

Apple Cider Vinegar – Raw - Better Health

Apple Cider Vinegar – Raw, Un-processed, Un-filtered, Un-cooked



<http://www.bragg.com/products/applecidervinegar.html>



Heart:

Apple Cider Vinegar fights Arteriol Plaque and helps reduce your chances of suffering a heart attack or stroke

...Plaque buildup is a leading cause of Heart Attacks and strokes by blocking blood flow to the heart and brain.

Apple Cider Vinegar not only shows signs of fighting plaque buildup but may actually reverse some of the damage by helping to dissolve plaque.

Use the Bragg's ACV Drink regularly to enjoy all the health benefits of ACV (consult your physician or healthcare giver for your specific suitability and use).

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Since apple cider vinegar is used to promote the health of veins and capillaries, it is by implication also useful in assisting in the health of the heart and blood pressure. The potassium found in the apple cider vinegar is also beneficial to the heart.

Blood pressure:

The potassium in apple cider vinegar is said to be beneficial to both the heart and blood pressure, and in some quarters this remedy is said to assist in making the blood thinner, and thereby assisting with blood pressure and in the prevention of a stroke

A Natural Approach to Avian Management:

Many herbalists recommend the use of raw, un-pasteurized, un-heated, organic apple cider vinegar as an important dietary ingredient for humans, farm animals and pets, including birds.

The Encyclopedia of Natural Pet Care describes apple cider vinegar in this way: “Long a folk remedy, cider vinegar has been shown to improve the health of dairy cows, horses, dogs and other animals.

It reduces common infections, aids whelping, improves stamina, prevents muscle fatigue after exercise, increases resistance to disease and protects against food poisoning.

Cider vinegar is rich in the vitamins, minerals and trace elements found in apples, especially potassium; it normalizes acid levels [pH] in the stomach, improves digestion and the assimilation of nutrients, reduces intestinal and fecal odors, helps cure constipation, alleviates some of the symptoms of arthritis and helps prevent bladder stones and urinary tract infections.”

<http://www.cagenbird.com/vinegar.htm>

Varicose Veins, Fever Reduction, Itchy Skin, Skin Purification, Cough Remedy, Heartburn, Sinus Infections, Sore Throats, High Cholesterol, Acne, Allergies, Muscle Fatigue, Boosts Immune System, Increase Stamina, Increase Metabolism, Weight Loss, Improve Digestion and Constipation, Arthritis, Gout, Bladder Stones, Urinary Tract Infections, Body Odor, Age Spots, Cellulite, Yeast Infection, Stomach Problems, Diarrhea, Diabetes, Control Blood Sugar Levels, Deodorant, Reduce Heart Diseases, Dampen Appetite, Ease Dandruff, Relieve Sunburn, Promotes Healthy Joints, Balances pH, Helps Dissolve Calcium Deposits, Help Flushes Toxins, Helps with Nerves, Asthma, Dizziness, Gas, Headaches, Heartburn, Hiccups, High Blood Pressure, Insomnia, Menstruation, Obesity, Shingles, Angina, Arteriosclerosis, Stress, Improve Memory, Ametoboptoc. Amitoses-toc. Stiffness, Helps Psoriasis, Helps Relieves Depression, Cramps, Sprained Muscles: (General list from many internet sources)

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Apple Cider Vinegar has been highly regarded throughout history.

In 400 B.C. the great Hippocrates, Father of Medicine, used it for its amazing health qualities.

<http://bragg.com/index.html>

The benefits of drinking apple cider vinegar are unbelievable until you actually experience the benefits for yourself.

The difference you'll notice in your physical appearance alone is worth the effort.

<http://www.grandmas-wisdom.com/health-benefits.html>

For centuries people have been using natural apple cider vinegar as both a food and a medicine for themselves and for their pets.

<http://www.apple-cider-vinegar-benefits.com/index.html>

Vinegar health benefits are many

<http://www.buzzle.com/articles/vinegar-uses-for-health.html>

Cider vinegar is high in potassium, which is needed for the proper functioning of the heart and muscles.

It also contains beta-carotene, potassium, magnesium, calcium, riboflavin, pectin (fiber), and thiamin. It also has vitamins B6, C, and E.

http://www.suite101.com/article.cfm/bathcrafts_candles/90221

With more than ninety substances and a great deal of minerals and vitamins, apple cider vinegar can be one of the most important ingredients in a healthy diet.

http://healthrecipes.com/apple_cider_vinegar.htm

Whenever we used to hear the old tale of “An apple a day keeps the doctor away”, whoever told us this was not kidding around?

<http://www.professorshouse.com/Health-Beauty/Nutrition/Articles/Benefits-of-Drinking-Apple-Cider-Vinegar/>

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This is not any medical advice; it's an opinion of my personal experiences. No medical claims can be made by this article, subject, and/or information, under Federal law. Otherwise the FDA can take care of the ones involved with marketing and distributing said cures all the way to the store if they make drug like claims. Food products are not regulated by the FDA, as of yet, as a cure and/or aid for better health.

This information is solely for informational purposes. It is not intended to provide medical advice. Before engaging in any complementary medical technique, including the use of natural and/or herbal remedies, you should do your own research, and then consult your present physician. If your doctor does not believe in alternative medicines and you would like to give them a try then find a reputable doctor familiar with natural herbal remedies for your needs that can assist you in deciding what treatments might meet your specific needs.

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