

APPLE CIDER VINEGAR... (ACV)...

excerpts from the book: *Cancer-Step Outside The Box* (TheTruthAboutCancer.com)
and articles at ChrisBeatCancer.com

By TY BOLLINGER at TheTruthAboutCancer.com . I am sure you've heard the old saying, "An apple a day keeps the doctor away." This could very well have a lot of merit. Apples are among the healthiest fruits available to us, and they are the central ingredient in apple cider vinegar (ACV). Hippocrates was said to have used ACV as a health tonic, and American soldiers are said to have used it to combat indigestion, pneumonia, and scurvy. ACV is a type of vinegar made by the fermentation of apple cider. During this process, sugar in the apple cider is broken down by bacteria and yeast into alcohol and then into vinegar. ACV is a powerful detoxifying and purifying agent. The amino acid in ACV is an effective antiseptic and antibiotic, whereas the acetic acid can aid in treatment of various fungal and bacterial infections. ACV breaks down fatty, mucus, and phlegm deposits within the body. By breaking down these substances, ACV improves the health and function of the vital organs of the body (such as the kidneys, bladder, and liver) by preventing excessively alkaline urine. It also oxidizes and thins the blood, which is important in preventing high blood pressure.

A few years ago, Charlene (Mrs. Bollinger) had numbness and tingling in her foot, resulting in excruciating pain and making it difficult to walk. To remedy this, we combined ACV with blackstrap molasses, which contains many vitamins and minerals. She drank this concoction three times that day, and by the next morning, the pain had subsided and the numbness was nearly gone. She was back out walking and running with the children within two days, pain free and happy. She definitely is a "believer" in daily doses of ACV with blackstrap molasses. We're happy to say that it definitely works!

Top doctors have revealed that the combination of garlic, ACV and honey is a "wonder potion." In a study of arthritis victims, Dr. Angus Peters of the University of Edinburgh's Arthritis Research Institute found that a daily dose of ACV and honey reduced pains by 90%. Also, a daily dose of garlic and ACV has proved to be a powerful fat destroyer and weight reducer, according to Dr. Raymond Fish of London's famous Obesity Research Center. Dr. Hen Lee Tsno writes in China's respected *Journal of Natural Medicines*, "Patients given this miracle drink before breakfast showed a remarkable reduction in high blood pressure and cholesterol in less than a week."

Beware: Not all ACVs are created equal! Many commercial ACVs have been pasteurized, filtered, refined, or distilled in order to make the product look good. Unfortunately, this extra processing destroys much of the healthy goodness and thus many of the apple cider benefits that were in the product in the first place. The best type of ACV to use is one made from cold pressed, organically grown whole apples, in which no chemicals or preservatives have been added. We purchase Bragg ACV, which is raw and organic.

By CHRIS WARK at ChrisBeatCancer.com . The Amazing Health Benefits of ACV...

Apple Cider Vinegar is exactly what it sounds like: Vinegar from fermented apple juice. If you've never had it, it tastes like vinegar but with an appley twist, and is celebrated in the natural health world as a "cure-all" internal cleanser. It's rich in enzymes and potassium, which your body uses to regenerate soft tissue, and it's a raise pH alkalizer. Clinical studies have shown:

- It's good for diabetes as it lowers blood glucose levels
- It lowers cholesterol
- It lowers blood pressure and promotes heart health

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Studies have also shown it may be able to kill cancer cells or slow their growth. Nice! ACV is also reported to assist in curing allergies, sinus infections, acne, flu, chronic fatigue, candida, acid reflux, sore throats, contact dermatitis, arthritis, and gout. According to Bragg Health Products it also: Helps Remove Body Toxins * Helps Promote a Youthful Body * Helps support a healthy immune system * Helps Maintain Healthy Skin * Helps Control Weight * Improves Digestion and Assimilation * Soothes Tight and Aching Joints and Sore Muscles from exercise * Soothes irritated skin.

Whether all those claims are true, I don't know. All I know for sure is, I love it. And I never liked vinegar until I tried Apple Cider Vinegar about 12 years ago. Now I'm a fiend for it. The most popular way to take it is to mix a teaspoon of ACV with a teaspoon of raw honey (or a little Stevia if diabetic) in a glass of filtered water. A pinch of baking soda can be added (or ground cinnamon for an apple pie taste), Even if you don't like vinegar, that makes it super easy to drink; kinda like diluted apple juice. It's a great way to start the morning and they even bottle it and sell it diluted with honey as a beverage.

I also mix ACV with olive oil and spices in a salad dressing I make from scratch, and I often just swig it straight out of the bottle for a little kick. Of course it's a great healthy substitute for any recipe that calls for vinegar, just prepare for a slightly different flavored dish. If you can't tell, my absolute favorite brand is Bragg Organic Apple Cider Vinegar. It's raw and unfiltered, leaving all the vital nutrients and enzymes intact; unlike most vinegars which are pasteurized, filtered, processed, and nutritionally "dead". Paul Bragg was a lifelong health crusader and mentor to Jack Lalane. He wrote a book on Apple Cider Vinegar and numerous other books on diet, exercise, fasting, etc; and is just basically awesome. I have most of his books in my library. You can find 16oz bottles of Bragg Apple Cider Vinegar at most grocery stores, or you can get a big gallon jug at their web site. Bragg also makes some other delicious products we love: Liquid Aminos and Organic Sprinkle Seasoning. CHEERS !

PS from Factor Ready: bragg.com ACV brand is indeed a literal all-purpose and inexpensive Health Tonic we should all be using. General recommendations call for mixing 1-2 tsps of Bragg brand ACV with up to 8 oz. of filtered water, and consume 3-4 times daily (such as before meals). It can even be applied externally several times daily on most skin problems to assist healing. For a healthful hair rinse to raise surface pH and assist with itching or dandruff issues, mix 1-2 tbsps of ACV with 8 oz of water (dry hair likes less ACV and oily hair likes more). After shampooing apply the vinegar rinse. Massage into hair and scalp and let sit for a couple minutes. Then rinse it all out, or even leave it in (to help prevent tangles), or just rinse a little out (such as one quick spray of water). When drying you might smell some vinegar, but once it dries, no smell. Twice a week usage seems to work well for most. For pet health and to help eliminate fleas, put a small dash of ACV in dogs or cats drinking water. Also create an external fur spray or conditioner with 1 cup ACV to 1 qt. warm water with 1 oz. of Castille soap (avoid getting solution in their eyes). You can add 2-3 drops of lavender or cedar oil for additional help, and even up to 2 oz. of aloe vera. Should pet have overly sensitive skin, change the ratio of ACV to water to 1 part ACV to 3 parts water (consult your veterinarian if pet is yeast sensitive). A 50/50 solution of ACV and water on a cotton pad seems to be the healthful formula for pet ear cleaning and rinse purposes. Is organic all-natural Apple Cider Vinegar versatile or what :-)

So, take good care of yourself, your family and your pets! We are all God's creations ! And visit Ty Bollinger's thetruthaboutcancer.com and Chris Wark's chrisbeatcancer.com web sites for great health information, articles and videos, and sign up for their free e-mail Newsletters too!

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