

What is Apple Cider Vinegar?

Apple Cider Vinegar (ACV) is an effective natural bacteria-fighting agent that contains many vital minerals and trace elements such as potassium, calcium, magnesium, phosphorous, chlorine, sodium, sulfur, copper, iron, silicon and fluorine that are vital for a healthy body.

Natural Apple Cider Vinegar is made by crushing fresh, organically grown apples and allowing them to mature in wooden barrels. This boosts the natural fermentation qualities of the crushed apples, which differs from the refined and distilled vinegars found in supermarkets. When the vinegar is mature, it contains a dark, cloudy, web-like bacterial foam called *mother*, which becomes visible when the rich brownish liquid is held to the light. The mother can be used to add to other vinegar to hasten maturity for making more Apple Cider Vinegar. Natural vinegars that contain the mother have enzymes and minerals that other vinegars in grocery stores may not have due to over-processing, over-heating, and filtration. For this reason, it is recommended that you purchase only *Natural* Apple Cider Vinegar, with an ideal acidity (pH) level of 5 to 7.

What are the Benefits of Apple Cider Vinegar?

Natural Apple Cider Vinegar is a wonderful natural cure for a number of ailments which usually require antibiotics and other medications that have a number of side effects. In particular, Apple Cider Vinegar has been known to:

- Reduce sinus infections and sore throats
- Balance high cholesterol
- Cure skin conditions such as acne
- Protect against food poisoning
- Fight allergies in both humans and animals
- Prevent muscle fatigue after exercise
- Strengthen the immune system
- Increase stamina
- Increase metabolism which promotes weight loss
- Improve digestion and cure constipation
- Alleviate symptoms of arthritis and gout
- Prevents bladder stones and urinary tract infections

Uses of Apple Cider Vinegar

Weight Loss

While it is not known why, many people claim that [Apple Cider Vinegar promotes weight loss](#). Some theories suggest that ACV helps to speed up the metabolism, while others suggest that it burns calories. A number of nutritionists also believe that combining Vitamin B6 and Lecithin with Apple Cider Vinegar is highly effective for weight loss. A suggested remedy is to mix 2 teaspoons of ACV mixed with a glass of water and drink this before every meal or sip it slowly throughout the day

Bad Breath

Due to its acidic properties, Apple Cider Vinegar makes a wonderful [remedy for bad breath](#) or halitosis. Simply add 1/2 tablespoon of ACV into a cup of water and gargle the mixture in your mouth for 10 seconds at a time until the cup is empty.

Body Odor

Apple Cider Vinegar is an effective [body odor remedy](#), since it can help adjust the skin's pH level which helps to eliminate odor-causing bacteria. For armpit odor, simply wipe them once each morning with undiluted apple cider vinegar (using a cotton ball). For foot odor, fill a pan with warm water and add 1/3 cup of ACV, then let your feet soak in this mixture for 15 minutes once per week.

Skin Problems and Infections

Acne

Apple Cider Vinegar is a natural cure for acne. Please refer to our [Acne Home Remedy](#) page for more information on how to treat acne with Apple Cider Vinegar.

Age Spots

Apple Cider Vinegar contains sulfur that fights the effects of aging, which makes it suitable for treating age spots. Visit our [Home Remedy for Age Spots](#) page to learn about an effective Apple Cider Vinegar and onion juice treatment for this condition.

Cellulite

Many women have found that Apple Cider Vinegar can help reduce the appearance of cellulite. Our [Cellulite Home Remedies](#) page contains details on how ACV can be used to treat this problem.

Yeast Infection

Apple Cider Vinegar has been found to be an effective treatment for yeast infections. See our [Yeast Infection Home Remedies](#) page for more details on how soaking in a bath mixed with a few cups of ACV can be used to treat this infection.

Stomach Problems

Constipation

Apple Cider Vinegar is frequently used as a natural cure for constipation. Please visit our [Constipation Home Remedy](#) page for more information on how drinking Apple Cider Vinegar can help cure this common digestive problem.

Diarrhea

There are various causes for diarrhea, and although it should not be left untreated, it is often a natural way for the body to rid itself of harmful compounds and ingested materials. Apple Cider Vinegar is a fantastic [natural remedy for diarrhea](#) since the high pectin concentration acts as a protective coating which soothes the irritated lining of the colon. A suggestion is to add 2 tablespoons of Apple Cider Vinegar to a large glass of water, and drink this 3 times daily while the symptoms persist.

Major Illnesses

Diabetes

Apple Cider Vinegar may help to control high blood sugar levels, which is why it is often used as a natural treatment for Diabetes. Visit our [Diabetes Remedies](#) page to learn more about how ACV can be used to treat this condition.

What are the Side Effects of Apple Cider Vinegar?

There are no major known side effects of Apple Cider Vinegar when used in moderation. However, drinking vinegars, acids or even lemon juices on a regular basis can lead to a deterioration of dental enamel. This can give your teeth a yellowish look and make them more sensitive to heat and cold. To prevent this, the vinegar should always be diluted with water or a pinch of baking soda should be added in order to reduce the acidity level.

Where and How to Buy Apple Cider Vinegar

Apple Cider Vinegar can be found in almost any natural health or nutrition store, or from a variety of online retailers such as Amazon.com (see links below). Look for ACV with a pH level of 5 to 7. Apple Cider Vinegar can also be found in capsule form which help eliminate the strong sour taste associated with the liquid vinegar.