' people, combining 4-5 tablespoons baking soda with equal parts of ACV and water makes for a great chemical-free 'shiny hair' shampoo.
- Spent the day in the open and saw too much sun. Dilute 1-2 cups of apple cider vinegar in a cool bath and soak it up.
- Make short work of swollen hands or feet by massaging it with raw ACV.
- Used externally it's a great remedy for dandruff, acne and a youthful appearance.

Although I can't personally vouch for each of these benefits I can attest that the internet abounds with 1000's of testimonials about the miracle powers of Apple Cider Vinegar, all who claim to have experienced life changing results from using ACV as a daily supplement.

I suppose the best way to find out is to try it out!



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Here's to good health!

'till next time, but until then your comments are welcomed.

Steve

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