

40 Uses & Health Benefits Of

# APPLE CIDER VINEGAR

Practical  
guide to using  
apple cider vinegar  
for better health  
and cleaner house



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## Preface

You're reading a special report prepared exclusively for subscribers of NaturalBlaze.com, your source for natural health news, remedies, and cutting edge wellness tips. Apple cider vinegar is indeed a very powerful hack to improve your health, but it cannot replace a healthy diet and exercise. Apple cider vinegar should be taken as a supplement to supercharge your efforts to become stronger and healthier. It alone cannot heal your body if you continue abusing yourself with many other toxins. Disclaimer: This guide is not meant to be medical advice. Please consult your physician when you have serious health concerns.

## Chapter 1

# Introduction: Is Apple Cider Vinegar a Miracle Cure?

Though apple cider vinegar may seem like nothing more than another bottle that may have sat ignored in your pantry for a little too long, the list of proven, positive attributes that it has on human health has made itself worthy of recognition over the years.

One of the earliest noted usages of apple cider vinegar is by the philosopher, Hippocrates, known as the “Father of Medicine” as a remedy for a multitude of illnesses and ailments. Scientists and beauticians alike have been unveiling a lengthy list of uses for apple cider vinegar over the years and have been actively sharing them with the public in hopes of giving safe alternative to a chemically-dependent world. The use of apple cider vinegar cuts the risk of long-term side effects of ingesting dangerous chemicals from the extended use of cleaning agents and beauty products on store shelves. This shift into a more “holistic” lifestyle has resulted in developing a cult-like following among those who have benefitted from these apple cider vinegar “life hacks.” The major nutrients: magnesium, phosphorous, calcium, and potassium are all found in high amounts in natural, unpasteurized apple cider vinegar, making it a nutritional powerhouse and providing variety in its ways of use.



Through the course of this report, a review and analysis of apple cider vinegar and the variety of areas of the body that it helps will be discussed concluding with a list of 40 health and beauty benefits of apple cider vinegar composed by health and beauty professionals.

So, what exactly is apple cider vinegar? The word itself is derived from the French term meaning “sour wine,” which stems from its initial discovery of grapes that had fermented past the wine stage and thus created vinegar. Apple cider vinegar is made by exposing crushed apples to yeast and fermenting the sugars to create a substance close to alcohol. The apples that are used for the fermentation process are unrefined and fit the following criteria: cold-pressed, organically grown (defined by the absence of chemicals and pesticides in the growing and harvesting process), and contain the “Mother” enzyme, which has given apple cider vinegar its notoriety through its high nutrient content. Though the process of alcohol and vinegar fermentations are similar, the main difference between alcohol and vinegar fermentation processes are the bacteria added during the fermentation

process that push the fermentation of the apples past the alcohol stage. Any carbohydrate-based plant can be fermented to create vinegar. In this report, the focal point is the fermentation of apples to create apple cider vinegar.

The fermentation process is described by [Dr. Mercola](#) as, “a long, slow fermentation process, leaving it rich in bioactive components like acetic acid, gallic acid, catechin, epicatechin, caffeic acid, and more, giving it potent antioxidant, antimicrobial, and many other beneficial properties.” These components are beneficial in a wide array of usages that are analyzed and discussed through the duration of this report. The benefits of apple cider vinegar and its makeup of acids and nutrients will develop throughout the course of this report.

The use of apple cider vinegar in dietary, medical, and cosmetic practices is considered to be part of the “holistic” living practice. Holistic living is defined as “whole” living, or practicing a lifestyle that focuses on using whole, natural, and untampered products, such as pure apple cider vinegar, that have not been processed or infused with any chemical additives. Those who practice holistic living believe that the use of chemically created products can be replaced with natural substances that yield the same results without the harmful long-term side effects of chemical exposure. By reducing the use of manmade chemicals, holistic product users believe that the quality and longevity of their lives are being preserved and purified. Using apple cider vinegar in its pure, unaltered state can ensure that the user receives the maximum level of benefits.

The most beneficial form of apple cider vinegar is referred to the “mother” form, which is the pure, murky, unpasteurized version of apple cider vinegar. Though it is not the most visually appealing, the nutrients are in their purest form and is the most noted type of apple cider vinegar to use according to scientists and health professionals. From curing nearly everything under the sun ranging from dandruff to allegations of even being able to help cure certain kinds of cancer in some cases, according to [this](#) article by The Hearty Soul, apple cider vinegar is quickly gaining recognition as an all-natural lifesaver.

Below is an excerpt from [The Alternative Daily](#) that gives a breakdown of the beneficial ingredients found in apple cider vinegar:

Raw organic apple cider vinegar (ACV) is made from organic apples and undergoes a double fermentation process, which produces enzymes and preserves many of its health-promoting characteristics. Some of the beneficial ingredients in raw organic ACV include:

Potassium: essential for normal heart, kidney and other organ function

Iron: important for blood health

Magnesium: vital to heart health

Enzymes: boost chemical reactions in the body

Malic Acid: protects vinegar from viruses, bacteria and fungus

Acetic Acid: slows the digestion of starch

Calcium: builds strong bones and teeth

Pectin: helps regulate blood pressure and cholesterol

Ash: maintains a healthy alkaline state in body

After learning all of the positive attributes of apple cider vinegar, the next step is to decide which kind of apple cider vinegar is right for you and the intended use(s). There are several different types of apple cider vinegar available on the grocery store shelves as well as online. The differentiation between types of apple cider vinegar are dependent upon the processing of the substance. Though there are no chemical additives, each form has been filtered to an extent, and the less that apple cider vinegar has been filtered, the more nutrients it holds. This article posted on [Body Ecology](#) breaks down the three types of apple cider vinegar:

Unfiltered: Some bottles are labeled "filtered," while the kind we recommend is labeled "unfiltered."

Unpasteurized: Unpasteurized apple cider vinegar contains the "mother" of the vinegar (a natural sediment with pectin, trace minerals, beneficial bacteria and enzymes), which you can see floating at the bottom of the bottle.

Organic: choosing apple cider vinegar made with organic apples is a great way to maximize the minerals and minimize your exposure to pesticides.

For those who are still finding themselves wondering "why is the use of apple cider vinegar relevant when there are so many other products on the market that can produce the same results?" With society being encouraged to live a more "healthy" lifestyle, the use of processed and chemically altered health and beauty products have been on the decline. Major brands of food, health, and beauty products have gone under major marketing and recipe renovations to be able to include their brands in the "all-natural" epidemic that is taking over the food and wellness industry. Being all-natural and versatile in its uses has deemed apple cider vinegar the "miracle cure" to many issues that people face. From dandruff and sunburns to glucose regulation, apple cider vinegar has been deemed a "jack of all trades" healing remedy in the holistic community. Rather than using products that contain a grocery list of unheard-of ingredients, the use of apple cider vinegar produces the same, if not better, solutions to these problems while staying in its pure form, giving users a peace of mind in knowing what is going into their bodies.

The average cost of a quart of apple cider vinegar is under \$5 (USD) which makes it affordable for many people. Apple cider vinegar can be purchased from most all supermarket shelves and is even sold online for convenience. The fact that it is so multifaceted in its usages contributes to the claims of it being a "miracle," because how many other products

can state that their product can heal both dandruff and aid in weight loss simultaneously without help from other questionable chemicals? Not very many.

## Chapter 2

# Why Apple Cider Vinegar Works



In regards to health, the use of apple cider vinegar has not been proven as the almighty, completely curing antidote, but its usage can help decrease the chances of contracting viral diseases as well as improving bodily functions to maintain a healthy lifestyle. When used in weight loss studies, for example, results show that the group of participants who used apple cider vinegar alongside their diet and exercise regimen lost about 1-2 pounds more on average

than those who did not.

Though this is not a large difference, researchers at [WebMD](#) attest that the use of apple cider vinegar can help activate weight loss genes in the DNA that otherwise may not have been active in weight loss previously. By catalyzing these dormant genes through the consumption of apple cider vinegar, participants were able to increase the rate that they burned body fat and lost weight in addition to regular exercise and a balanced diet. So, why choose apple cider vinegar instead of one of those fad diet supplements on the store shelves? What makes it more reputable than other products that can serve similar purposes? Yes, it is multifunctional, but what exactly does that mean?

“Gut flora” translates to the healthy, good bacteria that is found in the human digestive system from birth for the duration of human life which has been noted as having positive correlations with apple cider vinegar. Oftentimes, bacteria in the human digestive system can cause serious issues and discomfort in humans, but apple cider vinegar is noted as being a healing agent in digestive discomfort. Some of the most common users that ingest apple cider vinegar to relieve digestive issues are those who are gluten intolerant as [noted](#) in *The Alternative Daily*. Being completely gluten-free is a hassle for most who suffer from the intolerance, so having a readily available remedy in the case of a reaction is important. The gut flora found in the digestive system is responsible for maintaining digestive health and keeping indigestion and other discomforts at bay. With the use of apple cider vinegar on a regular basis, the gut flora is able to function at a higher rate while having additional vitamins and nutrients added to the digestive system.



“The Mother” is a term for the enzymes that cultivate in pure, unpasteurized apple cider vinegar. When discussing the usefulness of apple cider vinegar and its many beneficial properties, the “Mother” enzyme is what is being referred to. Though it is not attractive to look at, and often looks like dirt or debris settling on the bottom of the container, it is completely safe, healthy, and encouraged to consume. Bragg’s brand of apple cider vinegar, as shown below, is noted to contain “The Mother” enzyme in its fermentation process. Many health and beauty experts name Bragg’s apple cider vinegar as their top-choice to use in household remedies.

**Bragg Vinegar Health Drink**  
*Delicious, ideal pick-me-up at home, work, sports or gym. Perfect taken 3 times daily – upon arising, mid-morning and mid-afternoon.*  
 1 to 2 tsps Bragg Organic Vinegar in 8 oz Glass Purified Water and (optional) 1 to 2 tsps Organic Honey, 100% Maple Syrup, Blackstrap Molasses or 4 drops Stevia

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**Ingredients:** Certified Bragg Organic Raw Apple Cider Vinegar is unfiltered, unheated, unpasteurized and 5% acidity. Contains the amazing Mother of Vinegar which occurs naturally as strand-like chains of connected protein molecules.  
**If sediment occurs, shake before using.**  
 Bragg Organic Raw Apple Cider Vinegar is made from delicious, healthy, organically grown apples. Processed and bottled in accordance with USDA guidelines; it is Certified Organic by Organic Certifiers and Oregon Tilth; and is Kosher Certified. Bragg Organic Raw Apple Cider Vinegar is full of zesty natural goodness. It's a wholesome way to add delicious flavor to salads, veggies, most foods, and even sprinkle over popcorn.  
 Apple Cider Vinegar has been highly regarded throughout history. In 400 B.C. the great Hippocrates, Father of Medicine, used it for its amazing cleansing and healing and energizing health qualities.  
 Recycle Bragg Liquid Aminos Spout Cap – it's great for this Bragg Vinegar bottle.  
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“The Mother” refers to a natural strand of enzymes and friendly bacteria that give the apple cider vinegar a “murky, cobweb-like appearance” as described by [Authority Nutrition](#). Though not the most visually appetizing, this form of apple cider vinegar is the most noted form by health and beauty professionals as the type to use in order to yield the best results. When shaken, the “Mother” enzyme unsettles from the bottom and is mixed in with the rest of the apple cider vinegar liquid to evenly distribute all of its nutrients.

In the discussion of the “Mother” enzyme of apple cider vinegar helping treat illnesses, there are some back-and-forth debates over just how effective apple cider vinegar is as opposed to other forms of treatment. By using the smallpox virus (which now, through vaccinations at early stages in life, is for the most part done away with) and its treatment styles throughout the years, the idea of using apple cider vinegar as a healing elixir began to gain notoriety. Though the smallpox virus is now generally prevented by receiving a vaccine as an infant, this was not always the case. It was perceived by doctors in the late 19th century that the use of apple cider vinegar could cure the smallpox disease or decrease the chance of

contracting the virus over all. [This](#) excerpt from a 2013 report titled “Dissolving Illusions” by Suzanne Humphries, MD covers the beginnings of the idea of using apple cider vinegar as a viral treatment. Throughout the report, Humphries discusses the usage of apple cider (and regular) vinegar and how some deemed it “silly” and that it is silly to believe that such a product can help heal some of the most life-threatening viruses. By debunking some of the previously used “treatments” for smallpox which included, “the age-old prophylaxis for smallpox: raw, disease-laden, contaminated pus scrapings from an infected animal's (usually a cow) belly, diluted in glycerin, and scratched into the human arm with a metal prong until the arm was raw and bleeding” and asking her audience what seems “sillier” as a treatment in modern day, Humphries is looking to add credibility to apple cider vinegar usage alongside other prescriptions to help catalyze the healing process. Though in history the scraping of cow belly as aforementioned seemed normal and a way to rid patients of smallpox, in modern day it comes off as hokey and disgusting to many. With the innovation of medicine and holistic living in full effect, learning that there are other less “primitive” ways of curing diseases is propelling society forward in the field of natural medicine.

## Chapter 3

# 40 Uses and Health Benefits of Apple Cider Vinegar

Through extensive research and countless websites, books, and academia regarding the health benefits of apple cider vinegar, the list compiled below is a review of the 40 most useful health benefits of apple cider as noted by scientists, dietitians, beauticians, and a multitude of notable sources across the board. The range of uses for apple cider vinegar is both extensive and what some would say a bit



random. The same substance that can resolve dandruff issues on your scalp can also remove stains from your clothing. Normally, when products make these claims it raises some eyebrows on consumers, but with apple cider vinegar's natural, unaltered state, consumers can ensure that they are receiving a product that will benefit their health and the quality of their belongings.

1. **Diabetes Prevention**: Professionals say that the consumption of apple cider vinegar may lead to improvements in insulin sensitivity which can decrease the ability to develop Type 2 Diabetes. ([Source](#))
2. **Natural Sleeping Aid**: Apple cider vinegar can aid in insomnia relief. Mix one tablespoon of apple cider vinegar into one-half cup of honey (preferably organic or locally harvested) and consume one tablespoon of the mixture every half hour until you fall asleep. ([Source](#))
3. **Salad or Pickling Agent**: Apple cider vinegar can be used in a variety of recipes as a salad dressing or in the process of pickling vegetables. The high acid content of apple cider vinegar makes it a popular choice in building vinaigrette recipes. Using apple cider vinegar as a replacement of balsamic vinegar is a common way to consume. ([Source](#))
4. **Facial Toner and Astringent**: Dip a washcloth into a 1:1 mixture of warm water and apple cider vinegar and gently apply to face to cleanse skin and even reduce the appearance of fine facial lines over time. ([Source](#))
5. **Holistic Hiccup Cure**: It has been noted that the sour, pungent taste of apple cider vinegar has the ability to stop hiccups dead in their tracks. The sour taste of apple

cider vinegar sends a message to the throat through a series of muscle spasms to cancel out the message to the brain to hiccup. [\(Source\)](#)

6. **Fight Candida:** Candida, commonly referred to as yeast, can pose as an issue to the body if it is made in unmanageable amounts. Excess yeast production is a common bodily issue, and the use of apple cider vinegar provides enzymes to cut through and rid the body of excess bacteria. It is noted that this practice is one that “gets worse before it gets better”. Ridding the body of yeast causes a Herxheimer reaction, but this is a positive reaction from the toxins in the yeast being removed. It is uncomfortable, but nothing to be alarmed about. Consume 1 tablespoon of pure apple cider vinegar on an empty stomach for optimal results. [\(Source\)](#)
7. **Sunburn Relief:** When aloe vera isn’t enough to subside the agitating sting of a sunburn, apple cider vinegar can provide relief. Adding a cup of apple cider vinegar to a warm bath can gently relieve the discomfort of sunburned skin and aid in the healing process. [\(Source\)](#)
8. **Decrease the Chance of Animals Contracting Fleas and Other Parasites:** Is your furry, four-legged friend prone to getting fleas? Researchers say that rubbing a 1:1 mixture of apple cider vinegar and water on your pet’s fur can act as a chemical-free deterrent of fleas and other pests. [\(Source\)](#)
9. **Stop Pet Damage:** When household animals, especially young ones in their teething phase, find attractive things in the house to chew on (which usually are not their toys, unfortunately) breaking the habit can be difficult. The example used from the source is in regards to cats biting power cords where it is noted that the purpose of using apple cider vinegar and applying it to “problem areas” (where your pet has taken a liking to chewing) with a cotton ball can deter them from providing further damage. [\(Source\)](#)
10. **Foot Fungus and Discomfort Relief:** Whether you wear high heels on a regular basis or have found yourself with a fungal infection, an apple cider vinegar soak can provide instant relief and fungus removal. Apple cider vinegar acts as both a muscle relaxer as well as a holistic cleaning agent to remove fungi. [\(Source\)](#)
11. **Dandruff Repellent:** Apple cider vinegar, as noted by Dr. Oz, is a natural way to rid your scalp of dandruff. Dandruff is caused by yeast and product buildup on the scalp, and through the change in the pH balance of the scalp, apple cider vinegar is able to cleanse the scalp, and through regular use, keep dandruff at bay. The recommended proportions to use are a 1:1 mix of water and apple cider vinegar in quarter-cup measurements and to follow by wrapping the hair in a towel twice a week for about 15 minutes. [\(Source\)](#)

12. **Body Fat Elimination**: When consumed before a meal on a consistent basis, apple cider vinegar stimulates the body and alerts receptors in the brain more efficiently when the body is full, as well as curbing the appetite to avoid excess eating. ([Source](#))
13. **Callus Removal**: Soak feet in unpasteurized apple cider vinegar for 30 to 60 minutes to soften the rough, callused skin. Use a pumice stone to buff off dead skin and soak for an additional 15 minutes after skin removal. ([Source](#))
14. **Allergy Relief**: Nothing denotes a season or weather change quicker than a sudden headache and a stuffy nose. The lymphatic system, which is responsible for causing congestion, can be soothed by the use of apple cider vinegar to reduce the symptoms of allergies. With correct and consistent usage, the symptoms of sinus infections (increased mucus and sore throats) can also be kept at bay. ([Source](#))
15. **Dish Washer Detergent**: Apple cider vinegar can substitute any dishwasher detergent (pod or liquid). Being a more holistic way of cleaning, apple cider vinegar provides the same cleaning capability as other major brands in a way that is safe and chemical-free. ([Source](#))
16. **Weed Repellant and Fertilizer**: Apple cider vinegar can act simultaneously as a weed repellant and fertilizer for home gardens. Instead of spending the extra cash at the grocery store for “organic” (no pesticide use) produce, you can grow your own in your home garden for much cheaper. To use as a fertilizer, pour a 1:1 (depending on the area of the treated space) mixture of water and apple cider vinegar directly onto weeds. This also acts as a pesticide so the need to add any insecticides or pesticides to your crops is unneeded. ([Source](#))
17. **Joint Mobility and Cramp Relief**: Soaking for 30 minutes in a tub of warm water and apple cider vinegar can relieve muscle and joint discomforts. It is also encouraged to drink plenty of water before and after the bath to ensure that your muscles remain hydrated. Apple cider vinegar can dissolve acid crystals in the body and provide nutrients such as calcium and potassium. Add one cup of apple cider vinegar to your bathwater to yield such results. ([Source](#))
18. **Restroom Refresher**: Leaving apple cider vinegar overnight in the toilet bowl will create a lasting, attractive aromatic apple fragrance in your restrooms. By combining with water, the pungent vinegar smell is neutralized leaving a fresh apple scent. ([Source](#))
19. **Energy Booster**: Fatigue is brought on by many different factors from extreme energy usage to lack of sleep. The feeling of fatigue is brought on by an increase of lactic acid in the body. To counteract this, adding 1-2 tablespoons of apple cider vinegar to a glass of water can provide a sufficient amount of amino acids, which serve as an

antidote, to combat the feeling of fatigue. With less health risks than excessive caffeine usage, a glass of apple cider vinegar infused water can keep the mid-day work lull at bay. [\(Source\)](#)

20. Curb Sugar Cravings: The consumption of a tablespoon of apple cider vinegar mixed with 6 ounces of water can deplete the craving for sugar. [\(Source\)](#)
21. Lower “Bad” Cholesterol: The chlorogenic acid found in apple cider vinegar has shown through research to be able to prevent cholesterol from collecting and crystallizing in the bloodstream. When arteries are clogged due to excessive cholesterol, a series of serious health risks may occur, and the increased (but not excessive) consumption of apple cider vinegar may keep the channels in the bloodstream from accumulating excess cholesterol. [\(Source\)](#)
22. Cancerous Tumor Reduction: While apple cider is not the miracle cure for cancer, it was noted in a Chinese study that the increased consumption of vinegars and vegetables decreased the chances of individuals contracting esophageal cancer. The acetic acid found in apple cider vinegar has been noted in studies as having tumor-reducing properties. [\(Source\)](#)
23. Toxin-Free Deodorant: Though it does not offer wetness protection (sweating is the body’s natural way of detoxifying—so blocking the ability to sweat prohibits toxins from leaving the body) apple cider vinegar can be applied under the arms to eliminate body odor. Do not worry about the vinegar smell, it neutralizes after drying. [\(Source\)](#)
24. Food Preservation: Apple cider vinegar has been used as a preservative to keep food preserved and decrease the chance of it contracting the E. coli bacteria. This practice is the holistic equivalent to using pesticides and other chemical-based preservation styles. [\(Source\)](#)
25. Stop Nose Bleeds: Insert cotton swabs soaked in apple cider vinegar into each nostril until bleeding ceases. Apple cider vinegar contains properties that constrict the blood vessels which causes it to act as an astringent in order to stop bleeding. [\(Source\)](#)
26. Improve Bone Health: “The abundance of calcium, potassium, magnesium, and other vital minerals, makes apple cider vinegar a good candidate for maintaining bone health” notes Jill of “One Good Thing by Jillee” [\(Source\)](#)
27. Make Gluten-Free, Dairy-Free “Buttermilk”: When mixed with rice milk, apple cider vinegar can be used to sour rice milk to create a similar consistency to buttermilk. For those with a dairy-free diet, this buttermilk recipe can help create some recipes that require buttermilk while still staying within dietary restrictions. [\(Source\)](#)

28. **Reduction in Excessive Blood Sugar:** Apple cider vinegar has proven to benefit those diagnosed with diabetes, as well as aiding in insulin regulation and lowering excess blood sugar in the bloodstream. The excerpt from Authority Nutrition gives an at-a-glance list of some of the notable benefits that apple cider vinegar has on diabetes and blood sugar:
- Improves insulin sensitivity during a high-carb meal by 19-34% and significantly lowers blood glucose and insulin response.
  - Reduces blood sugar by 34% when eating 50 grams of white bread.
- 2 tablespoons of apple cider vinegar before bedtime can reduce fasting blood sugars by 4%.
- Numerous other studies, in both rats and humans, show that vinegar can increase insulin sensitivity and significantly lower blood sugar responses during meals.”
- [\(Source\)](#)
29. **Acts as a “No-Poo” Conditioner:** With no-poo (the ceased use of chemically manufactured shampoos and conditioners) becoming increasingly more popular, especially in the curly, natural-haired community, apple cider vinegar has been noted as one of the best alternatives to the types of conditioner sold on store shelves that contain sulfates and other drying, harmful chemicals. By revitalizing the hair and giving more shine to your locks, the pH in apple cider vinegar creates shine and rids the hair of product buildup. [\(Source\)](#)
30. **Reduce the Appearance of Age Spots:** Apple cider vinegar contains sulfur, which is an active ingredient in many anti-aging products. Applying apple cider vinegar directly to age and liver spots over time will decrease their appearance on the skin. It is noted to not wipe the apple cider vinegar off after application, and that if burning or discomfort occurs, then to dilute with water.
31. **Relieve Gas and Bloating:** One tablespoon of apple cider vinegar mixed in water or herbal tea rids the body of gas and bloating. It is required to dilute with another liquid due to its high acidic content, which can cause esophageal damage (also to give a more pleasant, less pungent, vinegar-y taste). [\(Source\)](#)
32. **Insect Bite Relief:** Dabbing a 50:50 mixture of apple cider vinegar and water on an insect bite can reduce the burn and redness caused, giving instant relief and accelerating the healing process. This process is also noted as helpful when relieving burns. [\(Source\)](#)
33. **Wart Removal:** Cover wart with crushed garlic and a cotton pad soaked in apple cider vinegar. Place a bandage over the cotton pad and let soak overnight, and in the morning cover the wart in castor oil and re-bandage with fresh dressing. Repeat this process until the wart falls off. [\(Source\)](#)

34. **Indigestion Relief**: Sip a mixture of 1 tablespoon of honey, 1 tablespoon of apple cider vinegar, and a cup of water 30 minutes before indulging in foods that cause indigestion. ([Source](#))
35. **All-Purpose Cleaner**: The combination of a 1:1 ratio of water and apple cider vinegar (measurements dependent upon the amount of cleaner needed, but the ratio provides consistency) partnered with 2-3 drops of the essential oil of choice creates an all-purpose cleaner that is safe to use on surfaces around the home. ([Source](#))
36. **Natural Teeth Whitener**: If you're looking to do away with chemical cleaners and maintain a pearly white smile, simply add 1/2 teaspoon of apple cider vinegar to a cup of water and swish and gargle in ten-second increments until the cup is empty. ([Source](#))
37. **Eliminate Yeast and Urinary Tract Infections (UTI)**: By adding 1.5 cups of apple cider vinegar to a warm bath for the first three days of the infection, the bacteria found in unpasteurized apple cider vinegar can soothe pain and rid the body of the infection. ([Source](#))
38. **Promotes "Alkalinity"**: Apple cider vinegar increases the alkaline properties in the human body which is why it is considered a reputable source of cancer treatment. Cancer appears in bodies that lack alkalinity. By increasing alkaline levels through the consumption of apple cider vinegar, the chances of developing cancerous cells decrease significantly. ([Source](#))
39. **Deep Cleaning Your Dishwasher**: As opposed to cleaning your dishwasher with harmful chemicals, pour one cup of apple cider vinegar into the bottom of the dishwasher and run a normal cycle. The antibacterial properties in apple cider vinegar are a safer, more holistic way of cleaning than using harmful cleaning products. ([Source](#))
40. **Mood Enhancement**: If you find yourself in a negative, crummy mood, stir in 1-2 tablespoons of apple cider vinegar into your water or herbal tea for an instant energy boost. The amino acids in apple cider vinegar create tryptophan, which helps the brain create and release a higher amount of the 'feel-good' neurotransmitter, serotonin. ([Source](#))

To learn even more ways to use apple cider vinegar as a miracle cure, [click here](#).



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