

# APPLE CIDER

## TIPS

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### **IMPORTANT**

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### **Introduction**

Apple cider vinegar, is one of the most popular alternative health remedies in use today. It has been used since ancient times as a remedy for many different ailments. Hippocrates is said to have used it as an antibiotic.

However, most of the health benefits of apple cider vinegar are anecdotal and have not been fully confirmed through studies.

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### **Health Benefits of Cider Vinegar**

The health benefits of cider vinegar include:

- When diluted with water 50/50, apple cider vinegar is often used as a toner for the face. Caution should be used when applying in this way, as cider vinegar is very irritating to the eyes and to sensitive skin.
- A bath of apple cider vinegar is said to reduce the effects of sunburn. The vinegar soaked on a cloth and applied to sunburn may also be effective.
- Many women have tried a douche of apple cider vinegar as a remedy for yeast infections. However, others have claimed that vinegar causes or worsens yeast infections. Some say it depends upon the brand used.
- There are many claims that apple cider vinegar is a powerful weight loss aid. Consequently, people use it in salad dressings or drink a tablespoon diluted in a glass of spring water (not tap water) once or twice per day.

- Apple cider vinegar is said to treat dandruff by destroying the fungus "malassezia furfur" and restoring the PH balance of the scalp. Some people recommend applying a 50/50 mixture of water and vinegar, applying it to the scalp, and leaving it to dry. Others suggest applying a couple of tablespoons of straight vinegar to the scalp and leaving it on for an hour or two before rinsing.
- It has long been promoted as a remedy for arthritis. The National Arthritis Foundation says apple cider vinegar has not been proven effective against arthritis but is harmless to try.
- A reported treatment for warts is to soak the affected area for 20 minutes per day in a 50/50 mixture of vinegar and water.
- Apple cider vinegar is said to naturally lower bad cholesterol.
- A teaspoon of apple cider vinegar in a glass of water, daily, is said to lower blood pressure.
- "Mother of vinegar", the layer of film that forms on top of the cider, is believed to have antibacterial and antifungal properties.

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