

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Apple Cider Vinegar

by Yvonne Salcido, MH

Do you want to improve your health? Don't forget to remember the basic supper whole foods that Dr. Christopher recommended to be taken daily!!! Those to be taken daily are apple cider vinegar, blackstrap molasses, cayenne, wheat germ oil and kelp three times a day. You can take them together in a delicious drink. In a cup of warm water pour 1 T. of apple cider vinegar, 1 T. blackstrap molasses, 1 tsp. honey, and ½-1 tsp. of cayenne (start with a 1/8 of a tsp and work up to desired amount). Follow with kelp capsules two to maintain a healthy thyroid or 10-15 if having thyroid issues. Don't forget 1 tablespoon of wheat germ oil three times a day to complete a healthy regime.

Apple Cider Vinegar is an amazing food. It has been used historically through the centuries. In early Assyrian medical texts it was referred to for treatments. In 400 B.C. the "Father of Medicine" Hippocrates used vinegar to treat his patients because of its wonderful antiseptic and antibiotic properties which scientists have rediscovered today.

In the Bible it is mentioned to heal infectious wounds and sores. During the bubonic plague of Europe some enterprising thieves used a tincture of apple cider vinegar and garlic to protect themselves from infection of the ravaging disease as they robbed the bodies of the dead. It saved thousands of lives during the U. S. Civil War being used as a disinfectant on the injuries of the wounded.

Apple cider vinegar is a powerhouse of vitamins, mineral, antioxidants, and dietary fiber. It has little fat and sodium. It is high in potassium helping to re-establish a healthy digestive tract. It is a wonderful super food promoting growth of healthy micro flora in the body which is essential to heart health and proper immune function.

Apple cider vinegar is high in pectin which lowers blood pressure. It lowers the bad cholesterol and increases the good cholesterol helping the body to function correctly.

Today there are many new studies showing the wonderful nutritional benefits and healing that can occur through making apple cider vinegar part of your diet. The first I would like to mention is a recent study at Arizona State University on diabetes. This disease is rising epidemic proportions in the U. S. The results of this study were quite significant, Three different groups were studied, those with type two diabetes, those who were pre-diabetes and a group of healthy adults. All the groups benefited. When given apple cider vinegar before meals those with type two blood sugar levels dropped nineteen percent. Participants with a pre-diabetic condition blood sugar levels dropped thirty four percent.

In this study participants were also given apple cider vinegar before bedtime and blood sugar levels dropped doubling those given a placebo. For the healthy adults apple cider vinegar given during meals dropped their blood sugar levels by twenty percent. Apple cider vinegar improves glucose metabolism.

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The researchers concluded with a statement by the American Diabetes Association that emphasized the importance of reducing blood sugar levels after meals to reduce complications of diabetes. They encouraged the use of apple cider vinegar in the diet but concluded more studies should be done in this area.

Another amazing benefit of apple cider vinegar has been for over all digestion this has lead to significant evidence in the benefit in symptoms of gout helping the body to break down the uric acid and elevating symptoms. This is accomplished by the malic acid which breaks down the uric acid and eliminates it from the body. Some have had had immediate results and others in just a few days. I have recently read many accounts of the benefits of apple cider vinegar with gout even many that have suffered for years with this affliction and then quickly alleviated their gout.

The antiseptic properties of apple cider vinegar deter the unwanted bacteria and yeast in the body. It increases stomach acidity and this improves digestion and nutritional assimilation. Apple cider vinegar maintains the acid alkaline balance of the body. I have a family member that had be dealing with indigestion problems, and by adding just one tablespoon of apple cider vinegar to her diet each morning she has eliminated this problem. Many suffers of acid reflux have been relieved. Digestion and assimilation of healthy foods is critical for proper functioning of the body, especially with gout and other digestive issues. Apple cider vinegar helps the body do what is was designed to do.

In addition to all these benefits apple cider vinegar has been shown to aid in the following: weight loss (gradual but tends to be permanent), arthritis, warts and plantar warts (even long standing) and many more.

When shopping for apple cider vinegar look for the following:

- Raw
- Unfiltered
- Unpasteurized
- Organic

Apple cider vinegar is one super whole nutritious food that should be incorporated into the diet daily. Dr. Christopher truly had timeless teachings that should be remembered and followed. His book Herbal Home Health Care is basic simple to follow guide and a must for every home. It helps in preventing and dealing with health issues every family might face.

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