

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

What's So Special About Apple Cider Vinegar?

October 25, 2008

Dr. Christopher recommended you take three tablespoons of Apple Cider Vinegar every day because of its amazing healing properties. Here are some of its health benefits:

- dissolves mucus
- has antiseptic qualities
- aids in proper **coagulation** of blood
- builds healthy blood vessels
- aids in digestion
- is rich in enzymes and potassium
- supports a healthy immune system
- helps control weight
- promotes digestion and ph balance
- helps soothe dry throats
- helps remove body sludge and toxins
- helps maintain healthy skin
- helps promote youthful, healthy bodies
- soothes irritated skin
- relieves muscle pain from exercise
- gives you increased energy

Apple cider vinegar (ACV) can also help with a number of other ailments – here is a sample:

Headaches: Add two tablespoons ACV and 1 teaspoon honey to a glass of distilled water and drink it.

Nosebleeds: Put some ACV on a cotton ball and put it in your nose.

Sunburn: Apply ACV directly to skin or put 1-2 cups of ACV in a tub full of water.

Corns, Calluses and Warts: Put ACV on a cotton ball or gauze – bandage it down.

Laryngitis: Add 1/3 cup ACV to a glassful of water - gargle it, swish it and spit it out. This draws toxins right out of your throat.

Skin Blemishes and Acne: Boil some water in a pot – add a few tablespoons of ACV, then place a towel over your head and the pot and breathe the steam in for a few minutes. Next, put some ACV on cotton ball and rub it over your face. Do this twice. Finally, pat cold ACV diluted with an equal amount of ACV on your face. Repeat 1-2 times per week as needed. Do for 90 days and you will have completely new, clear skin.

Dandruff: Massage into scalp an hour prior to shampooing

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For most of the above ailments apple cider vinegar is simply an aid to help when you have had unhealthy eating habits, but it is not a cure-all if you are unwilling to change your diet. If you continue to eat pizza and soda pop you are still going to have skin blemishes and acne. If you are ready to change your habits then apple cider vinegar can help take care of these problems.

We recommend you use Bragg's Apple Cider Vinegar – it is the best raw, organic vinegar. Never use dead, distilled vinegar because the natural enzymes, minerals, and nutrients are destroyed in the distilling process. Any vinegar that is clear and has no "mother" (the strand-like substance in the bottom of the bottle) has no nutritional value. White distilled or white wine vinegar contains harmful acetic acid. Natural raw vinegar should be pungent, with a rich, brownish color and a visible "mother."

How Dr. Christopher recommended you take Apple Cider Vinegar

Place one tablespoon of honey and one tablespoon of Apple Cider Vinegar in warm water, so that the honey will liquefy. Sip this amount three times a day so that at the end of the day a total of three tablespoons of each is consumed. It can be taken immediately after the cayenne (mentioned last week).

RECOMMENDED RESOURCES:

http://www.ahradio.com/Apple_Cider_Vinegar.html

<http://bragg.com/products/acv.html>

<http://articles.herballegacy.com/supplements-for-maintaining-good-health/>

<http://articles.herballegacy.com/cayenne/>

HERBAL VOCABULARY:

Coagulation - The change, especially of blood, from liquid to solid; clotting