



# Agrisolutions

N A T U R A L   A N S W E R S

## Apple Cider Vinegar

Restores - Revitalises

### What Is Apple Cider Vinegar?

Apple cider vinegar is obtained from the juice of apples. It is then fermented which turns the sugar into alcohol. By adding a culture, a further fermentation process takes place over a period of time (3-6 months) which produces a cider vinegar with hardly any sugar or alcohol and an approximate 3- 5 per cent acidity.

### Why Are The Properties Of Pure Apple Cider Vinegar So Important?

Distilled vinegar (turned to steam by heating) destroys powerful enzymes and natural properties. It may look good but ignorance is bliss. Natural cider vinegar is dark and can have the dark "mother" or "culture" floating around which does not have the 'eye appeal' of white vinegar. However it does have the powerful life giving minerals and trace elements which can service the body in many, many ways.

The properties of cider vinegar destroyed by distillation are potassium, phosphorus, chlorine, natural organic sodium, magnesium, sulphur, iron, copper, natural organic fluorine, silicon and very importantly malic acid which is so very important in fighting body toxins. These properties can assist the body in so many ways which are too numerous to mention except for a few detailed below.

### Benefits of Pure Natural Cider Vinegar

You have heard the expression "An apple a day keeps the doctor away". It does carry some truth and good common sense.

Apple cider vinegar is one of the richest sources of potassium which is the mineral used to fight bacteria and viruses and also assists to build skin and muscle tissue.

Potassium also alleviates overweight situations caused by oedema (body tissue becoming water-logged) by assisting to remove excess moisture in body cells by way of perspiration and urination.

Other areas assisted by cider vinegar are:

Dizziness	High blood pressure	Migraine
Insomnia	Pyorrhea	Arthritis
Acid crystals	Muscle cramps	Skin care
Constipation	Gall stones	Digestion
Kidney stones	Warts & corns	Sunburn
Sore throat	Headache	Body cleansing
Underweight	Overweight	Toxins
Hay fever	Eczema	Bedwetting etc.

Apple cider vinegar is also used widely with domestic animals.

## **Cider Vinegar and Your Body**

What does cider vinegar do and how does it help alleviate the symptoms mentioned?

1. Assists digestive tract and waste elimination.
2. Regulates urine acidity by its gentle and healthy treatment to kidneys and bladder.
3. Treats the liver by detoxifying accumulated wastes.
4. Provide malic acid which is so very important to fight body toxins.
5. Provides large amounts of potassium so necessary for healthy cell tissue and so often missing in our modern food chain. Potassium also assists in the prevention of premature aging.
6. Keeps blood pressure at constant consistency and thereby causing less strain to the heart and providing a healthy clean blood system which also assists to relieve high blood pressure.
7. Provides a perfect defence system against germs and toxins especially when taken with PURE honey.
8. Assists in the relief of chronic fatigue and renews vitality.
9. Cider vinegar is an important fighter of body crystals and uric acid which can be the main cause of irritation in arthritis and aching joints.
10. Cider vinegar is used extensively in the rearing and development of domestic animals. Dogs, cats, birds, cows, horses etc have all benefited from this product and many breeders have cause to bless the benefits of this product.

Note: It is said that apple cider vinegar, with its high level of potassium, assists with the birth process by providing flexibility of bone and cartilage in the pelvic region. Apple cider vinegar is also known to have high levels of B group vitamins.

FOR FURTHER INFORMATION CONTACT

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