

THE BENEFITS OF CIDER VINEGAR-THE NATURE OF DISEASE - Author Unknown

Food has certainly been the down-fall of man's health. With all the rubbish he stuffs into his delicate, yet adaptable organism, it is no wonder that there is so much unnatural disease rampant today. From the day he ate his first meal man has forever abused his system with the wrong types of food. He has not been rational in his eating habits, but has merely satisfied his banal desire for stimulating, refined and processed fare. The day will come, however, when he suddenly realizes that his food habits effect his physical as well as mental wellbeing. He will then realise that he had been satisfying his debased taste buds, rather than sustaining the body. The wise, however, look toward nature for their answer; with patience and perseverance they have re-discovered the answer to man's dilemma. The answers although simple are extremely effective as they do not entail unnatural chemical compounds - it is the utilization of these wonderful gifts from nature which are so efficacious and free for all! There have been many natural curative formulae discovered throughout the centuries, which have proved themselves safe and yet effective. Natural resources have been used since the days before Christ viz: Sunshine, Water, Air - herbs and homebrews have been used for generations too by our ancestors. Honey is also a natural wonder, together with many other folk preparations which have been handed down through the ages. Amongst these APPLE CIDER VINEGAR has been widely used as a successful remedy for a number of ailments. We find that, with the abuse of the body, inordinate amounts of waste matter have accumulated within the system. In the early stages these are not so apparent as the body is still vital enough to deal with this extra burden. However, if an attempt is not made to eradicate these toxic accumulations, the body has to deal with more and more pressure, resulting in aches and pains. Later in life these efforts to eliminate these encumbrances result in influenza, bronchitis etc; and, if these healing efforts are suppressed by continued wrong living and drugs, the acute symptoms become chronic and insidious. Rheumatism, arthritis, cancer, heart ailments, high blood pressure etc, are all signs that the body has been neglected by the suppression of natural healing crisis's. There are certain preparations, however, which assist the body in eliminating these toxic substances and this is where these natural curative methods have found a valuable place in the healing arts. To abstain from those foods and drinks which add to this unnecessary accumulation, is a great assistance to the body i.e. those refined and denatured food items such as bread, starch, white sugar, and their products; together with the unnecessary food items which cause excessive mucous and toxic waste in the system e.g. meat, eggs, dairy produce, legumes, cereals. However, one may now ask what should one eat if these are to be eliminated from the diet. Where one cannot completely abstain from these products, moderation is the key word in this instance, together with certain herbal and folk preparations which assist in the breakdown of the acids and mucous waste.

CIDER VINEGAR "An apple a day keeps the doctor away" (the dentist too!) - is an oft quotation which should not be considered as just an obsolete "Old Wives Tale", as there is more than meets the eye in these axioms of yore. Apples are among the most health-giving fruits available as they contain a host of nutritious properties viz: Phosphorous, Cholerine, Potassium, Sodium, Magnesium, Calcium, Sulphur, Iron, Fluorine, Silicon, plus many trace elements and all of these are found in PURE APPLE CIDER VINEGAR.

WHAT DOES IT DO? Amongst other things, cider vinegar is very effective in detoxicating various organs in the body together with the blood stream. Hence it is a purifier, as it has a means of breaking down fatty, mucous and phlegm deposits within the body. It therefore, promotes the health of the vital organs of the body e.g. kidneys, bladder, liver etc., by preventing an excessively alkaline urine. Cider vinegar also helps oxidate the blood which consequently prevents the blood from becoming too thick and gluey, which gives rise to a strained heart and blood vessels resulting in high blood pressure. Cider vinegar also promotes digestion, assimilation and elimination and it neutralizes any toxic substance taken into the body. There have been a number of instances where people who had taken a mixture of cider

vinegar and water before a meal were unaffected by diarrhea, or digestive upsets, whilst their companions who ate the same meal were. Hence the cider vinegar seemed to neutralize the harmful substances in the food eaten.

POTASSIUM : Apple cider vinegar has a potent supply of potassium which has become so widely acclaimed in the helping of various complaints including: running nose. Excessive mucous formation, watery eyes, sinus and catarrhal troubles. Teeth decay and the splitting of finger nails are also signs of potassium deficiency which are remedied by taking cider vinegar. Potassium is essential for the normal growth of the body and for the replacement of worn-out tissues which depend upon the presence of this mineral. It is as important to the soft tissues, as calcium is to the bones and teeth and it also retards the hardening of the blood vessels.

As potassium is so important in the healthy growth of a plant, animal and human, a deficiency of this mineral will produce such tendencies as callous formations on the soles of the feet, or the failure to replace worn-out tissues as observed in the loss of hair.

Tests have proven that a soil deficient in this mineral-salt will produce anemic and undersized plants, however, when potassium is introduced into the soil the plant becomes sturdier and increases in height. This is also the case with animals, where potassium which was fed to livestock, in the form of cider vinegar, improved their appearance and stamina. Humans too, can benefit with this increased potassium intake. Especially where children are slow developers and appear undersized. A few teaspoons of cider vinegar taken with water each morning will show tremendous results. The best way to introduce cider vinegar to the family, is to substitute it for the ordinary table vinegar and use it in the cooking. Potassium acts as a restraining influence upon those who are over-excitable and nervous. It draws fluid back into the cells, for when potassium is lacking the body cells shrink and their normal activity is restricted.

THE USES OF CIDER VINEGAR : A number of outstanding authorities have proven the therapeutic advantages of using cider vinegar for numerous complaints ranging from obesity and overweight to arthritis. Besides the therapeutic benefits derived from taking cider vinegar therapy, as outlined in this book, it can also be used for a number of other purposes e.g. salad dressing, pickling, a flavour in cooking etc. It also makes a very refreshing drink, hot or cold, with or without honey - this should take the place of normal tea and coffee which are so habit-forming and unnecessary commodities.

Try using cider vinegar where lemon juice is required e.g. in making mayonnaise, or just sprinkle some on a salad before serving; sprinkle on pawpaw for a refreshing breakfast, or just use on potato chips!

EFFECTS OF CIDER VINEGAR ON THE BLOOD: When the blood is deficient in some minerals or biochemical salt, ill-health is the outcome e.g. boils break out, suppurating blisters become apparent, pimples appear on the face etc. It has been found however, that cider vinegar helps with the cleansing as well as the clotting of the blood. Oxidation of the blood is very important and cider vinegar is again an effective treatment for this. Besides introducing the important minerals into the blood stream, as mentioned above, cider vinegar also helps in the clotting of blood. This is of tremendous help to those people who are commonly termed 'bleeders', as they live their lives in fear of cutting themselves due to the blood's inability to clot, and it will also enhance the healing process.

AILMENTS-

ARTHRITIS: Use the cider vinegar and honey treatment for arthritis and also apply cider vinegar externally to painful joints. This entails drinking a glass of water with two teaspoons of cider vinegar and

two teaspoons of honey three times a day. Local treatment can also be given by soaking the arthritic hand, or foot in a strong, comfortably hot solution of cider vinegar for ten minutes, two or three times a day - (a quarter of a cup of cider vinegar to one and a half cups of water). Arthritic knees can be attended to by making a poultice - soak the cloth in a mixture of cider vinegar and water, (as per above mixture) wring out and wrap it around the joint, then secure with a dry cloth to retain heat. When the wet cloth cools, it should be wrung out in the hot solution and applied afresh. Repeat several times, twice daily.

ASTHMA: One tablespoonful of cider vinegar added to a glass of water should be taken in sips for half an hour. After a further half an hour has elapsed the treatment should be repeated. The wheezing should lessen in intensity quite considerably. However, should wheezing still persist a second glass of the same mixture should be taken. Deep breathing exercises are also a beneficial treatment.

BLOOD LOSS: It has been discussed above how cider vinegar helps in preventing blood losses. In any circumstances where the flow of blood is too free and is too persistent, such as when a person has a nose bleed without any apparent reason, then two teaspoons of cider vinegar in a glass of water, three times a day will aid in restoring the natural clotting properties of the blood.

COLITIS: The cider vinegar and honey treatment has been used effectively in the treatment for colitis. Take the normal dosage of two teaspoons cider vinegar and honey with water, three times a day. An enema of a teaspoonful or more of molasses is also very helpful.

COUGHS: There are many types of coughs for various reasons, and these should be treated with reference to their nature and intensity. However, the cider vinegar and honey treatment will prove an efficacious treatment in this respect. Two teaspoons of cider vinegar and two of honey mixed with a glassful of water should be taken before meals, or when the irritation occurs. In the evening it would be an idea to have this mixture by your bed so that it can be sipped during the evening if an attack presents itself.

DIARRHEA: It has been mentioned above how cider vinegar helps with the digestion, assimilation and elimination of food, and that it is an antiseptic to the intestines and the whole of the digestive tract. Due to its healing properties, diarrhea can be controlled in a very short time, (that is unless some serious physical disorder is apparent). The treatment being, one teaspoonful of cider vinegar in a glass of water should be taken before and in between meals i.e. approximately six glasses during the course of the day. It should be noted, however, that diarrhea is a natural attempt on the part of the body to eliminate some poison which is irritating the digestive tract, on no account should any drugs be taken to suppress these healing symptoms - on the other hand the cider vinegar will lessen the intensity, but will allow the natural course of elimination to take place.

DIZZINESS: Two teaspoons of apple cider vinegar together with two teaspoons of honey in a glass of hot or cold water three times a day should help this annoying occurrence quite considerably. However, one should never expect instant results, as nature works slowly, yet very effectively. You will notice a lessened intensity whilst you progress.

EAR DISCHARGE: The treatment for this complaint, which usually occurs during childhood is: one teaspoonful of cider vinegar in a glass of water to be taken mid morning and mid afternoon. The discharge should shortly disappear.

ECZEMA: Take the usual dosage of cider vinegar and honey in a glassful of water three times a day, with meals. An application of well diluted cider vinegar can also be applied to the skin several times daily i.e.

one teaspoonful to half a cup of water. Under no circumstances should salt be taken, as this aggravates the eczema condition considerably. There is usually a potassium deficiency in those people suffering from eczema.

EYES (TIRED AND SORE): The cider vinegar therapy together with honey is the essential ingredients here. Two teaspoons of each taken in a glassful of water, three times a day. This mixture retards the onset of tired and sore eyes which are usually apparent in later life, as it supplies them with those vital elements essential to their health and functioning.

FATIGUE: Chronic fatigue is a warning that the body needs some attention. Most people suffering from chronic fatigue do not have enough good, sound sleep. Either they go to bed too late, or they are one of those people who just need more sleep than most. It is better to get as many hours in bed before midnight as possible. To remedy a poor quality sleep, honey is highly recommended, as it acts as a sedative to the body. Twenty minutes after the honey has been taken into the mouth it has been digested and absorbed into the body. This is because it is a predigested sugar, which has been digested in the stomach of the honey bee, and therefore requires no effort on the part of the human stomach for digestion. Keep the following mixture by your bedside to be taken as indicated: three teaspoons of apple cider vinegar to a cup of honey.

Take two teaspoons of the mixture before retiring. This should induce sound sleep within an hour, if however, you have been unable to sleep within this period repeat the dosage.

FOOD POISONING: As mentioned earlier there have been many cases where people who were in the habit of taking cider vinegar regularly never suffer any side effects from food poisoning. The cider vinegar has an antiseptic quality which seems to render noxious food harmless.

HAIR LOSS: The falling out of hair is primarily due to a tissue salt deficiency, thus cider vinegar with its 'wonder products' will re-establish a natural balance, and supply the deficiencies where needed. Therefore, by taking the cider vinegar treatment the hair will maintain its natural growth. It will cease to fall out and grow more rapidly and thickly. This will take approximately two months, so perseverance is needed. The dosage is one teaspoonful of cider vinegar to a glass of water to be taken with or between meals. Cider vinegar can also be used externally for the treatment of dandruff, see under heading of External Treatments.

HAYFEVER: This ailment is marked by watery eyes, sneezing and running nose, in other words there is an excess of fluid which the body is drastically trying to offload. For an effective relief, honey and cider vinegar should be utilized which will bring excellent results. A tablespoonful of honey should be taken after each meal for approximately a fortnight before the onset of the hay-fever season. The ordinary dosage of cider vinegar and honey should then be taken viz: two teaspoons of cider vinegar and two of honey in a glass of water, three times a day. This dosage should be maintained during the entire hay-fever season.

HEADACHES: There are several types of headache, caused by various reasons. Some are associated with organic disorders, such as kidney troubles, others are known as psychogenic, or tension headaches. Then we have the most annoying of all; the migraine headache. Many people have had relief from headaches by the use of honey. Two teaspoons taken at each meal may well prevent an attack. Another effective means is to take apple cider vinegar. Equal parts of cider vinegar and water should be placed in a small basin on the stove, allowing it to boil slowly. When the fumes begin to rise from the basin lean your head over it until the fumes are comfortably strong. Inhale for approximately 50 to 80 breaths. Generally this alleviates the headache considerably, if not entirely.

HEARING: (Impaired) The treatment of impaired hearing has had excellent results on the apple cider vinegar therapy. Take the normal dosage three times daily and notice the improvement.

HEARTBURN: This usually occurs after eating, sometimes up to two hours later. This very unpleasant feeling can be alleviated by taking the usual dosage of cider vinegar and water before meals.

HEMORRHAGES: As previously pointed out cider vinegar helps the blood to clot more easily. When a person who regularly drinks cider vinegar cuts himself, the wound will dry up almost instantaneously, as there will be no profuse bleeding. If, however, wounds do not heal quickly, the following procedure should be undertaken; two teaspoons of cider vinegar taken in half or a whole glass of water at mealtimes as well as in between, therefore six glasses in all are imbibed. For extra efficiency a very weak solution of cider vinegar with water can be applied to the sore, wound or cut.

Poultices of cider vinegar (see instructions under the heading Arthritis) can be applied to a stubborn open wound.

HICCOUGHS (HICCUPS): These have been known to be eradicated by drinking a teaspoon of cider vinegar neat! Alternatively cider vinegar with water can be taken before mealtimes to prevent this occurrence.

HIGH BLOOD PRESSURE: There are a number of reasons why a person suffers from this common yet serious condition. As mentioned earlier, health will be maintained only if one is prepared to adjust his living and eating habits. Cider vinegar is not the cure-all of man's suffering, it is only one of the many means towards a healthier and happier life. In the case of High Blood Pressure, one's eating habits must be taken stock of to ensure a speedy and effective recovery. Emphasis is on the natural, organically grown foods which are given to us in the form of fresh fruits, vegetables and honey - rather than the high protein foods which include eggs, meat, milk, cheese, nuts, beans etc. A balance must be maintained between the proteins and carbohydrates and one should definitely not over indulge on these protein and starchy foods. Wheat products should also be eliminated completely, together with salt which is very detrimental to the health, especially for those suffering from high blood pressure. The following dosage should be taken daily: two teaspoons of apple cider vinegar and honey in a glass of water - up to three to four times a day.

INSOMNIA: There are also a number of causes as to why people suffer from insomnia; however, there have been excellent results with the cider vinegar and honey treatment as follows: two teaspoons of cider vinegar and two of honey in a glass of water to be taken before retiring. It would also be beneficial to have a glass of this mixture by the bedside to sip if needed. Under no circumstances should drugs be resorted to, as these are both harmful and habit-forming. Under severe cases, a naturopath or homeopath should be consulted. If has been found that the prime cause of insomnia is due to a deficiency of phosphate of potash and phosphate of iron; this combination can be found in the biochemical salt known as kali phos, which can be obtained from your local health shop.

KIDNEYS AND BLADDER: Due to the eliminative nature of cider vinegar, the kidneys and bladder can benefit tremendously by a 'flushing', which they receive when the following cider vinegar therapy is undertaken: two teaspoons of cider vinegar in a glass of water six times a day. It would be beneficial to drink a couple of glasses of water in the morning, taking one teaspoonful of cider vinegar in each drink. Comfrey tea, first thing in the morning with a teaspoon of cider vinegar will also create a sufficient cleansing action. Inflammation of the kidneys, called pyelitis, in which pus cells are present in the urine, will generally clear up with the above-mentioned treatment.