

# **Apple Cider Vinegar for Weight Loss:**

*13 Surprising Ways to use Apple Cider Vinegar  
to become a Better-Looking, Better-Feeling  
YOU!*

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## Contents

<b>INTRODUCTION.....</b>	<b>1</b>
WHAT IS APPLE CIDER VINEGAR?.....	1
<b>CHAPTER 1: WEIGHT –LOSS AND APPLE CIDER VINEGAR.....</b>	<b>3</b>
WHAT YOU HAVE TO DO.....	3
<b>CHAPTER 2: ENERGIZING ELIXIR.....</b>	<b>6</b>
REMEMBER! .....	7
<b>CHAPTER 3: MEDICINAL USES OF APPLE CIDER VINEGAR .....</b>	<b>8</b>
ANTI-INFECTIVE PROPERTIES.....	8
CARDIOVASCULAR EFFECTS.....	9
ANTITUMOR ACTIVITY.....	10
<b>CHAPTER 4: DIABETES .....</b>	<b>11</b>
TYPE-1 DIABETES .....	11
TYPE-2 DIABETES .....	11
RESEARCH SHOWS THAT APPLE CIDER VINEGAR DAMPENS INSULIN SPIKES .....	12
ANTI-GLYCEMIC EFFECT.....	12
<b>CHAPTER 5: BEAUTY BENEFITS OF APPLE CIDER VINEGAR .....</b>	<b>14</b>
ACNE.....	14
AGE SPOTS .....	15
FACIAL TONER .....	15
FACE MASK.....	16
<b>CHAPTER 6: HYGIENE .....</b>	<b>17</b>
DEODORANT.....	17
MOUTHWASH .....	17
FOOT SOAK .....	19
<b>CHAPTER 7: TAKE CARE, DOWN THERE .....</b>	<b>20</b>
BACTERIAL VAGINOSIS.....	20
<i>How to go about it</i> .....	21
YEAST INFECTION .....	21
<i>Method 1: Just Vinegar</i> .....	22
<i>Method 2: Soaking in Apple Cider Vinegar</i> .....	22
<i>Method 3: Apple Cider Vinegar Bath</i> .....	22
<i>Method 4: Apple Cider Vinegar Diet</i> .....	23
<i>Method 5: Apple Cider Vinegar plus Tea tree Oil</i> .....	23
URINARY TRACT INFECTIONS .....	23
<b>CHAPTER 8: HAIR.....</b>	<b>25</b>
1. IT PREVENTS SPLIT ENDS.....	25
2. DRY, ITCHY SCALP TREATMENT .....	25
3. FRIZZ CONTROL.....	25
4. PH BALANCER.....	26
5. CLARIFYING TREATMENT .....	26
6. HAIR LOSS TREATMENT .....	26
7. BATTLES TANGLES.....	26
8. IT IMPROVES POROSITY .....	26
9. NATURAL CONDITIONER.....	26
<b>CHAPTER 9: OTHER USES.....</b>	<b>27</b>
1. FLEAS .....	27
2. ROOM FRESHENER .....	27

3.	DETERGENT .....	27
4.	MASSAGE TREATMENT .....	27
5.	AFTERSHAVE .....	27
6.	VEGETABLE RINSING.....	28
7.	UNCLOGGING SHOWERHEADS .....	28
8.	GARDENING.....	28
9.	FOR THE DOGS.....	28
10.	CARPET STEAMING.....	28
<b>CHAPTER 10: GENERAL HEALTH.....</b>		<b>29</b>
•	SOOTHES SUN BURNT SKIN.....	29
•	LYMPHATIC SYSTEM.....	29
•	SORE THROAT, TONSILLITIS, LARYNGITIS.....	29
•	VARICOSE VEINS TREATMENT.....	29
•	WART REMOVAL.....	29
•	DANDRUFF.....	30
•	NOSE BLEEDS.....	30
•	HEART BURN.....	30
•	EASE MUSCLE CRAMPS.....	30
•	PSORIASIS.....	30
•	GET RID OF BLOATING.....	30
<b>CHAPTER 11: FEEL GOOD FACTORS BROUGHT TO YOU BY APPLE CIDER VINEGAR.....</b>		<b>31</b>
	APPLE CIDER VINEGAR DIET .....	31
	CLEANSE YOUR DIGESTIVE SYSTEM .....	32
	<i>It is important because.....</i>	32
	ELIMINATE MORE TOXINS .....	32
	<i>It is Important Because:.....</i>	32
	PROVIDES NATURAL ENZYMES.....	32
	<i>It is Important Because:.....</i>	33
	PROVIDES MORE VITAMINS AND MINERALS .....	33
	<i>It is Important Because:.....</i>	33
	BOOSTS METABOLISM .....	33
	<i>It is Important Because:.....</i>	34
	BREAKS UP MUCUS.....	34
	<i>It is important because.....</i>	34
	DETOX BATH .....	34
<b>CONCLUSION.....</b>		<b>35</b>

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## **Book Description:**

### **EXPERIENCE THE AMAZING HEALTH BENEFITS OF APPLE CIDER VINEGAR**

One of the world's most renowned home remedies, vinegar has always been praised for its powerful antioxidants and incredible antiseptic power. Apple Cider Vinegar for Health shows you how to use the all-natural product in your daily beauty and health routine, from crafting a wholesome weight-loss tonic to giving your skin a lovely glow.

Everything that you could possibly ever need to know about the miracle that is apple cider vinegar, and there is plenty that you don't know, is found right here in this complete Guide Book. Complete knowledge about the magnanimous benefits of this little kitchen item will surely blow your mind.

Things that you could never think of doing with this, benefits that you never dreamed of reaping from it! Find out all about it! It will most definitely be worth your while.

### **Here Is a Preview of what you'll learn...**

- Amazing Health Benefits Of Apple Cider Vinegar
- Beauty Secrets Revealed
- A brief introduction to apple cider vinegar, including the history of its use.
- What apple cider vinegar is and how it can be used to your benefit.
- How to add apple cider vinegar to your diet.
- The many health benefits of apple cider. This section includes allergy relief, balancing the pH of the body, lowering blood pressure, fighting cancer, regulating blood sugar and weight loss.
- Using apple cider vinegar to promote healthy hair, skin and scalp.
- Different ways you can use apple cider vinegar to naturally clean, disinfect and deodorize your home.
- Adding apple cider vinegar to your diet may be the boost you need to start living a healthy lifestyle.

## Introduction

There is a magic potion that you probably didn't know about, yet you know it very well. It's in your kitchen, in your pantry. You most likely use it every day. What is it? It's Apple Cider Vinegar. No, it is not used just for cooking. That little bottle in your



pantry that holds clear, pale colored fluid has the power to change you and how you feel!

Our normal everyday kitchen items are becoming the rising stars of the beauty world. From tightening pores with turmeric, to treating under eye puffiness with used tea bags, these unconventional methods are worth it and just as good, if not better, than the treatments we pay for at expensive beauty salons.

Surgery, expensive cosmetics and procedures are all great ways to feel good too. But there aren't many things that can change the way you feel about yourself, and also cost next to nothing. Look at the average looking container but think bigger and better uses than just cooking. A lot better!

### What is Apple Cider Vinegar?

Firstly, apple cider vinegar is an all-natural product. It is the extract of apples, which undergoes fermentation by bacteria and yeasts. The result is hard apple cider, which has had its sugars broken down into alcohols. Then it undergoes a second fermentation where the alcohols are broken down into vinegar, the product of which is Apple Cider Vinegar.

It contains vitamins A, E, C, B1, B2 and B6. There is also a long list of minerals too, such as calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese and selenium which are all a bunch of very beneficial minerals to the human body. Additionally, apple cider vinegar also contains acetic acid, ash, pectin and malic acid. That's a lot of excellent and advantageous components in such a compact fluid.

The best part about it is that it preserves all the natural goodness of apples, in addition to the extra enzymes and acids formed in the two-step fermentation process! This is the little extra something that gives the apple cider vinegar its

extraordinary properties. Since 400BC, the father of modern medicine, Hippocrates, has been using apple cider vinegar and was well aware of its numerous benefits. Paul Bragg, Patricia Bragg and Dr. Jarvis are more modern and recent authors who are promoting apple cider vinegar for its health benefits. Doctor D. C. Jarvis is a country doctor in Vermont. It came to his notice that many Vermonters were using apple cider vinegar for multiple purposes, mainly being home remedies. Aches and pains and a number of common ailments were cured, which led the doctor into observing and experimenting with apple cider vinegar and eventually, out of great muse, led him to write a book on it and its multitude of health benefits.



Here are some of the best uses of apple cider vinegar, in very diverse fields such as health, beauty and medicine etc.

## Chapter 1: Weight –Loss and Apple Cider Vinegar

In today's day and age, people will do anything to achieve that perfect body and immaculately precise curves. Be it for reasons regarding confidence and complexes, or health and medicine related, it is a norm to follow any weight-loss fad, or any new diet program the Internet throws at us, and believe it or not, the Internet throws quite a few.



The common masses want to lose weight fast, want to achieve the non-realistic body proportions portrayed in the magazines and want it as soon as possible. Although, as a result, there are many fad diets created for instant or rapid weight loss, what the general public does not realize is that weight that is lost fast, is gained fast.

Our body has special mechanisms, which kick in when we shed pounds too fast. This results in gaining all those hard-shed pounds in no time. If we crash diet, our BMR (basal metabolic rate) slows down. What does that mean? It means that our body goes into conservation mode. Whatever we eat, however little we eat, our body tries to preserve and store it for future use. Our body is basically 'saving for the rainy days'. This means that no matter how minimal you eat after this, you will have a tough time dropping more weight after a certain time.

The most important aspect of weight loss related to apple cider vinegar is that it causes slow and gradual weight loss. It takes patience. It takes time. But the result is quite evident, because you are giving your adipocytes (fat storing cells) time to adjust to their new size more willingly, and they will not insist on contributing to your belly.

### What You Have To Do:

It is called an apple cider vinegar diet. No, it does not mean you have to survive on this very sour tasting liquid. It merely means you have to set up a routine, make a simple life change. All this includes is taking 2- 3 teaspoons of apple cider vinegar plus one glass of water, right before meals, three meals a day.

Let's see what it is about this mysterious vinegar that magically makes us lose weight over time. It's not magical, it's medical. Apples contain pectin, just like apple cider vinegar. Pectin is responsible for making you feel full and satisfied. So naturally, when you give your body a dose of pectin before meals, you are very likely to eat less as you will already be feeling fuller even before the meal has started. It suppresses your appetite.

Another good reason as to why apple cider vinegar helps us lose weight better than raw apples is the acidity. Hydrochloric acid secreted in the stomach helps in digestion of food. Acid helps in breakdown of proteins in the body, making them more available for the formation of new protein, especially growth hormone. Growth hormone is fundamental in breakdown of fat cells. So if you increase the amount of acid in your stomach before a meal, the process of digestion will be accelerated. The proteins made available will be used for the synthesis of growth hormone.

It is important to take apple cider vinegar before or with meals so that the growth hormone production increases, which in-turn keeps our body's metabolism running, even when we are resting. The longer that fats will remain in your stomach and intestines, the greater chance they have of being absorbed into the body. Since apple cider vinegar speeds up digestion, it does not let diarrhea, causing substances and fats stay in the gastrointestinal system for too long, and therefore, consequentially allows less fat to be taken up by the body, aiding in weight loss.

An interesting fact is that apple cider vinegar, initially during the process of digestion, increases your interest in food. You obviously do not want to be going in this direction, because you want to be less interested in food and lose weight, but there's a catch to it. It increases your interest towards whole foods. Vinegar stimulates taste buds. This is probably why it is made the secret ingredient in ketchup and salad dressing, because it keeps you coming back for more. When apple cider vinegar stimulates your taste buds, it is easier to appreciate the delicious and complex flavors of whole foods and fruits. So apple cider vinegar positively influences you to eat healthier and not binge eat fatty foods and carbohydrates. You won't become a victim to the diet busters: salt and fat.

The human body craves specific foods sometimes, only to balance the electrolytes present in it. Sodium and potassium, just to name a couple. Apples are a very good source of potassium, and help to balance the sodium content in the body. You can replace salt in your diet with apple cider vinegar, it will work well enough for flavoring purposes; after all, beans topped with vinegar are regional favorites in some parts of America. Salt is present in most foods you eat as a flavor enhancer for fat. So apart from causing water retention in the body and increasing your water weight, salt also tempts you to eat more fatty foods - Pastries, French fries, high fat meats etc. - than you would normally eat otherwise.



Studies also show that females consumed lesser calories throughout the day when they ingested vinegar with the morning meal.

All the above prove, scientifically, the weight loss benefits of apple cider vinegar and how it can give you amazing results over a period of time.

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## Chapter 2: Energizing Elixir

Coffee is one of the most widely consumed beverages in the entire world. Some people drink it out of habit, some because it's trending and some because they have grown habitual and dependent on it for their morning wake up call. Coffee contains a substance called caffeine. This substance helps to keep a person awake and active, it does not last throughout the day, so some people resort to coffee a few times per day for their dose of wakefulness and to remain active. Soft drinks like coke also contain caffeine, but everyone knows soft drinks are not beneficial to health in any way.

How would you like to stop depending on caffeine, so much so that you have to resort to it multiple times a day? What if you are not addicted to coffee but are still looking for something to boost your energy and keep you going throughout the day?

There are many, many brands of energy drinks out in the market. They give you a



high dose of sugar and caffeine to get you all jumpy and ready for some action. But, unfortunately, they also work along the lines of coffee and are not healthy beverages at all.

What you need is apple cider vinegar shots. They are the most effective methods to keep you energized, and that too, throughout the day. Do not expect to drink some apple cider vinegar

and become superman, because just like how it is with weight loss, it takes some time to kick in.

Suppose you start on Monday, take three shots a day, or even one in the morning will be substantial to bring you results by Thursday. This is when you will start feeling like you have some energy to spare even by the end of the day!

## Remember!

- Always prefer raw and unprocessed apple cider vinegar.
- Do not drink apple cider vinegar directly. Always make time to dilute it. Always. Even after you have ingested the diluted concoction, try to take a sip of water and swish it around your mouth to get rid of any residue on the enamel. Drinking it straight can cause damage to tooth enamel and esophagus because of its immense acidity.
- If you are taking medication for diabetes or heart disease, be sure to converse with your health care provider.
- One of apple cider vinegar's main components is acetic acid. When we eat food, acetic acid breaks down the food and facilitates the release of iron into the stomach. This iron is then

absorbed into the GIT and is used for a number of purposes. One of these purposes is to be made more available to the building block of hemoglobin, the most important oxygen-carrying molecule. This iron is used, therefore, to make hemoglobin and myoglobin (an



oxygen attracting molecule). The oxygen-carrying capability of the body is enhanced as more and more of these molecules are formed due to availability of iron and this helps more wide spread and rich distribution of oxygen. What happens then? You feel fresher and more energized.

- Potassium, which is present in large amounts in apple cider vinegar, is an essential mineral, as discussed before. It is necessary for the heart muscle, kidney, skeletal muscles, nerves and digestive system to function normally. Potassium affects the contractility of muscle of the heart. With the presence of adequate amount of this mineral in the body, the heart functions better. This in turn causes better flow of blood throughout the body. There are reports of better health, better immune system and better digestion (as blood is effectively circulated in the gastrointestinal tract and enhances digestion). All this is a consequence of apple cider vinegar ingested routinely.

## Chapter 3: Medicinal Uses of Apple Cider Vinegar

### Anti-infective Properties

Medicinal uses of apple cider vinegar are dated all the way back to Hippocrates. Since he is widely known as the 'father of medicine', it is safe to assume he had a large hand in some of the most initial and crucial influences in the early field of medicine. Hippocrates was known to first use vinegar as a disinfectant. He recommended and practiced washing infected wounds and ulcers with a vinegar preparation and encouraged his contemporaries to do the same.

An ancient medicine conjured up for a sore throat was called Oxymel. It was a mixture created in specific proportions (4 parts of virgin honey mixed with 1 part white wine vinegar).



In recent scientific studies, the antimicrobial properties of vinegar have been clearly demonstrated and proven. But its effectiveness is questioned. At concentrations where the vinegar does not prove toxic to fibroblasts and keratinocytes, it also proves non-toxic to *Escherichia coli*, group D *Enterococcus*, or *Bacteroides fragilis* bacteria. It had some slight inhibitory effect on the growth of *Staphylococcus aureus* and *Pseudomonas aeruginosa* bacteria. This means that in order to kill off these bacteria, the concentration of vinegar should be higher, but that will only result in the killing of normal human cells. So it is a bad idea to use it in the treatment of wounds.

Similarly, experts advise against the use of vinegar as a household disinfectant against human pathogens, because it cannot successfully wipe them out. Chemical disinfectants are far more effective than vinegar for this purpose.

On the other hand, vinegar can be used to clean dentures. The upside to this is that the small amount of vinegar left on the dentures as residue will not lead to any mucosal damage, while other substances like bleach residues can cause irritation. Remember to use undiluted vinegar for this purpose.

You might have seen shows on TV about beaches, sun sand and sea. One such show is Bondi, based on the bondi beach in Australia. You also might have noticed how, in an episode, when swimmers got attacked by jellyfish- the very good looking life guards would apply vinegar to their stings immediately. This technique is used as it another property of vinegar to deactivate nematocysts. This is practiced in many coastal parts of the world. Another way, a slightly more effective way, is to treat jellyfish envenomation by immersion in hot water as it deactivates the venom.

In contrast, poorly resourced locations like Zimbabwe and the Amazon jungle have midwives using vinegar for screening. They use vinegar to screen women for the human papilloma virus infection.

### Cardiovascular Effects

Many experiments carried out show great results for the effect of apple cider vinegar on the cardiovascular system. (SHR) Spontaneously hypertensive lab rats, which were given a standard laboratory diet mixed with acetic acid (approximately 0.83mmol acetic acid/day for 6 weeks) from apple cider vinegar showed a significant decrease in the systolic blood pressure (about 20 mm Hg).

This was in comparison to SHR rats fed the same diet but with deionized water. These results came about by the combined reduction of both plasma renin-activity and plasma aldosterone concentration.

Aldosterone is secreted by the adrenal cortex of the supra-renal gland. Low blood pressure is detected by the adrenal cortex and it causes release of aldosterone. Aldosterone then brings about sodium reabsorption from the kidneys (urine) as well as sweat and from the food we eat in the gut. When the concentration of our ECF (extracellular fluid) increases; the body to bring down the increased Osmolality retains more water. This in turn increases blood volume and therefore, increases blood pressure.



Continuous increased blood pressure causes hypertension. Hypertension causes many medical complications and is one of the leading causes of blindness. When apple cider vinegar helps to bring down the activity of aldosterone, hypertensive people benefit from it and are protected by the many diseases caused by their condition.

The enzyme renin is also released when the body, works to achieve the same results as aldosterone, but in a slightly different manner, detects low blood pressure.

It causes increased salt and, therefore, water retention just like aldosterone including vasoconstriction (narrowing of the blood vessels to increase blood pressure) and stimulating the thirst centers in the brain, leading you to drink more water and increase blood volume.

So, as you can see, reduction in both these mechanisms is brought about. This decreases blood pressure. This increases heart health.

### **Antitumor Activity**

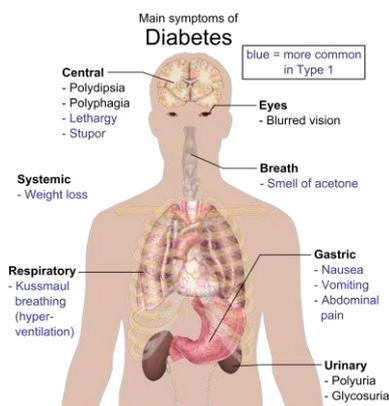
Apple cider vinegar is a dietary source of polyphenols. These are the compounds found synthesized in plants to defend themselves against oxidative stress. In humans, however, ingestion of poly phenols causes an enhancement in the in vivo antioxidant protection and reduces the risk of cancer.

Oxidizing substances in the human body can cause little harm. They produce small molecules called super oxides. Sometimes, they cause a few simple cells in the body to be irritated or lead them to be mutated. The initial damage is small, but these mutated cells go on to proliferate and divide into insanely large numbers and cause a small tumor. This tumor grows and grows and cuts off nutrition to all surrounding tissue, in the sense that it steals all the oxygen and food from neighboring tissue because it has very large nutritional requirement to grow with the speed that its growing at. This is cancer.

So basically, the polyphenols can help reduce risk of budding roots of such tumors and cancers. Epidemiological data, however, is scarce and unequivocal to make any solid conclusions regarding this aspect.

## Chapter 4: Diabetes

For those of you who do not know what is diabetes, it is a metabolic disorder, which causes excessive thirst and the production of large amounts of urine. It is one of the most common types of life-long health condition. There are two types of diabetes. Type 1 and type 2.



**Type-1 diabetes** was formerly known as insulin dependent diabetes. As you might be able to infer from the name, the body depends on insulin to be provided.

Insulin is the hormone, which regulates blood glucose level. It is synthesized in the body by the pancreas. Sometimes, the cells that produce insulin in the pancreas are attacked and destroyed in a phenomenon called 'auto-immune disease'. The body is attack its own organ. Now that the cells are destroyed, there is no insulin, and blood glucose levels rocket after meals when not patrolled.

**Type-2 diabetes** is insulin independent diabetes. No insulin has to be administered to the person suffering from type-2 diabetes, there is an abundance of insulin but because of old age or some other factors, the body becomes insulin resistant. This accounts for 90% cases of diabetes.

The complications of diabetes include a ten-year shorter life expectancy! Two to four times increased risk of cardiovascular disease, ischemic heart disease and stroke. In addition, there is an increased risk of hospitalizations and an increased risk in lower limb (leg) amputations. Sounds pretty horrible. But there are little lifestyle changes with the miraculous apple cider vinegar that



can help you deal better with diabetes.

Insulin resistance is also one of the main reasons why weight gain occurs, which can lead to another crippling disease, obesity.

### Research Shows That Apple Cider Vinegar Dampens Insulin Spikes

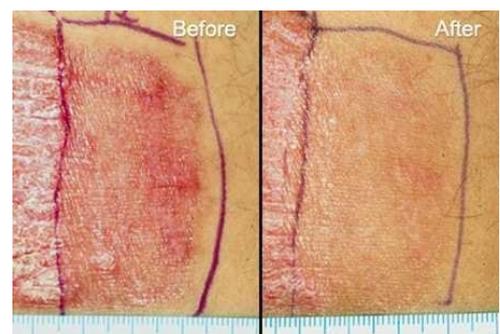
There was a study published in the European Journal of Clinical Nutrition that reinforces the theory that apple cider vinegar helps with diabetes. Scientists conducted a research in which participants were given white bread and different concentrations of vinegar for breakfast. Studies showed that higher the concentration of vinegar given to the participant, the milder the metabolic response they underwent. In simpler words, insulin levels secreted in the body were less in people with concentrated vinegar intake. This means that apple cider vinegar dampened the insulin spike as there was lower sugar released into the blood stream. High vinegar concentration was also associated with participants reporting a higher satiety level.

Sugar level, when increased in the blood after a meal is called postprandial glucose level. It is highly important to bring

All this is basically the effect of acetic acid found in apple cider vinegar.

### Anti-glycemic effect

This anti-glycemic effect of apple cider vinegar was first reported by Ebihara and Nakajima way back in 1988. This significant and quite prominent anti-glycemic effect of apple cider vinegar in insulin-resistant individuals is noteworthy and may have very important implications. Some individuals are at very high risk of diabetes because of their high intake of sugar. This makes their beta cells very susceptible to being worn out sooner and causes the onset of type-2 diabetes. Multicenter trials have successfully demonstrated that if treated with anti-glycemic pharmaceuticals, the progression of diabetes in these high-risk individuals is considerably slowed.



Apart from this, test results also showed that these drugs not only slowed onset of diabetes, they also increased insulin-sensitivity notably. This means that people with impaired glucose tolerance are also given a chance to revert back to a normal, glucose-tolerant state over time with the use of anti-glycemic drugs, or, more economically, anti-glycemic properties of apple cider vinegar.

Delayed gastric emptying is one of the theories that have been proposed to contribute to the anti-glycemic effect of apple cider vinegar. Non-invasive ultrasonography has been used to monitor the gastric emptying rates in individuals that have consumed apple cider vinegar.

You can reap innumerable benefits if you are a diabetic or are a high-risk individual, who just have a huge sweet tooth, by adding apple cider vinegar to your diet and living life to the fullest, not having to worry about sugar content or calories as much as the next person does.

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## Chapter 5: Beauty benefits of Apple Cider Vinegar

Apple cider vinegar in the world of beauty is a wonder product. It keeps your face soft and clear. Your skin is a very sensitive feature. It is also the single largest organ in your body, like every other organ (e.g. liver, hear, lungs etc.), which covers you from head to toe. There are actually three layers of the skin, namely epidermis, dermis and hypodermis.

Studies suggest that your skin is included in the top features that a person notices about you when he meets you for the first time. It is also the top rated feature when it comes to rating a person's beauty. Naturally, everyone, especially all the ladies out there, want to keep their skin looking young and feeling great.

It is important that you remember to dilute apple cider vinegar before using on the face, as it is quite acidic and can burn the skin.

### Acne

Apple cider vinegar, being a natural anti-bacterial agent, can help alleviate acne and cure it too. Acne is most commonly developed in parts of the skin, which contain a lot of sebaceous glands. Sebaceous glands are glands, which secrete sebum, that oily, clear sheen that you can point out on your face sometimes.



Sebum is most secreted in the skin of the face, the chest and the back. The mechanism of sebum giving you acne is that it blocks your pores, which leads to not only acne but also blackheads and whiteheads.

A home remedy for this is to mix 1 part of apple cider vinegar, with 3 or 4 parts of water and gently wiping the skin with it using a soaked cotton ball or cloth. Leave it on for ten minutes before rinsing it off with clean water.

In case of severe acne, leave the mixture on your face overnight and also increase the concentration of the mixture by adding 2 parts of apple cider vinegar to 2 parts of water.

## Age Spots

Scarlett Johansson, world-renowned actress in Hollywood, is known to have gorgeous skin, swears by apple cider vinegar! For age spots, you are suggested to apply apple cider vinegar directly to the age spots, making sure you don't apply any to the skin around the age spots, as the skin is quite sensitive.

Age spots come around with age, obviously, and increase with sun exposure. If you have a job or an activity, which demands you to be in the sun for long periods of time, this tip will be really helpful to you to achieve clearer skin once again.

Application to age spots should be done preferably two to three times a day and at least for a month.



## Facial Toner

Dermatologists emphasize the use of facial toners before bed at night because it is very beneficial for skin. But did you know you could use apple cider vinegar as your all-natural toner instead of having to specially set aside a significant amount of money and buy it from a fancy, expensive store?

To use, simply dip cotton balls in diluted apple cider vinegar and rub it all over your face. Let it air dry and in a few days time, you can start seeing the visible effects of using this on a regular basis. There is a significant improvement in skins appearance as the vinegar helps to minimize your pores and regulate your skin's oil production. Not only that, it helps to smooth out your skin's texture and evens out the skin tone, leaving you with healthier looking skin which also feels great to touch. Everyone's skin is different, and another upside to using this product is that it is easily customizable at home; you will not have to keep visiting beauty stores in order to match the perfect chemicals in a skin toner with your skin type. Feel free to adjust the amount of apple cider vinegar to be mixed with water in accordance to your skins specific needs.

Here is an outline as to how much the quantity should be.

- Sensitive skin – 1:5 ratio of vinegar to water
- Dry skin – 1:1 ration of vinegar to water
- Oily skin – 4:2 of vinegar to water
- Normal skin – 1:1 of vinegar to water

Always try a patch test first to avoid any irritation of discomfort that your skin may have from apple cider vinegar.

### Face mask

Apple cider vinegar acts to balance out the natural pH of your skin. This is why it is a good contender for a facemask. You can spread the concoction over your skin as night just like as a toner and even before moisturizing in the morning.

For a facial mask, add diluted apple cider vinegar to some facial clay and add a few drops of honey for optimized results. This will act as a deep pore treatment and you only have to leave it on for a short period of 15 minutes. This will help you detoxify your skin, getting rid of those free radicals which speed up skin ageing and give you wrinkle and spots. Also, in the long run, this mask helps lighten any acne scars that you may have. What an excellent package!



## Chapter 6: Hygiene

You'd be surprised as to how many items and basics in your everyday life apple cider vinegar can replace. When it comes to the department of hygiene, there are many, many more. Prepare to be amazed.



### Deodorant

You must be wondering how this works, since the smell of apple cider vinegar is putrid. But when it comes to underarm odor, even the smell of apple cider vinegar pales in comparison. Start a routine of dabbing a little bit of apple cider vinegar to your under arms

once or twice during the day, depending on your level of concentration of body odor. Once again, keep in mind that diluted apple cider vinegar has to be used; you do not want to get burns in your underarm area.

Most commercial deodorants are antiperspirants. They do not let your body sweat, which is a very important mechanism to detoxify. Apple cider vinegar does not block your ability to sweat; instead, it absorbs the sweat and neutralizes the odors. That's how it works. Do not worry about the vinegary smell; it dissipates once the vinegar has dried.

### Mouthwash

Lots of people suffer from morning bad breath. These people, without realizing, also spend a good chunk of money on mouthwashes and oral hygiene products. Why let this issue be so heavy on your pockets?

Gargling apple cider vinegar every morning works just as well as a mouthwash. As discussed before, it has antiseptic properties. Mix apple cider vinegar with water and swish it around in your mouth. This antiseptic will break down plaque and bad breath causing bacteria and you will soon get rid of this embarrassing problem.

Not just that, apple cider vinegar also helps to remove coffee or tea stains from teeth. In today's world, almost everybody consumes some kind of caffeinated beverage to get them through the day. So almost everyone has teeth stains. It gets rid of these teeth stains for you and gives you a brighter and whiter smile.

Whit smiles have long been linked to success, wealth and beauty. It is the ideal choice for those who are willing to take a cheaper and all-natural alternative.

What is it, in apple cider vinegar that helps oral hygiene so much? It's malic acid. Common oral ailments are pain when chewing or biting, staining and toothache. They come about when there is a deficiency of malic acid in the body. Gargling vinegar if you already have an existing mouth infection may be painful, but it can work wonders for you. So it is recommended that you put up with a little bit of this discomfort because it is worth it.

Using this miracle liquid, you can get the three-in-one benefit of expensive mouthwashes; Stops bad breath, eliminates plaque, whitens teeth.

What more can you ask for!

Follow these simple rules to keep yourself happy with the results you see:

- After rinsing with vinegar, rinse your mouth thoroughly with water.
- Do not rinse between meals. Rinse after meals, this will reduce the risk of enamel damage.
- Always dilute the apple cider vinegar. Never take it directly as the acid is far too strong and it is capable of eroding the enamel.
- Only rinse occasionally. Do not make it a routine as it increases the risk of damage to your teeth enamel.

## Foot Soak

This is both invigorating and hygienic. Sometimes, bacteria and fungus flourishes when you wear closed shoes for too long and sweat excessively in them, especially for those of you at the gym. Apple cider vinegar foot soak helps in soothing aching and swollen feet. This is ideal for pregnant women and runners and even people who wear flip-flops.

For people who develop fungal toenail infections, this soak will help you fight off that fungus. What are you waiting for, go treat yourself to an all-natural, at-home pedicure today!

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## Chapter 7: Take Care, Down There

This chapter is exclusively for ladies. We all know how sensitive women are about their private parts, and how sensitive things are when it comes to infections down there. Let's build some back-story first.

Vaginas have a naturally acidic medium. There are many bacteria present in the vagina, but do not worry, you need these bacteria for the normal health a vagina. These are the flora of the vagina. Once disturbed, the vagina can get infections.

### Bacterial vaginosis

Bacterial Vaginosis, also known as vaginal bacteriosis or Gardnerella vaginitis, is a disease of the vagina caused by excessive bacteria. You may wonder, 'But there's already bacteria present in the vagina', yes there is. But that's the good bacteria. An imbalance in the naturally occurring bacteria of the vagina brings about bacterial vaginosis. A decrease in the number of good bacteria causes an increase in the number of bad bacteria. The symptoms of this include a vaginal discharge that smells like fish and is usually grey or white in color. How awkward. Burning with urination might occur but itching in this disease is quite uncommon. Bacterial vaginosis increases the risk of STD's.

Apple cider vinegar is a well-established remedy when it comes to this in the girl world. You are going to need baking soda along with apple cider vinegar for this one. Why? Because baking soda is an excellent restorer of pH, and the reason you get bacterial infections down there in the first place is due to imbalance of pH in your body.

### How to go about it:

Firstly, add ¼ of baking soda to an empty cup. Next, add 1 tablespoon of baking soda to this cup. A loud fizzing noise is normal and should not alarm you. Let the mixture be on its own for 10 minutes, until the fizzing sound has ceased.

Now, simply fill up the cup with filtered water and chug it down. It does not smell appealing, and it probably tastes worse, but it is worthwhile and it a fast acting natural remedy to relieve you.

### Yeast Infection

Yeast is a normal fungus that lives in the vagina in small numbers. The most common bacteria control its population, lactobacillus acidophilus. A yeast infection means that too many new yeast cells are growing in the vagina. The most common type of yeast to cause infection is the candida albicans.

Things that disturb the balance of these organisms may be antibiotics, high estrogen levels during pregnancy or even hormone therapy.

Symptoms of yeast infections can be very horrid and, although, yeast infections are very common and not dangerous at all, they can make life a living hell for women.

Symptoms include soreness, intense itching, pain and sometimes burning sensations during sex or urination. There is also an odorless, thick, clumpy discharge that resembles cottage cheese. Here are some ways to cure yeast infections.



### **Method 1: Just Vinegar**

Take 1-2 tablespoons of apple cider vinegar in a glass of filtered water. Do not mix any additives like honey or sugar to make it taste better. This is because yeast fungus feed off sugar and they will flourish if you use sugar.

Drink this almost twice a day if not more, regularly, to help prevent yeast infection. Also, fruit juices or vegetable juices or herbal tea can replace water.

### **Method 2: Soaking in Apple Cider Vinegar**

Take a small amount of apple cider vinegar, diluted with water, and a cotton rag or cloth. Soak the cotton cloth in the warm solution and apply to the walls of the vagina (or around the penis for men).

Do not forget to check a small area for burning sensation before applying the entire cloth. If you have concentrated apple cider vinegar, dilute it with more water. Use this method and apply the cloth to the yeast infected area regularly to get rid of the yeast infection.

### **Method 3: Apple Cider Vinegar Bath**

In a bathtub, quarter fill the tub with warm water and add two cups of apple cider vinegar. Lower yourself into the tub and soak your vagina for about 15 minutes. If a bathtub is not available, simply add two cups of apple cider vinegar to your bath water and cleanse your body with it for twice a day.

This process helps even the skin yeast infections along with vaginal yeast infections. If you want to use tampons as applicators, simply dip the tampon in vinegar and insert into the vaginal canal.

It's very important to dry yourself thoroughly after this bath to avoid having a moist medium for the fungus to flourish. Once you are sure to be completely dry, only then put your clothes on. Improvements will be seen as soon as two to three soaks.

#### Method 4: Apple Cider Vinegar Diet

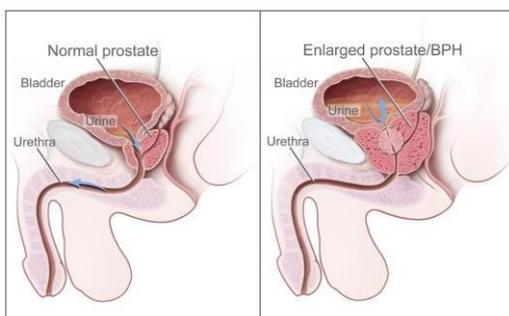
The long list of benefits of ingesting apple cider vinegar has been mentioned previously. Another benefit is about to be added to that list. Consuming apple cider vinegar maintains body pH, if taken regularly in the diet. This hinders the fungal growth as it disrupts the optimum pH for this yeast fungus.

#### Method 5: Apple Cider Vinegar plus Tea tree Oil

Take 3 cups of all pure, undiluted apple cider vinegar and add a few drops of tea tree oil to it. This gives the solution extra antimicrobial properties to fight yeast. Mix this well with your bath water and follow this process regularly to experience relief from yeast infection.

#### Urinary Tract Infections

These can vary in severity. Be of very mild nature or so severe that you have to undergo hospitalization. The bacteria responsible for a UTI are called E.coli and it



can affect all organ of the urinary system, namely the kidneys, the ureter, the bladder and urethra. This infection is also most common in women as opposed to men.

As it is well known, the treatment for such infection and most infections is taking antibiotics. But a urinary tract infection is a very persistent one and can take up to a year or two to get rid of. The recurring bouts of infection over the year make the patient very uncomfortable and the treatment of taking antibiotics becomes very undesirable.

Apple cider vinegar has a powerful effect on the urinary tract. If taken with lots of clean water, the vinegar helps to flush out the bacteria in your system and eliminate the active infection.

The many components of apple cider vinegar include potassium, of which apple cider vinegar is a rich source, and also, many enzymes acquired over the two stages of

fermentation. These components discourage bacterial growth. They make the bacteria release its hold from your urinary tract and pass out of your body during excretion.

External use also gives relief from one of the major symptoms of the UTI; burning sensation during urination.

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## Chapter 8: Hair

Apple cider vinegar rinse is an excellent treatment for hair. It is Truly a cure-all for hair as it affects all aspects of hair health; softness, growth, manageability, cleansing, balancing etc. There is a multitude of benefits.

People are fond of using all sorts of household items on their hair, a few of which are eggs, oil, bananas and cream. Let's not forget, all sorts of salad item too. They include mayonnaise and even Greek yogurt. Why not another salad dressing ingredient – apple cider vinegar?

After all, it is the most advantageous of all household items applied to hair.

Need convincing? Let's enumerate some proven effects that apple cider vinegar has on hair:

1. **It prevents split ends:** A thin layer called the cuticle, from the root to the tip, covers the hair. If this layer is compromised, it results in the splitting of hair, mostly from the tip. It signifies weak and brittle hair. Apple cider vinegar strengthens the cuticle of the hair and smooth's it out. This prevents split ends and breakage.
2. **Dry, itchy scalp treatment:** Lice are not the only reason why a scalp itches. Scaling and flaking of the scalp are caused by mild bacterial or fungal infections. Although there is no pain or other prominent symptom, it is a huge nuisance to constantly want to scratch you scalp and then have your have all flaky and look like it hasn't been washed in a week. The antibacterial and antifungal properties of apple cider vinegar heal and calm your irritated scalp.
3. **Frizz control:** Baking soda is sometimes used as a natural cleanser shampoo for hair and scalp. Apple cider vinegar when used as a follow-up to the baking soda treatment is reported to make your hair shinier. Also reported are the



results of reduced frizz and sealed cuticles. The Huffington Post reports these results.

4. **PH balancer:** As we know from our previous chapter, the pH balancing action of apple cider vinegar has many, many uses in the world of feminine issues. When it comes to hair, it is slightly acidic on the pH scale. Apple cider vinegar has a pH of about 2.9 and is close to the pH of hair, which are 4.5 to 5.5. The apple cinder vinegar rinse after shampooing is great in bringing your hair back to its normal pH.
5. **Clarifying treatment:** There are thousands of hair care products in the market nowadays. An average household will have at least twenty, of which they will use a minimum of ten over the year. There is a lot of product build up in hair, that even shampoos do not remove effectively as they are contributing to it. This can make hair limp and unappealing. Apple cider vinegar, on the other hand, is perfect for removing product build-up. It does so without stealing any of the natural oils of the hair.
6. **Hair loss treatment:** Apple cider vinegar as been tried and tested to prove that it can stimulate the growth of hair in some hair loss cases. Isn't that fantastic!
7. **Battles tangles:** The cuticle, when smooth as a result of treatment with apple cider vinegar, flattens the hair surface. This allows combs and hairbrushes to easily glide through hair strands, giving hair that lustrous, silky characteristic.
8. **It improves porosity:** What is porosity, you might wonder. It is the ability of the hair to absorb moisture. It's a very good quality for hair to have. Treatment with apple cider vinegar improves the porosity of the hair, and then seals the cuticle, therefore ensuring that more moisture is picked up and locked inside hair. Soft hair all the way!
9. **Natural conditioner:** Just like baking soda acts as a natural shampoo, the same way apple cider vinegar acts as a natural conditioner. A combination of these two and you get yourself a super-powered hair cleanser!
10. **So naturally, it is a cleanser too.** If this doesn't get you running to the stores to stock up on apple cider vinegar, nothing will!

## Chapter 9: Other uses

Apple cider vinegar just solved several health, hair and skin problems, but that's not just it. It provides remedies for the most random every day little things that are frustrating to deal with it. But with this at home, the solution is in the palm of your hands. You no longer have to run to the store for the smallest of issues, and buy expensive solutions. Here's why!

1. **Fleas:** We all love our pets and want them happy and healthy! They can be so difficult to manage when they go out for a stroll and come back with fleas, which can be so upsetting for the owner and the pet itself too. So, why not just add one part water to one part apple cider and spray on your pets fur? Rub it on their skin as generously as you can to make sure you cover the entire coat and repeat for up to a week. You will see, that any flea infestation will disappear!
2. **Room freshener:** Every one invests in room fresheners because everybody wants to come to a fresh smelling and beautifully scented home. With apple cider vinegar lying in your cabinets you don't have to worry about investing in room fresheners again and again because it will have your rooms and bathrooms smelling like fresh apples. Pout it into your toilet, and allow it to stay for the night. Next morning, no bad odors!
3. **Detergent:** Running out of detergent is not really a problem anymore either. Because you can substitute your detergent with apple cider vinegar and use it in your dishwasher. You can also dilute it and make use of it to clean your windows, glasses, mirrors, and microwaves. Before you know it, everything is sparkling clean and fresh smelling. All in one go; all with one detergent!
4. **Massage treatment:** When you're tired and your muscles are aching, apple cider vinegar can give you the relief you need. Just rub some of it on your hands and feet and you will feel its massage like benefits in no time. You will no longer be too tired too often.
5. **Aftershave:** Another benefit of apple cider vinegar is that it can be substituted for aftershave. Dilute it with equal amounts of water, shake it and apply it to your face. It works as well as any aftershave.

6. **Vegetable rinsing:** To make sure you and your family are having healthy food, you need to determine your veggies are clean before you ingest them! To remove all pesticide infestations from your vegetables, soak them in a mixture of 2 tablespoons of vinegar with a quarter of water. You will get rid of any dirt or insects that may have been left as residues in the vegetables before they are cooked.
7. **Unclogging showerheads:** Every few weeks, the showerheads get clogged. Apple cider vinegar is undoubtedly, the solution for clogged showerheads too. Remove the showerhead and leave it overnight in undiluted apple cider vinegar. If it is not removable, then put a bag filled with vinegar around it with the help of a rubber band. Next thing you know, the showerhead is unclogged!
8. **Gardening:** Apple cider vinegar can also be used to keep the flowers in your garden happy. It can act to improve the longevity of your flowers and can also be used as a fertilizer for acid loving plants such as blueberry bushes, gardenias, and azaleas. Apple cider vinegar is also used as a weed killer.
9. **For the dogs:** Apple cider vinegar proves useful in maintaining your dog's health by keeping its acid/alkali balance. It also helps in preventing any allergies, and keeps the parasites away from your canine pal. Apart from fleas, it helps improve any skin conditions for your dog, such as pimples, hot spots, thinning hair and even ear infections. It can be given orally, or sprayed topically. Moreover, when your dog needs its regular grooming session, don't forget to use apple cider vinegar as an important application.
10. **Carpet Steaming:** Get rid of the dirt and stains on your carpet by steam cleaning using apple cider vinegar. After you vacuum your carpet, put one gallon of the hottest water you get and  $\frac{1}{4}$  cup of apple cider vinegar in to your steam cleaner receptacle. Steam clean away and get brilliant results.

## Chapter 10: General Health

Even though you have been walked through a list of the many medicinal uses, there are some that are general day-to-day well being oriented benefits of apple cider vinegar. If you're feeling down with a sore throat, or you've had a wild weekend and want to detoxify, you can still run to this wondrous potion and it will give you all the more reason to.

- **Soothes sun burnt skin:** Apple cider vinegar will not fix your sunburn but it will eliminate discomfort and pain from your sunburn. Add a cup of apple cider vinegar to your bath and soak in it for 10 minutes.
- **Lymphatic system:** This miracle vinegar is deemed to have properties the help with allergies. Mucous through out the body is broken down and cleansed. This shows, as studies suggest, that apple cider vinegar can help reduce the effects of allergies and keep sinus infections at bay, along with their related symptoms such as sore throats and headaches.
- **Sore throat, tonsillitis, laryngitis:** Gargle with half a cup of water containing 1 teaspoon of apple cider vinegar every half an hour to feel better and rid yourself of pain.
- **Varicose veins treatment:** This is also a sign of ageing, just like wrinkles and spots. These bulging veins can also possibly be treated and shrunk by the use of apple cider vinegar. Simply dab some apple cider vinegar onto the area and leave over night to elude this sign of ageing. It is a long process; results are seen after a period of 4 to 6 weeks.
- **Wart removal:** if you can't afford surgery to get rid of warts, apple cider vinegar will come to your rescue. Place a cotton ball soaked in apple cider vinegar and then secure it on top with a bandage. Leave it over night and remove it in the morning. If you continue this for a week, you will definitely see results. (Warning: do not pick on your wart as the skin dries up)



- **Dandruff:** Itchy and flaky scalps are taken care of by the antifungal and antibacterial action of vinegar as mentioned before. The microorganism causing the flaking is eliminated.



- **Nose bleeds:** insert a soaked cotton ball into the nostril. Apple cider vinegar has astringent properties that constrict ruptured blood vessels in the nose and stop nosebleeds.
- **Heart burn:** Though it seems like an idiotic thing to do, treating stomach acid problems with even more acid, but research suggest that apple cider vinegar works by correcting low acid and therefore reducing heart burn. Experts say that relief is experienced shortly after ingestion of a teaspoon of apple cider vinegar followed by a glass of water.
- **Ease muscle cramps:** If you are being held back from a peaceful nights sleep by those painful and spontaneous muscle cramps, apple cider vinegar has the solution. Just take a teaspoon of apple cider vinegar in water before going to bed and you will experience a decrease in frequency of the onset of muscle cramps. Taking apple cider vinegar directly will be more suitable as it is not recommended to drink a large amount of water before bed, due to disruption of sleep to go relieve yourself during sleep.
- **Psoriasis:** It is an immune mediated systemic disease, which is characterized by skin lesions including red, scaly patches. Soak Hands for affected fingernails in apple cider vinegar daily, for 5 minutes. Also, wash with apple cider vinegar before bath to relieve discomfort and itch.

**Get rid of bloating:** For women who put on a lot of water weight during their period, there is an apple cider vinegar cleanse. Superstars like Megan Fox have also spoken about this amazingly effective diet. How does this work? Apple cider vinegar is a powerful diuretic and it ensures that you are not carrying around any extra water weight.

## Chapter 11: Feel Good Factors Brought to You by Apple Cider Vinegar

### Apple Cider Vinegar Diet

There is a very effective, yet not widely known diet. The Apple cider vinegar diet. You must have heard of countless detox diets. The GM diet, being of the popular favorites and lasting up to a week. However, the apple cider vinegar diet is endorsed and followed by superstars like Katy Perry and Megan Fox. It is a difficult diet. You have to survive on only apple cider vinegar and water. But the results are astounding. Your body detoxifies like never before. You feel lighter and healthier. It is no less than any normal diet because, after all, apple cider vinegar is extracted from fruit itself.

Since we know that apple cider vinegar contains pectin, you will not be left to feel starved throughout the day because pectin is the element found in apples that make you feel full. Once you start on the diet, you begin to see immediate results. You feel fresher and energized because apple cider vinegar has energy boosting properties. So not once throughout the day will you feel lethargic, like in average diets. Average everyday crash diets can do lots of harm. If a balanced diet is not planned out, you can lose hair and start look weak instead of slim. There is a fine difference between the two.

The acids found in apple cider vinegar bind to all kinds of toxins in the body and aid in detoxifying the liver. Some important reasons as to why you should try this diet are listed below.

### **Cleanse your digestive system:**

Research results have already proved that apple cider vinegar's acidic nature and the fact that it contains specific enzymes that help sustain 'good' bacteria are reasons why it cleanses the digestive system.

Many a times, people fail to remember that the digestive system is not limited to the stomach and the colon. It's as long as several feet and includes the small and large intestines. Apple cider vinegar helps with the entire tract.

Constipation, diarrhea and digestive systems are all disorders, which can be positively affected by apple cider vinegar. These disorders happen commonly when normal detox diets are being followed.

**It is important because:** The digestive tract is how the toxins of the body are expelled out of the body. It needs to be running smoothly in order to do so.

### **Eliminate more toxins:**

The toxins in your body, if assisted, pass out more easily. Urine, sweat and feces are all modes through which these toxins are excreted out of the body. Apple cider vinegar binds to these toxins and carries them out during excretion. So apple cider vinegar alongside your efforts to detox will make eliminating toxins much easier.

**It is Important Because:** Detox diets on their own will not be as effective because some toxins need a little extra encouragement to make an exit from the body and do not leave easily on their own.

### **Provides Natural enzymes:**

You can acquire an assortment of digestive diseases if the natural balance of your body is disrupted. This balance relies on a complex system of good bacteria and enzymes. It can be disrupted easily by an improper diet.

The growth of natural enzymes in the gut should be encouraged, as it is essential for proper function. The specific enzymes that are required for the proper function displace bad bacteria, which start residing in the intestines.

Apple cider vinegar has enzymes that do not displace bad bacteria, but they help the good bacteria flourish. These good bacteria are lost when you eat an unhealthy diet, which has very little nutritional value.

**It is Important Because:** The good bacteria that are assisted by enzymes present in the apple cider vinegar keep the digestive system healthy. Foods are then broken down more easily to absorb nutrients from them better.

### **Provides more vitamins and minerals**

When on a detox diet, your body is constantly making efforts to purge out all the toxins. The addition of apple cider vinegar in this diet not only adds more minerals to the diet, but also plays its part by making the diet more effective.



Many detox programs encourage you to survive only on juices and abstain from solid food. Adding apple cider vinegar to the juices will give them additional nutritional value. It gives you all the goodness of apple without eating the apple itself.

**It is Important Because:** The body will be expelling many toxins in this detox diet; you need to replenish the body with the apple cider vinegar. The body will be left in a weakened state otherwise.

### **Boosts metabolism**

Apple cider vinegar speeds up a sluggish metabolism which is why it's often used for weight loss also. It improves digestion.

It is very important to keep your metabolism running while you are on detox programs. The fact that detox diets make you cut back on solids affects your metabolism and slows it down. This also depends on how long the cleanse diet is

going to last. Apple cider vinegar keeps your body at its normal, pre-cleanses level and prevents the metabolism from being slowed down further.

**It is Important Because:** A better metabolism means that you can keep burning calories even when you are at rest. This causes efficient and effortless weight loss, while all else remains equal.

### **Breaks up mucus**

If you are suffering from mucus build-up, apple cider vinegar is the answer to your problem. The human body is meant to produce some mucus to protect us from outside contaminants. Sometimes this mucus producing system can go into overdrive.

If you are experiencing sinus trouble and allergies, these ailments can be worsened by an increased mucus production. Apple cider vinegar breaks up the mucus and conditions the body's pH to be more alkaline, and therefore, produce less mucus.

**It is important because:** an excess of mucus in the body can cause many problems. Headaches and poor respiratory function will be some of them. With apple cider vinegar, you can get rid of this mucus and give yourself relief from disturbances like sinus congestion.

It is better to try this very effective home remedy rather than opting for an over the counter, synthetic medicine for the purpose of decongesting air sinuses and breaking up mucus. Apple cider vinegar would be a cheaper alternative, which would give you the same results. And the best part is you would not have to resort to medicine. You don't need that extra load on your kidneys.

### **Detox Bath**

Take a soaking bath in warm water with two cups of apple cider vinegar. This is a detox bath and it draws out toxins from your skin. This can cease signs of ageing and wrinkles.

## Conclusion

Investing in apple cider vinegar and just incorporating it into your daily life will make you see differences in the way you feel and look, and the best part is everyone will notice. It's very easy on your pocket and offers possibly the best home remedies and most effective ones too. Its groundbreaking discoveries in the field of medicine and the world of beauty indicate that it's the rising star, not only in the kitchen but in cosmetic products.

Apple cider vinegar is not present in pill form and as supplements, because slowly, the market and consumer base for this product is increasing and hence, it is experiencing a spike in production. The masses are slowly realizing what a miracle apple cider vinegar is, you should too.

Knowledge of the uses and benefits of apple cider vinegar will give you a different approach towards life, a better approach. Research regarding all its claims; treating diabetes, detoxifying the body, better looking skin, relief from ailments such as arthritis, eczema and urinary tract infections etc. have all been proven correct by numerous doctors and surveys. There is no scam. There are no false promises. This is as good as it gets when it comes to making better decisions. Change your life today. Change the way you feel about yourself and how others feel about you. It is all within your reach. Apple cider vinegar is the best option for you!