

THE VINEGAR CURE

By Colleen Sonntag

- Reduce sinus infections and sore throats
- Balance high cholesterol
- Cure skin conditions such as acne
- Protect against food poisoning
- Fight allergies in both humans and animals
- Prevent muscle fatigue after exercise
- Strengthen the immune system
- Increase stamina
- Increase metabolism which promotes weight loss
- Improve digestion and cure constipation
- Alleviate symptoms of arthritis and gout
- Prevents bladder stones and urinary tract infection

These are just some of the things apple cider vinegar is good for. Yes there are other vinegars made from other foods, but this one is what has been studied the most. You know the old saying an apple a day keeps the doctor away, well it appears it was quite a wise saying, and what we know now, must certainly be a whole lot more than they knew then....or maybe not.

Apple cider vinegar is a completely natural product, resulting from the fermentation of apple juice to hard apple cider followed by a second fermentation to apple cider vinegar. This natural product retains all the nutritional goodness of the apples from

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which it was made *plus* it is fortified with the extra acids and enzymes produced during the two fermentation steps, which is what keeps all the original health benefits intact, and adds a few more.

Apple cider vinegars are not all the same, since the commercial products have been pasteurized, filtered, refined or distilled in order to make the product look good, and thereby more appealing to the general public. Unfortunately this extra processing destroys much of the healthy goodness and thus the very benefits that were in the product in the first place. Of course you can find all natural non commercially processed vinegar from health food stores in your area, online, or tablets here at [DreamSpirit](#).

Another health benefit has been shown in the **DIABETES** disease. The effect of vinegar on blood glucose levels is perhaps the best researched and the most promising of apple cider vinegar's possible health benefits. Many studies have found that vinegar may help lower glucose levels, including one study of 11 people with type 2 diabetes who took apple cider vinegar before bed, lowered glucose levels in the morning by 4%-6%.

Reduce your **CHOLESTERAL** level naturally with this vinegar. The soluble fiber found in the apple cider vinegar absorbs cholesterol. It also contains amino acids which may neutralize the bad LDL cholesterol. Not only have there been numerous studies supporting this, but many individuals have given it a try and all have reported true positive results, some have even forgone the cholesterol lowering prescriptions by just taking vinegar.

High **BLOOD PRESSURE** and heart health. Yes, it is just another

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of the many benefits of apple cider vinegar. Apple pectin is a natural circulatory health boost. It helps your body clean its own veins and arteries out. High blood pressure is a result of the blood becoming too thick and gluey. The vinegar helps to oxidize the blood, which inhibits blood thickening.

Prevent and cure those perturbing **COLD SORES**, also known as fever blisters. Anyone who has ever had a cold sore knows what I'm talking about. Vinegar is a natural antibiotic and antiviral agent, so when dabbed on the sore, it will naturally start killing the virus and healing the sore. Blending this with some lemon juice will maximize the healing effect.

Most people have heard the term **SHINGELS**, but many don't know what that is. Simply, it is in a sense a reoccurrence of Chicken Pox. Really. If you have had chicken pox, then you have the potential to get shingles which is produced by the same virus. Acetic acid in vinegar is the contributing element which helps to alleviate and heal the sores caused by this disease. Just dab some on the sores, and it will promote quick healing, and reduce discomfort.

CANCER cells can't stand vinegar...well, actually it is the acetic acid in the vinegar that it can't stand, because it actually kills the cancer cells. Yes, you read that right. Cancer cells, due to their metabolic nature, derive most of their energy from a process called glycolysis. Our normal cells however, derive more than 80% of all its energy from acetic acid. This acid is actually an immediate product of the metabolism of all fats and carbohydrates. Back in 1964, Dr. Williamson discovered that acetic acid inhibits an energy producing process in cells called glycolysis. So

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it fuels normal cells, but cancer cells thrive on glycolysis, and acetic acid blocks that process. Amazing right? And, it was even further verified by two more researchers, Dr. Anderson and Dr. Girdges in 1984. Why wasn't it trumpeted by the media, and used by doctors by itself or with other possible prescriptions or cures? Simply because vinegar is all natural and cannot be patented, so there's no money to be made by the pharmaceutical companies. Tragic isn't it? Does it really work? Studies show it does, but you still won't find it being revealed by the media or companies that treat cancer patients because if it is as easy as taking vinegar, would the cancer centers make any money with their treatments? Cancer centers may use vinegar as part of their arsenal, but they aren't talking about it if that is the case. As a side note, citric acid also blocks the glycolysis process.

Using vinegar will keep your body fluids alkaline, including the **BLOOD**. Acidic fluids is called acidosis. This acidosis keeps the enzymes from functioning properly which will cause muscle stiffness, and make your body more susceptible to bacterial, virus and molds infections. In addition, it helps the bloods ability to clot. The opposite of acid is alkaline, which is the optimal state your body should be and stay in.

A big filter in the body is the **LIVER**. Filtering out toxins and waste products from the blood, manufacturing proteins, metabolizing fats, storing essential nutrients and carbohydrates, and making and secreting bile, which aids in the proper digestion of food. Apple cider vinegar's combination of vitamins, minerals, and alkalinity help rid the liver of toxins, and of course help keep the body alkaline.

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STRESS. The daily common factor affecting most everyone's lives, has numerous affects on our bodies. We combat stress with our adrenal hormones. The adrenal gland, located above our kidneys secrete adrenaline, mineral, cortisone, male and female hormones, collectively called the cortical hormone. The adrenal cortical hormone is made from acedic acid. Hence, apple cider vinegar is a natural supplier of acedic acid to aid and produce the cortical hormone for optimal health and reduction of stress induced effects on the body.

BONES and **TEETH** even benefit from vinegar due again to the acedic acid. Calcium is one of the main components of bones and teeth, but it has to be acidified in the stomach before it can be absorbed through the duodenum and upper small intestine. The intestine juice is alkaline due to the sodium bicarbonate contained in the pancreatic secretion. When the calcium passes to the intestines, if it is not already acidic, the alkaline environment clumps the calcium preventing it from passing through the intestinal wall to feed the body. So, while the acedic acid of apple cider vinegar enhances the action of your stomach acids and digestive enzymes, to enable the processing of calcium, the minerals manganese, magnesium, phosphorus, calcium and silicon which are in the vinegar, help sustain bone mass.

SORE THROAT is a common ailment, irritating, and sometimes very uncomfortable. Due to the natural healing ability of vinegar, gargling with a mixture of vinegar and warm water will not only soothe but actually act like a sponge and draw out the toxins and germs in your throat and mouth, so don't swallow the solution.

SUNBURNS, something no one wants but many people get can be

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anesthetized and encourage healing with an application of pure vinegar followed by aloe vera. Apply as often as needed or desired. The combination also helps prevent peeling.

URINARY TRACT INFECTIONS and **VAGINITIS** can also be treated with apple cider vinegar. Taking vinegar keeps the PH balance in the urinary tract in tact, which creates an inhospitable environment for bacteria and yeasts that cause these infections. For vaginitis, using a vinegar rinse and soaking in a tub of vinegar infused water will alleviate the symptoms and heal the imbalance.

WARTS are caused by a virus and encase themselves with layers of thicker skin cells. This then makes many remedies hard to penetrate to kill the virus. Apple cider vinegar applied externally takes some time to break down the barrier, but works. Taking the vinegar internally will work on killing the virus also. You will find the warts, in time, will just fall off with either process.

POISON IVY AND OAK are very uncomfortable to deal with. Vinegar and water applied to the sites will not only relieve the discomfort and itching, but promote healing. Cooling the mixture before applying will provide even more relief.

For some reason **NAIL FUNGUS** has been hard for people to cure and the commercial treatments have some unpleasant side effects. There are some remedies with vinegar though, that take about the same time for cure as the commercial products, but there are no side effects. And, since the skin is an absorbing organ like others in our body, you will gain other benefits for your

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body as well. The best part is, the cost is exceptionally cheaper than buying the commercial products.

Just as an interesting note:

The sting of the large box jellyfish, found along the northern tropical coastline of Australia, can be deadly. The venom injected by these animals is capable of killing humans within minutes.

When a sting occurs, pieces of tentacle may be left in the victims skin which can continue to release venom. However, by dousing the sting area with regular vinegar (5% acetic acid content), the further release of poison will be rapidly and completely stopped. That's why Australian lifeguards always keep vinegar on hand and it's their initial first aid treatment of choice.

As you can see, the benefits are numerous, and I know I haven't mentioned them all here, but there are more in the pamphlet you get with your order of vinegar tablets [here](#).

If you would like to find the dosages, mixtures, ingredients for making products with apple cider vinegar, or links to buy already made available products with vinegar, please visit our information products at this link: [SpiritDance](#).