

Lose Weight, Zap Blemishes, Control Your Cholesterol, Heal Varicose Veins, and More!

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# Apple Cider Vinegar for Health

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100 Amazing and  
Unexpected Uses for  
Apple Cider Vinegar

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Britt Brandon, CFNS, CPT



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# Dedication

For my amazing husband, Jimmy, and the loves of our lives: Lilly, Lonni, and JD. I am so thankful to have the wonderful family I have, and I want nothing more in this life than to have as many days as possible loving each of you!

# INTRODUCTION

If you knew of a product that had been around for centuries, promoted by famous physicians and scholars, consumed by armies for boosting strength and maintaining the health of soldiers, utilized on battlegrounds for its healing properties, was even mentioned in the Bible, and had hundreds of health benefits that were well documented, would you want it? Of course you would! Imagine that this amazing all-natural product could be purchased right in your local grocery store for only a few dollars. This powerful potion *does* exist ... it's called apple cider vinegar.

Every day, more and more people are turning to homeopathic, natural alternatives to the modern medicines that are prescribed for everything from a bee sting to the common cold. After all, many of these modern medicines deemed “safe” for over-the-counter sale come packed with harmful chemicals, possibly dangerous additives, and a host of possible side effects. Sure, they might work, but at what cost to your body?

Skip the pharmacy aisle and instead grab apple cider vinegar—an easy-to-find, simple-to-use, safe, all-natural, age-old solution that is well known for its reputation and effectiveness.

That's right—apple cider vinegar is a simplistic answer to so many of the minor and major woes we all experience. It's not a magical, expensive, or hard-to-get, celebrity-endorsed product that is advertised or skillfully marketed to the masses—it's an inexpensive product that is all-natural and has decades of support from both consumers and science.

Apple cider vinegar, or ACV, has been used for centuries by millions of people who attest to the amazing healing powers of this product. For less than the cost of a tube of toothpaste or a topical cream, ACV can be purchased, stored on your countertop or in your refrigerator, and used for everything from a bad-breath solution to a teeth-whitening agent, a sunburn soother to a varicose vein veiler, and (amazingly enough!) you can even drink the concoction on a daily basis to increase your metabolism and improve your body's immunity! Clearly, ACV has been a natural go-to solution for consumers that has stood the test of time *and* competition.

Modern technology has given companies new and improved ways to constantly bombard consumers with messages that try to convince you to purchase the “perfect” products that resolve issues you were previously unaware you even had (or were

unaware you needed a medication for!). Meanwhile, ACV has stayed unassumingly on the condiment shelf of refrigerators, used primarily as a salad dressing ingredient.

It's time to harness the power of ACV in your life! Imagine replacing your expensive skin-care, hair-care, immunity-boosting, weight-loss products with an all-natural product that does it all ... safely *and* effectively! By using ACV in combination with other everyday ingredients you already have around your house, you can save time, money, and sanity! Whether your goals are to improve your beauty regimen (to take care of your skin, hair, and nails), or improve the quality of your overall health, you'll find in this book a number of natural tips, tricks, and cures that will help you look and feel your best ... naturally! Forgo the modern medicinal pills, potions, and creams that come with undesirable toxins, costs, and side effects, and find the answers to your problems with apple cider vinegar. Live a more natural life using a natural product with decades of positive support and statistics behind it, and opt for a "pennies on the dollar" approach to healing and helping yourself with apple cider vinegar. What have you got to lose?

# APPLE CIDER VINEGAR'S MANY HEALTH BENEFITS

## What Is Vinegar?

You can easily find apple cider vinegar in your local grocery store in its raw, organic, unfiltered state. This seemingly simplistic salad-dressing ingredient was perfectly packaged for purchase via a careful and concise production process few know anything about. Vinegar is the result of the natural sugars within carbohydrates (fruits, vegetables, or grains) being broken down by yeast and bacteria and turned into alcohol. The alcohol then undergoes a second fermentation process and voilà! Vinegar. The word “vinegar” is actually a literal French translation of the term for “sour wine,” referring to the final product of the fermentation process.

While a wide variety of foods can be used to create this potent concoction, the nutritious and delicious apple is of course the main ingredient used to develop apple cider vinegar. Aside from apple cider vinegar, you can also find a wide variety of other vinegars, such as wine vinegars, rice vinegars, and coconut vinegars.

# The Special Benefits of Apple Cider Vinegar

The beauty of the apple cider vinegar production process is that the amazing health benefits of apples remain intact. The key is to buy raw, unfiltered apple cider vinegar—that's the kind that's cloudy. Because of the careful process by which raw, undiluted apple cider vinegar is created, the essential nutrients that are so sought after remain intact and unadulterated. Apples are packed with vitamins and minerals, which give ACV its myriad health benefits. Here are the minerals present and their health benefits:

- Potassium: muscle contraction, nerve impulses, and energy production
- Calcium: important for bone health
- Copper: nerve functioning, bone maintenance, proper utilization of glucose
- Iron: transport of oxygen, blood health
- Chromium: regulating blood glucose
- Magnesium: synthesis of proteins, cellular energy production
- Manganese: formation and maintenance of bone, carbohydrate metabolism
- Selenium: antioxidant properties, fat metabolism
- Sodium: maintains proper fluid balance
- Zinc: promotes healing
- Phosphorous: proper cell functioning, strong bones

In addition to that impressive list of minerals, there are also a number of essential vitamins found in ACV:

- Vitamin A: eye health, powerful antioxidant
- Vitamin C: immune system functioning, powerful antioxidant
- Vitamin E: skin, nerve health; powerful antioxidant
- Vitamin B1: nervous system functioning, digestive health, muscle health
- Vitamin B2: promotes healthy skin, hair, and nails; aids in breakdown of proteins, carbs, and fats
- Vitamin B12: red blood cell formation, proper nerve cell functioning
- Vitamin B6: alleviates skin conditions and nerve damage, assists in utilization of proteins, carbs, and fats

Apples (and apple cider vinegar) also contain pectin, which has been shown to aid in digestion. That's how ACV is able to act as a cleansing agent and assist the colon in ridding the body of toxins and waste that have built up over time. The pectin in ACV forms a gel-like substance that makes debris easier to move in the digestive system so it gets carried away ... naturally.

## The “Mother” in Apple Cider Vinegar

If the long list of vitamins and minerals wasn't enough to impress, apple cider vinegar also contains the all-powerful “mother.” “Mother” is the cobweb-like or sediment-like substance that can be seen floating in the *unfiltered* varieties of ACV. The mother contains the concentrated bacteria and enzymes that give ACV the antifungal, antiviral, and antibacterial healing powers for which it has become so famous. While some people may be caught off-guard by the sediment in their ACV bottles, this element is the result of the specific processing that retains the nutrients and enzymes of the apples throughout the fermentation process that provides the healing powers unique to ACV.

## Are ACV Supplements Just as Beneficial?

You can also find ACV in supplement form in the vitamin aisle at your local pharmacy. While the supplement companies who produce this product claim that the benefits are the same as using ACV in its natural state, there is little research corroborating that. The truth is that while supplement manufacturers claim the potency of their products to be true, there is no real way of knowing what each tablet contains, how it's made, or the safety of consuming it. (Unlike medicines, the U.S. Food and Drug Administration doesn't regulate supplements.)

On the contrary, liquid ACV is produced by reputable companies who have been in the business of ACV production for years and are fervent advocates of their product's safety and effectiveness. While it may seem easier to swallow a tablet, the dangers of the supplement version are proven; in one specific case, a consumer suffered serious esophageal damage when an apple cider vinegar tablet became stuck in her throat. The acidic foundation of ACV makes a supplement potentially harmful. When you dilute the liquid form, you're eliminating that hazard.

## A Few Caveats

After reading about the amazing benefits of apple cider vinegar, you're probably eager to start using it. But, before you rush out to grab this miracle product, there are a few things to consider.

- **Talk with your doctor first.** Before you begin using any new health product or start a new health regimen, consult your physician to ensure that there are no risks of that product interfering with current medications, agitating current illnesses, or posing a health risk in any way.
- **Always dilute it.** Because of its high acidity, ACV should never be consumed straight or without dilution to avoid damage to tooth enamel and tissues within the mouth, esophagus, and stomach.
- **Diabetics, take note!** Research suggests that chromium can alter insulin levels. People with diabetes should seek approval from their physician prior to using ACV.
- **Check bone density.** Those who suffer from osteoporosis or already experience low potassium levels should also consult their physicians prior to consuming ACV to ensure that the health benefits of an ACV regimen outweigh any risks.

While most people will never experience any type of harmful side effects by using recommended amounts of ACV, it is important to know the risks ... and recognize that there are still far fewer than many of the seemingly harmless products and medications on the market today.

## Why Haven't I Heard of This Before?!

If you've never heard of apple cider vinegar being used for home remedies, you're not alone. ACV is not a heavily promoted product. There are no major marketing strategies pushing the public to run out to purchase bottles of ACV to cure what ails them. Instead, products that contain potentially harmful elements, produce undesirable side effects, or cost an exorbitant amount of money grace the magazine pages, radio ads, and television commercials we see and hear every day. Competing with these heavily marketed products, though, ACV's all-natural cure-all reputation has been enough to allow this product to stay available, remain inexpensive, and actually grow in popularity over the years.

It's time for you to join the millions of people who have experienced the power and are enjoying the benefits of apple cider vinegar, and see for yourself how much you can change your life ... one drop of ACV at a time!

PART 1

# HEALTH



# NUTRITION

Every year, consumers spend billions of dollars on health products that focus on diet. Between products promising to help you lose weight and build muscle, vitamin supplements to remedy deficiencies and improve system functioning, and products designed to relieve stomach troubles, this is a huge industry that pumps out products packed with, well, who knows what. You never truly know what is really in your daily vitamins, what those cryptic ingredients are in the lengthy list on the back of your appetite suppressant, or what makes the active ingredient in your anticonstipation medicine so “active.” We trustingly hand over hard-earned money for a product that may not even deliver what it promises, and could actually cause more harm than good. If you’re looking to improve your diet, enrich your body with quality nutrition, reverse deficiencies, and resolve stomach issues, you need to look no further than apple cider vinegar.

With rich amounts of vitamins like vitamin C, B vitamins, vitamin A, and vitamin E, along with essential minerals like iron, magnesium, potassium, and calcium, ACV is your one-stop shop for maintaining sufficient amounts of the nutrients you need to keep your body and mind running as they should. But the benefits provided by ACV don’t stop there! With pectin, a naturally occurring element in apples that acts as a fibrous gel when it’s introduced to your digestive enzymes, and a variety of antioxidants that work to prevent illness and protect cell health, ACV goes above and beyond the average vitamin supplement.

One of the most exciting aspects of using apple cider vinegar to improve your health is that you don’t have to worry about side effects from dangerous chemical additions as with so many over-the-counter health products. Because the active ingredients and nutritional benefits of ACV are the results of simple methods designed to retain the natural elements of the apples used to create the vinegar, there is no need to add anything. Naturally, you can achieve your goals of maximizing your metabolic functioning, satisfying your body’s needs for specific vitamins, and minimizing your need for medications designed to help with digestion or aid in suppressing appetite.

# 1. IMPROVE WEIGHT LOSS

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Whether it's a New Year's resolution, an upcoming wedding, preparation for bikini season, or one of so many reasons millions choose to start weight-loss programs, people spend billions of dollars every year to lose weight. Yet many of the diet pills, potions, and plans fail to deliver, leaving those who paid out feeling duped ... and still wanting to lose those annoying pounds. The plan with the highest success rate for losing weight and maintaining weight loss involves a quality, clean diet and exercise regimen, and apple cider vinegar can help too!

Including ACV in your weight-loss plan is easy to do and really effective.

## **TO MAKE A DAILY DOSE, COMBINE:**

1 cup water • 1 tablespoon ACV • 1 tablespoon lemon juice

Drink the concoction up to five times daily prior to meals to enjoy the many health benefits that can aid in weight loss.

Most people cite the following four obstacles in achieving and maintaining weight loss:

1. Not being able to control hunger/cravings
2. Having an insatiable appetite
3. Lack of energy
4. A slow metabolism

The naturally occurring elements in ACV can help you overcome each one of those challenges. See entries 2 and 3 for more on how to use ACV for weight-loss success.

## 2. SPEED UP METABOLISM

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A fast metabolism is something that only “skinny” people have, right? Wrong! Genetics do play a very important role in metabolism, but *any* person can improve his or her rate of metabolism naturally. Try this invigorating ACV recipe:

### **TO MAKE A DRINK, COMBINE:**

1 cup green tea • 2 tablespoons ACV • 1 tablespoon lemon juice • 1 teaspoon ground cayenne pepper

To use, drink this metabolism-boosting tonic 30 minutes before every meal.

The combination of caffeinated green tea, internal-temperature-raising cayenne pepper, and multiple vitamins and minerals in lemon juice and ACV promotes proper metabolic functioning, improves fat burning, and increases energy levels.

Along with this drink, try these simple lifestyle changes to boost your metabolic rates in a matter of weeks:

- Implement a strength-training routine designed to increase fat-burning muscle mass
- Eat smaller meals more frequently throughout the day
- Incorporate 30-minute bouts of cardiovascular exercise 4–6 days per week