

# VINEGAR FOR YOUR HEALTH

Different Types of Vinegar, Methods of Making  
Vinegar and Recipes  
Benefits of Cider Vinegar  
The Nature of Disease

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Food has certainly been the down-fall of man's health. With all the rubbish he stuffs into his delicate, yet adaptable organism, it is no wonder that there is so much unnatural disease rampant today.

From the day he ate his first meal man has forever abused his system with the wrong types of food. He has not been rational in his eating habits, but has merely satisfied his banal desire for stimulating, refined and processed fare. The day will come, however, when he suddenly realizes that his food habits affect his physical as well as mental well being.

He will then realize that he had been satisfying his debased taste buds, rather than sustaining the body. The wise, however, look toward nature for their answer; with patience and perseverance they have re-discovered the answer to man's dilemma.

The answers although simple are extremely effective as they do not entail unnatural chemical compounds - it is the utilization of these wonderful gifts from nature which are so efficacious and free for all! There have been many natural curative formulae discovered throughout the centuries, which have proved themselves safe and yet effective.

Natural resources have been used since the days before Christ via: Sunshine, Water, Air - herbs and homebrews has been used for generations too by our ancestors. Honey is also a natural wonder, together with many other folk preparations which have been handed down through the ages.

Amongst these APPLE CIDER VINEGAR has been widely used as a successful remedy for a number of ailments. We find that, with the abuse of the body, inordinate amounts of waste matter have accumulated within the system. In the early stages these are not so apparent as the body is still vital enough to deal with this extra burden.

However, if an attempt is not made to eradicate these toxic accumulations, the body has to deal with more and more pressure, resulting in aches and pains. Later in life these efforts to eliminate these encumbrances result in influenza, bronchitis etc; and, if these healing efforts are suppressed by continued wrong living and drugs, the acute symptoms become chronic and insidious.

Rheumatism, arthritis, cancer, heart ailments, high blood pressure etc, are all signs that the body has been neglected by the suppression of natural healing crises. There are certain preparations, however, which assist the body in eliminating these toxic substances and this is where these natural curative methods have found a valuable place in the healing arts.

To abstain from those foods and drinks which add to this unnecessary accumulation, is a great assistance to the body i.e. those refined and denatured food items such as bread, starch, white sugar, and their products; together with the unnecessary food items which cause excessive mucous and toxic waste in the system e.g. meat, eggs, dairy produce, legumes, cereals.

However, one may now ask what should one eat if these are to be eliminated from the diet. Where one cannot completely abstain from these products, moderation is the key word in this instance, together with certain herbal and folk preparations which assist in the breakdown of the acids and mucous waste.

*It is at this point that the benefits of APPLE CIDER VINEGAR will be discussed*

## ***Cider Vinegar***

"An apple a day keeps the doctor away" (the dentist too!) - is an oft quotation which should not be considered as just an obsolete "Old Wives Tale", as there is more than meets the eye in these axioms of yore. Apples are among the most health-giving fruits available as they contain a host of nutritious properties via: *Phosphorous, Chlorine, Potassium, Sodium, Magnesium, Calcium, Sulphur, Iron, Fluorine, Silicon, plus many trace elements .....* and all of these are found in *PURE APPLE CIDER VINEGAR.*

## ***What Does it Do?***

Among other things, cider vinegar is very effective in detoxicating various organs in the body together with the blood stream. Hence it is a purifier, as it has a means of breaking down fatty, mucous and phlegm deposits within the body. It therefore, promotes the health of the vital organs of the body e.g. kidneys, bladder, liver etc., by preventing an excessively alkaline urine.

Cider vinegar also helps oxidate the blood which consequently prevents the blood from becoming too thick and gluey, which gives rise to a strained heart and blood vessels resulting in high blood pressure. Cider vinegar also promotes digestion, assimilation and elimination and it neutralizes any toxic substance taken into the body. There have been a number of instances where people who had taken a mixture of cider vinegar and water before a meal were unaffected by diarrhea, or digestive upsets, whilst their companions who ate the same meal were. Hence the cider vinegar seemed to neutralize the harmful substances in the food eaten.

## **Potassium**

Apple cider vinegar has a potent supply of potassium, which has become so widely acclaimed in the helping of various complaints including: running nose. Excessive mucous formation, watery eyes, sinus and catarrhal troubles. Teeth decay and the splitting of fingernails are also signs of potassium deficiency which are remedied by taking cider vinegar. Potassium is essential for the normal growth of the body and for the replacement of worn-out tissues, which depend upon the presence of this mineral. It is as important to the soft tissues, as calcium is to the bones and teeth and it also retards the hardening of the blood vessels.

As potassium is so important in the healthy growth of a plant, animal and human, a deficiency of this mineral will produce such tendencies as callous formations on the soles of the feet, or the failure to replace worn-out tissues as observed in the loss of hair.

Tests have proven that a soil deficient in this mineral-salt will produce anemic and undersized plants, however, when potassium is introduced into the soil the plant becomes sturdier and increases in height. This is also the case with animals, where potassium which was fed to livestock, in the form of cider vinegar, improved their appearance and stamina. Humans too, can benefit with this increased potassium intake. Especially where children are slow developers and appear undersized. A few teaspoons of cider vinegar taken with water each morning will show tremendous results. The best way to introduce cider vinegar to the family, is to substitute it for the ordinary table vinegar and use it in the cooking. Potassium acts as a restraining influence upon those who are over-excitabile and nervous. It draws fluid back into the cells, for when potassium is lacking the body cells shrink and their normal activity is restricted.

### ***The Uses of Cider Vinegar***

A number of outstanding authorities have proven the therapeutic advantages of using cider vinegar for numerous complaints ranging from obesity and overweight to arthritis. Besides the therapeutic benefits derived from taking cider vinegar therapy, as outlined in this book, it can also be used for a number of other purposes e.g. salad dressing, pickling, a flavor in cooking etc. It also makes a very refreshing drink, hot or cold, with or without honey - this should take the place of normal tea and coffee, which are so habit-forming and unnecessary commodities.

Try using cider vinegar where lemon juice is required e.g. in making mayonnaise, or just sprinkle some on a salad before serving; sprinkle on pawpaw for a refreshing breakfast, or just use on potato chips!

### ***Effect of Cider Vinegar on The Blood***

When the blood is deficient in some minerals or biochemical salt, ill-health is the outcome e.g. boils break out, suppurating blisters

become apparent, pimples appear on the face etc. It has been found however, that cider vinegar helps with the cleansing as well as the clotting of the blood. Oxidation of the blood is very important and cider vinegar is again an effective treatment for this. Besides introducing the important minerals into the blood stream, as mentioned above, cider vinegar also helps in the clotting of blood. This is of tremendous help to those people who are commonly termed 'bleeders', as they live their lives in fear of cutting themselves due to the blood's inability to clot, and it will also enhance the healing process.

The best method of using apple cider vinegar is in its natural liquid form.

## ***Ailments***

### **Arthritis**

Use the cider vinegar and honey treatment for arthritis and also apply cider vinegar externally to painful joints. This entails drinking a glass of water with two teaspoons of cider vinegar and two teaspoons of honey three times a day.

Local treatment can also be given by soaking the arthritic hand, or foot in a strong, comfortably hot solution of cider vinegar for ten minutes, two or three times a day - (a quarter of a cup of cider vinegar to one and a half cups of water). Arthritic knees can be attended to by making a poultice - soak the cloth in a mixture of cider vinegar and water, (as per above mixture) wring out and wrap it around the joint, then secure with a dry cloth to retain heat. When the wet cloth cools, it should be wrung out in the hot solution and applied afresh. Repeat several times, twice daily.

## **Asthma**

One tablespoonful of cider vinegar added to a glass of water should be taken in sips for half an hour. After a further half an hour has elapsed the treatment should be repeated. The wheezing should lessen in intensity quite considerably. However, should wheezing still persist a second glass of the same mixture should be taken. Deep breathing exercises are also a beneficial treatment.

## **Blood Loss**

It has been discussed above how cider vinegar helps in preventing blood losses. In any circumstances where the flow of blood is too free and is too persistent, such as when a person has a nose bleed without any apparent reason, then two teaspoons of cider vinegar in a glass of water, three times a day will aid in restoring the natural clotting properties of the blood.

## **Bones**

The manganese, magnesium, silicon (and calcium) found in apple cider vinegar has been linked in sustaining bone mass, which is important in the fight against osteoporosis. A supplement of apple cider vinegar could for this reason be valuable to consider should you suffer from a calcium shortage, have a problem with osteoporosis, or if you are entering your postmenopausal stage, where a risk of bone loss could cause a problem

## **Cancer**

Although apple cider cannot cure cancer, it is a valuable ally to have around to help fight free radicals in the body, which have been shown to be indicative in the formation of various cancers. Beta-carotene,



found in apple cider vinegar, is a powerful antioxidant, which helps in neutralizing the free radicals, formed in our bodies through oxidation.

To prevent these free radicals, and to keep them in check, we need antioxidants in our system to rid our bodies of these potentially dangerous compounds. If free radicals are left alone to have the run of our bodies, they cause major damage by severely damaging cells, which leads to aging and degeneration.

The pectin in apple cider vinegar adds fiber to the diet, and even the American Cancer Society promotes a high fiber diet to help with preventing cancer, especially colon cancer. The reason for this is that fiber binds with certain cancer causing (carcinogenic) compounds in the colon, and speeds up their elimination from the body.

## **Candida**

Although there are different factors influencing the formation of candida (which is a yeast infection) a disturbance of your diet, as well as an intake of antibiotics must be looked at when you experience such an episode of candida flare-up, since the yeast balance in your body can be thrown out of sync by these two factors.

A selection of topical creams and lotions are available, but a cheap alternative can be found by douching twice a day with a solution of ACV until the symptoms disappear. The solution is made from 2 tablespoons of ACV to a quart of lukewarm water - this solution will assist in restoring the acid balance.

## **Cholesterol**

A good warning system for heart disease is the presence of high blood cholesterol in the system. To help prevent this is to follow a lifestyle which includes eating a diet high in fruits and vegetables, maintaining your ideal weight, getting enough exercise while avoiding processed foods, junk foods and hydrogenated oils.

Another way is to add fiber to your diet, especially water-soluble fiber - such as the pectin found in apple cider vinegar. Water-soluble fiber soaks up water, which adds bulk, and interacts with your body, and also keeps on working longer than non water-soluble fiber.

Fiber also soaks up fats and cholesterol in the body and then is excreted instead of being reabsorbed.

Non water-soluble fiber soaks up moisture in the body, but cannot interact with the body. The amino acids contained in apple cider vinegar have also shown promise in neutralizing some of the harmful oxidized LDL cholesterol.

## **Colds**

It has been found that the pH factor (the acidity factor) of the body becomes a bit more alkaline prior to a cold or flu striking you down. When you take apple cider vinegar it helps to rebalance the acid level of your body.

Another remedy for colds and flu, and said to be specifically beneficial for chest complaints during the winter, is to soak a piece of brown paper with apple cider vinegar, and to place pepper on the one side of the paper. You then tie the paper, pepper side down, on to your chest and leave on for 25 - 30 minutes.

## **Constipation**

Not having proper bowel movements is blamed for many illnesses and diseases that befall us. The logic behind it stating that should the waste products from our bodily functions be retained in the body, for longer than what nature intends, it will cause toxins to be absorbed back into the system.

As we age our bodies produce less and start to lag behind in the manufacture of digestive acids (hydrochloric acid), pepsin and

digestive enzymes - which can cause constipation. When we add fiber to our diet, such as the pectin in apple cider vinegar, we assist our body by having regular bowel movements and proper elimination.

## **Cramps**

If you have never woken up in the middle of the night with cramps tearing through your calves, feet or legs, you would not understand the agony. A useful remedy to assist with this is to take apple cider vinegar.

## **Colitis**

The cider vinegar and honey treatment has been used effectively in the treatment for colitis. Take the normal dosage of two teaspoons cider vinegar and honey with water, three times a day. An enema of a teaspoonful or more of molasses is also very helpful.

## **Coughs**

There are many types of coughs for various reasons, and these should be treated with reference to their nature and intensity. However, the cider vinegar and honey treatment will prove an efficacious treatment in this respect. Two teaspoons of cider vinegar and two of honey mixed with a glassful of water should be taken before meals, or when the irritation occurs. In the evening it would be an idea to have this mixture by your bed so that it can be sipped during the evening if an attack presents itself.

## **Diabetes**

This disease is becoming more and more common, and there may be various reasons for this phenomena, but it must be remembered that it is not only extremely serious, but needs proper medical supervision, and a strict adherence to dietary rules and medication, as prescribed by your medical practitioner. It is however interesting to note that added dietary fiber, such as contained in apple cider vinegar, is beneficial in controlling blood glucose levels.

## **Diarrhea**

It has been mentioned above how cider vinegar helps with the digestion, assimilation and elimination of food, and that it is an antiseptic to the intestines and the whole of the digestive tract. Due to its healing properties, diarrhea can be controlled in a very short time, (that is unless some serious physical disorder is apparent).

The treatment being, one teaspoonful of cider vinegar in a glass of water should be taken before and in between meals i.e. approximately six glasses during the course of the day. It should be noted, however, that diarrhea is a natural attempt on the part of the body to eliminate some poison which is irritating the digestive tract, on no account should any drugs be taken to suppress these healing symptoms - on the other hand the cider vinegar will lessen the intensity, but will allow the natural course of elimination to take place.

## **Depression**

Although prescribing apple cider vinegar for depression would be classed as extremely alternative, some Eastern medicines do believe that depression is the symptom of a "stagnant" or tired liver. If you believe in this philosophy, then apple cider vinegar would help to fight depression, since it is a great medium to help detoxify and clean the liver.

## **Dizziness**

Two teaspoons of apple cider vinegar together with two teaspoons of honey in a glass of hot or cold water three times a day should help this annoying occurrence quite considerably. However, one should never expect instant results, as nature works slowly, yet very effectively. You will notice a lessened intensity whilst you progress.

## **Ear Discharge**

The treatment for this complaint, which usually occurs during childhood is: one teaspoonful of cider vinegar in a glass of water to be taken mid morning and mid afternoon. The discharge should shortly disappear.

## **Eczema**

Take the usual dosage of cider vinegar and honey in a glassful of water three times a day, with meals. An application of well diluted cider vinegar can also be applied to the skin several times daily i.e. one teaspoonful to half a cup of water. Under no circumstances should salt be taken, as this aggravates the eczema condition considerably. There is usually a potassium deficiency in those people suffering from eczema.

## **Eyes - Tired and Sore**

The cider vinegar therapy together with honey is the essential ingredients here. Two teaspoons of each taken in a glassful of water, three times a day. This mixture retards the onset of tired and sore eyes, which are usually apparent in later life, as it supplies them with those vital elements essential to their health and functioning.

## **Fatigue**

Chronic fatigue is a warning that the body needs some attention. Most people suffering from chronic fatigue do not have enough good, sound sleep. Either they go to bed too late, or they are one of those people who just need more sleep than most. It is better to get as many hours in bed before midnight as possible.

To remedy a poor quality sleep, honey is highly recommended, as it acts as a sedative to the body. Twenty minutes after the honey has been taken into the mouth it has been digested and absorbed into the body. This is because it is a predigested sugar, which has been digested in the stomach of the honeybee, and therefore requires no effort on the part of the human stomach for digestion. Keep the following mixture by your bedside to be taken as indicated: three teaspoons of apple cider vinegar to a cup of honey.

Take two teaspoons of the mixture before retiring. This should induce sound sleep within an hour; if however, you have been unable to sleep within this period repeat the dosage.

## **Food Poisoning**

As mentioned earlier there have been many cases where people who were in the habit of taking cider vinegar regularly never suffer any side effects from food poisoning. The cider vinegar has an antiseptic quality which seems to render noxious food harmless.

## **Gallstones and Kidney stones**

A theory exist that the acids found in apple cider vinegar are beneficial in breaking up kidney stones and gallstones, by softening or dissolving them. Although we cannot guarantee any results, since there are so many other influencing factors, it might be worth your while to supplement your diet with apple cider vinegar, should you be suffering from gallstones or kidney stones

## **Hair Loss**

The falling out of hair is primarily due to a tissue salt deficiency, thus cider vinegar with its 'wonder products' will re-establish a natural balance, and supply the deficiencies where needed. Therefore, by taking the cider vinegar treatment the hair will maintain its natural growth. It will cease to fall out and grow more rapidly and thickly. This will take approximately two months, so perseverance is needed. The dosage is one teaspoonful of cider vinegar to a glass of water to be taken with or between meals. Cider vinegar can also be used externally for the treatment of dandruff, see under heading of External Treatments.

## **Hay fever**

This ailment is marked by watery eyes, sneezing and running nose, in other words there is an excess of fluid that the body is drastically trying to offload. For an effective relief, honey and cider vinegar should be utilized which will bring excellent results. A tablespoonful of honey should be taken after each meal for approximately a fortnight before the onset of the hay-fever season. The ordinary dosage of cider vinegar and honey should then be taken via: two teaspoons of cider vinegar and two of honey in a glass of water, three times a day. This dosage should be maintained during the entire hay-fever season.

## **Headaches**

There are several types of headache, caused by various reasons. Some are associated with organic disorders, such as kidney troubles, others are known as psychogenic, or tension headaches. Then we have the most annoying of all; the migraine headache. Many people have had relief from headaches by the use of honey.

Two teaspoons taken at each meal may well prevent an attack. Another effective means is to take apple cider vinegar. Equal parts of cider vinegar and water should be placed in a small basin on the stove,

allowing it to boil slowly. When the fumes begin to rise from the basin lean your head over it until the fumes are comfortably strong. Inhale for approximately 50 to 80 breaths. Generally this alleviates the headache considerably, if not entirely.

## **Heart**

Since apple cider vinegar is used to promote the health of veins and capillaries, it is by implication also useful in assisting in the health of the heart and blood pressure. The potassium found in the apple cider vinegar is also beneficial to the heart.

## **Hearing**

(Impaired) The treatment of impaired hearing has had excellent results on the apple cider vinegar therapy. Take the normal dosage three times daily and notice the improvement.

## **Heartburn**

This usually occurs after eating, sometimes up to two hours later. This very unpleasant feeling can be alleviated by taking the usual dosage of cider vinegar and water before meals.

## **Hemorrhages**

As previously pointed out cider vinegar helps the blood to clot more easily. When a person who regularly drinks cider vinegar cuts himself, the wound will dry up almost instantaneously, as there will be no profuse bleeding. If, however, wounds do not heal quickly, the following procedure should be undertaken; two teaspoons of cider



vinegar taken in half or a whole glass of water at mealtimes as well as in between, therefore six glasses in all are imbibed. For extra efficiency a very weak solution of cider vinegar with water can be applied to the sore, wound or cut.

Poultices of cider vinegar (see instructions under the heading Arthritis) can be applied to a stubborn open wound.

### **Hiccoughs - Hiccups**

These have been known to be eradicated by drinking a teaspoon of cider vinegar neat! Alternatively cider vinegar with water can be taken before mealtimes to prevent this occurrence.

### **High Blood Pressure**

There are a number of reasons why a person suffers from this common yet serious condition. As mentioned earlier, health will be maintained only if one is prepared to adjust his living and eating habits. Cider vinegar is not the cure-ail of man's suffering; it is only one of the many means towards a healthier and happier life.

In the case of High Blood Pressure, one's eating habits must be taken stock of to ensure a speedy and effective recovery. Emphasis is on the natural, organically grown foods, which are given to us in the form of fresh fruits, vegetables and honey - rather than the high protein foods, which include eggs, meat, milk, cheese, nuts, beans etc.

A balance must be maintained between the proteins and carbohydrates and one should definitely not over indulge on these protein and starchy foods. Wheat products should also be eliminated completely, together with salt, which is very detrimental to the health, especially for those suffering from high blood pressure. The following dosage should be taken daily: two teaspoons of apple cider vinegar and honey in a glass of water - up to three to four times a day.

## **Indigestion**

When people start talking about indigestion they immediately start referring to the "excess" stomach acid that they have! In most cases it is NOT a case of an excess of stomach acid, but a shortage of it.

Hydrochloric acid and pepsin, an enzyme working in an acid environment, are needed to break down the food effectively, and a shortage of these two ingredients will lead to a sluggish digestion of food and resultant indigestion. Taking apple cider vinegar may assist in effecting a remedy.

## **Insomnia**

There are also a number of causes as to why people suffer from insomnia; however, there have been excellent results with the cider vinegar and honey treatment as follows: two teaspoons of cider vinegar and two of honey in a glass of water to be taken before retiring. It would also be beneficial to have a glass of this mixture by the bedside to sip if needed.

Under no circumstances should drugs be resorted to, as these are both harmful and habit-forming. Under severe cases, a naturopath or homeopath should be consulted. It has been found that the prime cause of insomnia is due to a deficiency of phosphate of potash and phosphate of iron; this combination can be found in the biochemical salt known as kali phos, which can be obtained from your local health shop.

## **Kidneys and Bladder**

Due to the eliminative nature of cider vinegar, the kidneys and bladder can benefit tremendously by a 'flushing', which they receive when the following cider vinegar therapy is undertaken: two teaspoons of cider vinegar in a glass of water six times a day. It would be beneficial to

drink a couple of glasses of water in the morning, taking one teaspoonful of cider vinegar in each drink. Comfrey tea, first thing in the morning with a teaspoon of cider vinegar will also create a sufficient cleansing action. Inflammation of the kidneys, called pyelitis, in which pus cells are present in the urine, will generally clear up with the above-mentioned treatment.

## **Metabolism**

The quest for achieving the ideal weight always will include effective and efficient metabolism. Without it, your dietary intake will not be metabolized correctly, the nutrients will not be available to the body, and will result in excess weight being added to the body frame.

Apple cider vinegar has been used for centuries in aiding the liver to detoxify the body and to help with digesting rich, fatty and greasy foods, and for proper metabolizing of proteins, fats and minerals. If the food cannot be broken down into the absorbable form, the body cannot assimilate the required nutrients needed from the diet.

An added extra to help with this is the malic acid and tartaric acid found in apple cider vinegar, since they help to bring the acid content into balance, while killing off unwanted and unfriendly bacteria in the digestive tract.

## **Muscles**

Lactic acid in muscles is the cause of the muscles feeling sore and stiff, but by adding some apple cider vinegar to your diet, it could assist the body to get rid of it at a faster pace, since it will help to break down the acid crystals, making it much easier to be flushed out the body.

## **Nasal congestion**

A constant draining of mucus from the sinus cavities can both be sore and uncomfortable. It is best to cut out, or eat as little as possible, of mucus forming food - which traditionally, in most cases would be dairy products.

Many sufferers of nasal congestion have experienced relief by adding apple cider vinegar to their diet.

## **Sore throat**

A gargle made from apple cider vinegar and water could prove to be a great relief for a sore throat - be that a bacterial or virus infection. The solution is a 50/50 mixture, and it is best to spit out the solution after gargling, which should be repeated every hour. After gargling rinse the mouth with clean water to prevent the acid from eroding the enamel on your teeth.

## **Stiff joints**

A shortage of potassium in the body may cause stiff joints. Apple cider vinegar could help in relieving this problem when ingesting it, since it is a good source of the needed nutrient. Another remedy is to relax in a warm tub, with some apple cider vinegar added to the water.

## **Ulcers**

Apple cider vinegar is showing great promise in helping to heal alcohol-induced ulcers, since it activates the body to start its own defensive mechanism. This, together with other indicators suggests that apple cider vinegar may in the near future be drawn into the fold of alternative ulcer preventing remedies.

## **Weight loss**

Apple cider vinegar has been used as a weight loss remedy for centuries, and although the mechanics are not always clear on how it works, it really does work.

It has been suggested that the apple cider vinegar works because it makes the body burn calories better, that it reduces the appetite or simply that it gets the entire metabolism working at top efficiency.

But whatever the reason, the fact remains that it has stood the test of time as a fat-busting supplement, and has helped countless people to achieve their ideal weight.

Note that the contents of this ebook are not presented from a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content presented here is for informational purposes only and is not intended to replace medical advice from a professional physician.