



Raw Apple Cider Vinegar

Apple cider vinegar (ACV) is vinegar made from crushed sweet apples (of the Winter and Fall variety). All of the fruit sugar from the apples is converted into alcohol by a process known as yeast fermentation. Next, the alcohol is converted into acetic acid by a process called acetic acid fermentation.

¼ cup of water

2 teaspoons of Bragg's Apple Cider Vinegar (not distilled)

Drink mixture once in the morning and once in the evening

If the flavor of the vinegar is too strong add 1 teaspoon of honey or 1 teaspoon of grape juice.

The **benefits** of drinking raw ACV are numerous:

- Aids in digestion to reduce heartburn naturally
- Rich in alkaline minerals that help the body maintain proper pH levels
Proper pH will inhibit the growth of yeasts and parasites.
- Helps to remove toxins from body. For many people helps to improve bowel regularity
- Due to levels of acetic acid, ACV can slow digestion of starch, which can help prevent a spike in glucose that can occur after certain meals.
- ACV is rich in potassium (key for transmission of nerve impulses, heart activity and also helps to prevent brittle teeth, hair loss & runny noses.
- ACV breaks down fats efficiently so the body uses it for energy rather than storing it.