

APPLE CIDER VINEGAR

THERAPY

by

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IMPORTANT

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Introduction

Hippocrates, the Father of Medicine, in 400 BC, treated his patients with natural Apple Cider Vinegar for its powerful cleansing, healing and germ/bacteria fighting qualities.

Apple Cider Vinegar that is used for therapy must be:

- Organic
- Raw
- Unfiltered
- Unheated
- Un-pasteurized
- 5% acidity

Nothing else will do. Further, if sediment occurs, simply shake before using.

What are the benefits of natural Apple Cider Vinegar?

Internal Benefits of Apple Cider Vinegar

- Rich in enzymes and potassium
- Natural antibiotic germ fighter
- Fights E Coli and other bacteria
- Helps control and normalize weight

- Helps improve digestion assimilation
- Helps relieve arthritis stiffness
- Helps relieve dry sore throats
- Helps remove body, sludge toxins

External Benefits of Apple Cider Vinegar

- Helps maintain healthy skin
- Helps promote youthful, healthy bodies
- Soothes pain of sunburn
- Helps prevent dandruff, itching, scalp, baldness
- Soothes tight aching joints, and sore muscles

Pasteurization is a No-No

Pasteurization is the heating process intended to remove potential problem bacteria from consumable liquids such as milk, and juices, etc. However, the heat process of pasteurization will also remove delicate nutrients and enzymes that may constitute a major portion of the nutritional value of that food. Consequently, it is important to obtain a brand of natural Apple Cider Vinegar that has not undergone pasteurization.

E Coli and other harmful bacteria

Raw Organic Apple Cider Vinegar, unlike other juices or ciders, contains no sugars that would be the growth medium for potentially harmful bacteria such as E Coli, Candida Albicans, etc. Additionally, the high acidic nature of Apple Cider Vinegar (should be 5% acidity) assures that none of these bacteria can exist or propagate.

Acid Crystals and Premature Aging

When acid crystals harden in the joints and tissues of any animal, the joints become stiff, and the tissues become hardened. The meat becomes tough and tasteless. However, when the animals are regularly given Apple Cider Vinegar, the precipitated acid crystals enter into solution form, and are then passed out of the body. Consequently the body tissues are healthier and suppler. This also applies to the human body tissues.

Further, when body tissues saturate with the precipitated acid crystals, the crystals then appear in the bursae (fibrous sacs lined with synovial membrane, and containing a small quantity of synovial fluid - especially ones countering friction in joints), and the joints of the body, resulting in arthritis and bursitis (inflammation of a bursa).

Acid Crystals Cause Premature Ageing

It is an unfortunate fact of life that even the healthiest person must continually fight the buildup of acid crystals in their body. However, the good news is that the strongest antagonist of acid crystals is a cocktail of natural Apple Cider Vinegar, raw honey, and distilled water. This powerful combination puts the acid crystals into solution form, and they can be flushed out of the body by the kidneys and other elimination organs.

The Natural Apple Cider Vinegar Cocktail

The natural Apple Cider Vinegar cocktail consists of the following: 1 to 2 tea spoons of Apple Cider Vinegar, with 1 to 2 tea spoons of raw honey, in a glass of distilled water.

The cocktail should be taken at least daily.

Keep Joints and Tissues Youthful

In our modern and stressful 'western world', most people have lost their normal contact with nature and simple natural living, and they no longer know how to eat 'properly'.

If you suffer from premature old joints and hardened tissues, take the natural Apple Cider Vinegar cocktail several times a day. Eliminate, or cut down on, animal proteins, stop all refined sugars, and eliminate as much salt intake as possible.

Moreover, taking the natural Apple Cider Vinegar cocktail daily will help relieve stiff aching and prematurely old joints. In consequence, you will see how very youthful your body will feel. After several months of using the natural Apple Cider Vinegar and honey cocktail, taken once or twice daily, you will find that the misery will be gone from your joints. Further, you will discover that you can walk or run up several flights of stairs without any effort. Additionally, will notice that you look younger, and above all, that you feel younger than you have for years.

Further Questions:

Is Apple Cider Vinegar is harmful in any way?

Many people have a preconceived idea that natural Apple Cider Vinegar is harmful to the body, because it is distilled, and it is recommended that malt and synthetic vinegars be avoided. However, be assured that there is nothing in natural Apple Cider Vinegar that can, in any way, harm your body.

Animal proteins and fats have a tendency to thicken the blood, and the natural acids in Apple Cider Vinegar help to keep the blood healthier and thinner.

Natural food acids, served along with animal proteins, are designed to lessen the thickening influence of these heavy proteins. In order for blood to circulate freely throughout the body, the blood should be thin. When blood thickens, it puts a strain on the heart - blood pressure elevates, and other problems start.

Remember that blood has to circulate all over the body through the arteries, blood vessels, and capillaries. It is impossible for blood to circulate freely through these 'hair-like pipes' when it is thickened with too much protein. Consequently, the natural Apple Cider Vinegar cocktail can be an effective adjunct.

Can Apple Cider Vinegar help with Hypertension?

Several years ago a therapist encountered a woman with extremely high blood pressure (hypertension). She was put her on a two day natural Apple Cider Vinegar, honey, and water program, with nothing to eat for 48 hours. She had an Apple Cider Vinegar cocktail 5 times daily, plus 4 glasses of distilled water.

In forty-eight hours, her blood pressure had dropped significantly. The buzzing in her ears ceased, and her dull headache stopped. In a short period of correct eating (no salt, no saturated fats, no tea, no coffee, etc), combined with her daily Apple Cider Vinegar program, she brought her blood pressure back to a normal level.

Can Apple Cider Vinegar cure Arthritis?

People often ask if Apple Cider Vinegar will cure their arthritis. Unfortunately, this is not possible. 'Curing' is an internal biological function that only the body can perform. A program of natural diet, deep breathing, exercise, rest, relaxation, and all forms of natural hygiene are required to put the body in a condition to cure itself. Natural Apple Cider Vinegar is an important part of that program. When all of the supreme forces of nature are used, the body will turn from the sick-side to the well-side. Health is something you must desire, work hard for, and protect. These are the keys to good health.

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