

Nature's Medicine: Healing Uses of Apple Cider Vinegar

By Melissa Gallagher

Everyone has heard the old adage: "An apple a day keeps the doctor away." Indeed it proves to be true. In varying forms, either ingested or used externally, apples can help cure various ailments without having to use OTC drugs or even prescriptions.

Dating back to ancient times, Apples have been utilized as a medicinal health resource, cleaning agent and even a food preservative. You often hear from an older relative how they may have used an apple slice to keep cake fresh or used apple cider vinegar to treat a sore throat.

You can help promote your health and reduce your costs at the pharmacy or local drug store by keeping your kitchen stocked with fresh apples and medicine cabinet complete with apple cider vinegar. Use apple cider vinegar at the onset of a cold or sore throat; to relieve asthma, control blood sugar, address nighttime leg cramps, decrease mild depression, stop hiccups, lower blood pressure, treat indigestion, address arthritis or use as a daily tonic.

How exactly does apple cider vinegar work? Or, more importantly, why does apple cider vinegar work in remedying common ailments? In many cases, its status as a miracle natural remedy is due in part to the result of the fermentation process: healthy enzymes, amino acids and the ability to balance PH levels in the body.

COMMON REMEDIES USING APPLE CIDER VINEGAR:

For Sore Throat:

Apple cider vinegar has a very potent way of relieving soreness and killing germs associated with viral and bacterial infections. The most effective way to use the vinegar to treat sore throat is to begin gargling immediately when soreness arises. Gargle every hour with a 50/50 solution of vinegar and water. Be sure to rinse only the mouth with water to reduce acidity and potential erosion of your tooth enamel.

Sunburn:

Apply apple cider vinegar to sites of sunburn; will relieve pain, prevent blistering and peeling.

Combat fatigue:

Individuals who work out frequently or

suffer from chronic fatigue find this vinegar to help treat their fatigue. The amino acids in apple cider vinegar help release lactic acid build up in the blood stream. Similarly, potassium and enzymes also may increase energy levels. Consuming 3 teaspoons of vinegar to 1/8th a cup of honey at bedtime will help you wake up refreshed and energized.

To Prevent Yeast Infections:

The powerful pH balancing abilities of the vinegar can literally stop a yeast infection right in its tracks. There are a few ways to treat this effectively via a vinegar water douche or a sitz bath. Changing the pH of the vaginal environment is essential for a quick recovery. If you choose to douche, douche twice a day, using two tablespoons of vinegar to one quart of water (room tem-



perature). Repeat until symptoms disappear. To remedy via a sitz bath; fill a sitz tub or your own tub to hip height with warm water, adding 1/2 cup of apple cider vinegar and 1/2 cup salt. Sit in the bath for at least 20 minutes.

Cure cold/flu:

The acidity of vinegar helps align the alkalinity of the body. At the onset of a cold or flu the body is more alkaline. By adjusting the pH levels the body's system can heal itself, thereby kicking a cold. Take a teaspoon of vinegar in a cup of water three times a day.

Daily tonic -An apple a day super juice:

A teaspoon of apple cider vinegar in water with a little honey functions as a daily multivitamin.

Treat Swimmer's ear:

Filling an ear dropper with equal parts of vinegar and water or alcohol and drop-

ping in about 3 or 4 drops of solution into the ear after swimming or showering will relieve the painful symptoms and can even prevent infection.

INTERNAL BENEFITS & TREATMENTS OF APPLE CIDER VINEGAR:

Reduces Lactic Acid buildup:

muscle cramping

Reduces inflammation of joints:

arthritis

Maintains bone mass:

osteoporosis & post-menopausal bone loss

Restores pH levels:

colds, coughs, reduces headaches, indigestion, nasal congestion, ulcers, reduces yeast infections, promotes digestion and underweight conditions

Adds Fiber via Pectin to body:

lowers cholesterol, treats constipation and diarrhea, controls blood sugar levels,

Cleanses and detoxifies liver: treats mild depression, helps with weight loss

Contains antioxidants:

protects eyes from cataracts and slows aging process

Antiseptic and disinfectant properties:

kills harmful bacteria in the digestive tract related to food poisoning

EXTERNAL BENEFITS OF APPLE CIDER VINEGAR:

Promotes healing of skin:

burns, cuts, rashes, sores from herpes, athlete's foot

Controls ear infections

Reduces foot odor

Prevents acne and blemishes on the face

Decrease appearance of varicose veins

Once you start using apple cider vinegar as a natural remedy daily, or just to address sore throat, you will find that your trips to the store and doctor will decrease and will be as big a fan as I of this amazing, natural remedy.

Melissa Gallagher is the founder of Healthy Being, a company rooted in natural wellness. She recently launched Bath in a Box, a therapeutic bath salt line for the holidays. In the works is a line of natural apparel as well as Healthy Being in a Box-specialized supplement and vitamin kits. www.healthybeingproducts.com

