

THE MIRACLES OF VINEGAR FOR YOUR HEALTH

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FOREWORD

As you have guessed, it will not be the question of white vinegar here, the perfect vinegar to clean the panes, to dissolve the limestone deposits, to disinfect the lavatory basin, but without any therapeutic virtues.

We will talk here about the non-pasteurised cider vinegar, made from quite ripe apples, ideally grown of biological crops.

Contrary to the white vinegar, which is a distilled product, entirely synthetic, the cider vinegar is a therapeutic gold mine.

ALL ABOUT CIDER VINEGAR

DR. JARVIS AND THE CIDER VINEGAR

Let's make for start an incursion in the United States, in Vermont more precisely, a state located in the north-east side.

Observing the good health of its fellow-citizens, Dr. Jarvis, who practised for a long time family medicine, tried to understand the reasons why. He noticed quickly that the vinegar cider, a local traditional remedy, was entirely responsible.

In fact for two centuries, it's usual in Vermont to take daily a spoonful of cider vinegar, adding a spoonful of non-pasteurised honey, in a glass of water.

Vermont inhabitants are attributing lot of benefits to this practice.

THE CIDER VINEGAR: AN ACID BUT ALKALISING FOOD

For better understanding of what it is happening, Dr. Jarvis started to make experiments. By adding a little cider vinegar to the food or the water of the farm animals, he obtained a completely interesting result: faster growth, bigger weight, less diseases, etc.

This constant interest of Dr. Jarvis for the cider vinegar has taught others. Several doctors and experts of alternative medicine had been interested in this invaluable liquid, and started other researches.

Thus the researchers noted, that, a significant part of the cider vinegar benefits is directly related to the acid-basic balance, that it insures to the body system.

For better understanding the importance of this principle, it's essential a little "biochemical" detour.

IS IT A MATTER OF THE PH LEVEL?

Your pH indicates the acid-basic balance of your body system: your rate of acidity in opposition to your rate of alkalinity.

- A pH level of 7 is neutral; it means that it is neither acid, nor alkaline.
- A pH level of 7,4 is slightly alkaline, which makes your body work better.
- A pH level that ranges between 7,45 and 7,8 indicates a too alkaline ground and predisposes you to various types of cancers. The more the pH is highest the more the cancer is serious.
- A pH level that ranges between 7,35 and 7, which is the case of most people, indicates a too acid ground.

This excess of acidity weakens your body and favours the appearance of a lot of infections. It predisposes you particularly to depression, lack of vitality, osteoarthritis, sciatica problems, osteoporosis, eczema, etc. The list is long.

BALANCE YOUR PH BY GOOD HYGIENE MEASUREMENTS

Various factors contribute to the acidification of the body system. Christopher Vasey, author of *L'équilibre acido-basique* (Éd. Jouvence), mentions:

- The exaggerated contribution of acids by food intake;

- The worse transformation and neutralization of acids, as result deficiencies in vitamins and trace elements;

- Tiredness;
- Overwork;

- The under-oxygenation of tissues among sedentary people.

Otherwise, you can note, once more, the importance of basic hygiene, in having a good health.

For preventing an exaggerated contribution of acids by food, you have to know that all your food is divided into 2 specific groups: the acid food and the alkaline food.

And for start, a problem is essential.

For better understanding the explanations that will follow, retain well this: while ingested, **the acid food has an alkalising effect on the body system while the alkaline food has an acidifying effect.**

If your body system is too acid, caused by our Western diet, you must:

- Increase your acid food contribution (therefore alkalising). For that, eat more fruits, vegetables, and whole cereals.
- Reduce your alkaline food consumption (therefore acidifying). In other words, eat less nuts, meat, vegetables, tomatoes, oils, fats, cheese, eggs, industrialized products and sugar.

Besides your food, which must be the best balanced one, avoid overworking, tiredness and make enough exercise to ensure a good oxygenation of your tissues.

Each of these measurements contributes in an important way, to maintain a good organic pH.

But, that being specified, we may return to the cider vinegar.

A WIDE RANGE OF MINERALS

The *Encyclopaedic Dictionary of food* teaches us that the non-pasteurised cider vinegar is made 95% of water, doesn't contain any proteins, vitamins, fats and carbon hydrates.

It however contains a large mineral range, but without potassium or phosphorus.

Several other sources mention that the cider vinegar is rich in vitamins, minerals, enzymes, insoluble fibres, pectin and essential acids. And more, according to Paul C. and Patricia Bragg, authors of many works on health, it would be particularly rich in potassium.

Thus, here are the less contradictory information, but the research will end by revealing the mystery of the cider vinegar.

On the practical level, the benefits of the cider vinegar remain the same ones.

HOW YOU TO TAKE CARE OF YOURSELF WITH CIDER VINEGAR

Despite a constant attention, it is not always easy to maintain an ideal pH, because of your food. The balance between alkalies and acids are very unstable and must constantly be reset.

Your body has constantly certain mechanisms to reduce the negative impact of an imbalance, but you can give it an additional push.

Just like the people of Vermont did, you can ensure your acid-basic balance, resulting from the daily consumption of cider vinegar and honey, with a little water.

Easily alkalising, this beverage proves to be a basic remedy for the prevention of many diseases, which involves a too acid pH.

Let's see which are these diseases, how cider vinegar can prevent them and, if necessary, to look after them.

TO RELIEVE CUTANEOUS RASHES

Because several skin problems result from a too acid pH, the daily consumption of cider vinegar and of honey proves itself useful to prevent these problems.

If you are predisposed to cutaneous problems (eczema, psoriasis, dry or sensitive skin, red spots, etc), do not hesitate to take 2 times a day, with your lunch and dinner, a glass of water in which you will have added a spoonful of cider vinegar and a little honey.

You can also use cider vinegar to relieve your cutaneous itching (insect bites, eczema, sunstroke, etc.).

Tampon the affected area gently with a cotton ball soaked in vinegar, several times a day.

If the affection covers a broad area, take a worm bath, in which you add 1 to 2 glasses of cider vinegar.

FOR SOFTEN FEET SOLES

Flow into a washbowl, containing worm water, 1/2 glass of cider vinegar and let your feet soak for 20 minutes. (You can combine the vinegar with medicinal herbs - see the section - *The vinegar and the medicinal herbs: twice interesting* - with the pure cider vinegar.)

Rub your feet then with sandstone to eliminate dead cells.

TO GET RID OF THE *ATHLETE FOOT*

The cider vinegar is excellent to heal the *athlete foot* disease. After you have carefully washed your feet, soak a cotton ball and tampon the affected areas, without forgetting the space between the toes. Then let it dry in the open air.

Repeat 2 times a day or more.

Besides its antibacterial properties, the vinegar is antifungal too.

TO RELIEVE THE PILES

If you belong to these many people whom suffer from piles, try this treatment. You will be surprised of its efficiency.

Soak a cotton ball in a not diluted cider vinegar and humidify carefully the affected area.

Because of its astringent properties, the cider vinegar permits the draining of the tissues and the fighting against the dilatation of the blood vessels.

If you think that the use of pure vinegar overheats a little too much the tissues, dilute it with a small quantity of water.

TO RELIEVE THE THROAT PAIN

Your throat pricks slightly and you swallow with difficulty? Do not wait until a true throat disease is installing.

Add 1 or 2 spoonfuls of cider vinegar or just vinegar, to the medicinal herbs (you'll see the recipe a little further) in a glass of worm water and you gargle every hour.

At the first signs of improvement, 3 or 4 times a day will be enough.

For completing this treatment, you put worm compresses with cider vinegar on the throat.

Thanks to his antibacterial properties, the cider vinegar will help to fight the infection.

TO TAKE WEIGHT

If, in spite of a good diet, you remain desperately thin, it is possible that your body system assimilates badly the nourishing substances of your food. This problem reveals an enzymatic deficiency.

By taking a little cider vinegar at each one of your meals (1 spoonful of cider vinegar + 1 spoonful of honey in glass of water), you will provide to your body system enzymes for clearly improving your condition.

If your thinness is due to a lack of appetite, the cider vinegar can also be useful for you, since it has the reputation to increase appetite.

TO LOSE WEIGHT

The cider vinegar is slightly diuretic and this, in a certain manner helps you to lose weight. It must be saying that measure must be combined with an adequate diet (between 1.000 and 1.200 calories by day).

Margaret Hills mentions that after 6 weeks of treatment, several of its arthritic patients who have taken cider vinegar noted weight lose.

An external use of the vinegar helps also to fight weight excess. According to Diet Research Centre, in England, a massage done with oil, containing 3 cider vinegar shares and 1 part of sweet almond oil, reduces adipose tissues.

TO IMPROVE YOUR BLOOD PRESSURE AND TO HELP YOUR CHEST PAIN CAUSED BY ANGINA

The cider vinegar is a regulator of the blood pressure. A regular consumption of cider vinegar increases a too low pressure and decreases a too high blood pressure.

In Health & Healing (May 1997) - a newspaper -, Dr. Roger Whitaker refers to an interesting case to illustrate this. It's about Bob D., one of its 66 years old patients and already treated for cardiovascular disorders. Although this man followed several therapies for its chest pain, he gives an important credit to his "cider vinegar cocktail".

His cocktail? A mixture of cider vinegar, of molasses and grapefruit juice, of which he drinks approximately 40 ml, 2 times a day.

TO FIGHT THE FATIGUE

The cider vinegar contains a substance (the malique acid) that is directly used by the body system to produce energy.

When it's more energy, your body functions better.

The prescription remains the same: 1 spoonful vinegar cider + 1 spoonful of honey in a glass of water.

TO FACILITATE DIGESTION

For people with ages over 60, the digestion of the proteins can be more difficult, because of a reduction in chloric acid at stomach level.

For helping this problem, add 2 spoonfuls cider vinegar at 1 glass of water, a little honey if you want, and drink it slowly, meanwhile taking your meal.

The acetic acid contained in the vinegar will help your stomach to work better.

TO FIGHT ARTHRITIS, GOUT AND INFLAMMATION

You know that arthritis is always related to the uric acid accumulation, which is located on the articulations or muscles level. In essence, these deposits resemble a little to the egg's shell.

To know better the beneficial effect of the cider vinegar on these deposits, you can try the following experiment.

Place an eggshell in a container and cover it with cider vinegar. At the end of 2 days, you will note that the shell has no more than one thin peel.

The cider vinegar acts in the same way on the deposits of uric acid that encumbers your body system. Those are dissolved little by little and the uric acid is evacuated by urine.

As Margaret Hills mentions it, professing as nurse, and author of *Curing Arthritis - The Drug-Free Way* (Sheldon Press) book, don't wait any instantaneous improvement. The more your arthritis is older the more time the treatment will take. Margaret Hills affirms to have been completely healed of 16 years old arthritis, in 12 months.

It is also possible that, during the first weeks of the treatment, your symptoms get worse. In fact, the pains aren't more intense but more generalized.

This phenomenon, which is due to the dissolution of the uric acid deposits, is a sign that the treatment functions well. Do not end it. You

better see a sign of encouragement. If you will persevere, you will see your pains decreasing in a few weeks.

Nevertheless, being so useful as it is, the cider vinegar has his limits. Thus, you don't expect that an articulation deformed by arthritis becomes again normal.

For the detoxification of your body system more effectively, avoid food that acidifies it. Otherwise, are more privileged those which increased alkalinity. This remedy is particularly important for such a serious disease like arthritis.

To reduce swelling related to arthritis, soak your hands and your feet in 3 glasses of worm water adding 1/2 a glass of vinegar.

Repeat it in the evening and in the morning, about fifteen minutes.

For the other articulations, make cataplasms with the same mixture.

TO PREVENT OSTEOPOROSIS

Within the framework of its research, Dr. Jarvis tried to determine the cider vinegar quantity necessary to favour the absorption of calcium by the bones.

Along with a farmer from that area, he took the next experiment on two young bulls, one of the Holstein and the other of the Jersey race.

As the Holstein race gives stronger animals, the farmer will give the cider vinegar to the Jersey bull race.

In the beginning of the experiment, he added 1 spoonful of cider vinegar to 3 litres of water, twice a day. As the bull grew, he increased the dose progressively.

15 month later, he observed that the bull that had cider vinegar daily measured 17 cm more than the Holstein bull.

Dr. Jarvis repeated then the same experiment on heifers and the results were also interesting.

The transverse section of a bone coming from animals treated with cider vinegar shows a compact bone, signs of a good health.

To favour a correct use of calcium by the body system and thus preventing the osteoporosis, drink daily a glass of water in which you add 1 spoonful of cider vinegar and 1 spoonful of honey.

TO PREVENT MUSCLE CRAMPS

Thanks to the contained malic acid, the cider vinegar permits to dissolve the uric acid deposits retained in the muscles and, by doing this, it eliminates muscle cramps.

Dr. Jarvis observed many times that the animals that had received cider vinegar have a very flexible muscle fibre.

TO HAVE BEAUTIFUL NAILS AND HAIR

Because a regular cider vinegar and honey consumption favours a better absorption of calcium, it permits the nails strengthening.

By the end of 2 or 3 months, you should observe the change. Your nails are thicker, firmer, grow faster while the white spots and striations disappear.

Certain people also observed a positive effect on their hair.

TO ELIMINATE DANDRUFF

Add 2 spoonfuls of cider vinegar and medicinal herbs (see the receipt below) to a glass of worm water, pour it on the head and massage the scalp gently to favour the penetration. Then avoid rinsing your hair.

TO PREVENT DENTAL DECAYS

To prevent and even dislodge the sediments of scald from the teeth base, Dr. Jarvis recommends to drink, while eating, a glass of water added with 1 spoonful of cider vinegar. Drink it by small mouthfuls and finish your glass at the same time with your meal.

Dr. Jarvis mentions that among his patients, those who applied this advise during several months, had completely eliminated the formation of scald.

As the scald is an important cause of the decays, these were diminishing proportionally.

TO PREVENT EAR INFECTIONS

You like the baths but you are predisposed to ears infections? To benefit of water, without occurring this annoying consequence, mix in equal part of a little friction alcohol with a little vinegar. Put the mixture in a little bottle provided with a dropper, after you have been assured that the bottle was quite clean.

After the bath, put some drops of this remedy in each of your ears. To help the liquid penetrate the ear, bend a little the head, by gently drawing of the ear. Then, make the same way for the other ear.

For preventing the infections, this mixture allows, because of the alcohol, to evaporate the retained water in the ear.

Attention! This treatment is not advised if you suffer from an infection of the middle ear, with the next symptoms:

- Hearing impairment;
- The flow of a yellow or milky liquid;
- Sudden pain.

In such a case, go rather to your doctor and this, without delay.

MORE REMEDIES

Offering great therapeutic virtues, the cider vinegar proves itself completely interesting from a culinary point of view.

Let us mention initially its positive action on food. The vinegar:

- Prevents the oxidation of fruits and vegetables;

- Delays the action of the enzymes on the vitamin C;
- Prevents the development of harmful bacteria.

Thanks to its little acidulated taste, the vinegar permits to add savour to your food. The marinades, the fermentation of milk, sauces are some great examples.

You can also add a little cider vinegar to different meals containing vegetables, tofu, meat, and fish.

To reduce the number of your calories, replace the sauce, butter or oil with a little cider vinegar, aromatised with plants, to sprinkle fish and vegetables. You could thus, save to 100 calories by meal. For the sauces, reduce the quantity of oil and add little more vinegar.

THE VINEGARS WITH MEDICINAL HERBS: TWICE INTERESTING

Thanks to its acetic acid content, the vinegar constitutes an excellent base for the maceration of medicinal herbs. It permits to extract the active ingredients from the plant and to preserve them during several years.

Thus you can obtain more or less concentrated liquids: simple aromatised vinegar or a medicinal tincture, to be taken with the dropper.

Here is a receipt used as well to relieve cutaneous rashes, to fight against the athlete foot disease, and against dandruff.

1. Chop a handle of fresh oregano and a handful of flowered tops of fresh lavender. (You can equally use dried plants but they already lost a part of their medicinal properties.)
2. Place these plants in a pot of glass of approximately 500 ml and fill it up with cider vinegar of which acid content is from at least 5. In theory, this information appears the label.
3. Using a wooden spoon stir up gently the plants to eliminate all the small air bubbles to avoid thus the oxidation.

4. Press the plants at the bottom of the pot and screw the lid. If the lid is made of metal, provide it with a piece of waxed paper to avoid the contact of the vinegar with the metal, another source of oxidation.

5. Let macerate this vinegar during 2 or 3 weeks, far from the light and a normal temperature. Once a day, shake the pot gently.

6. At the end of this time, filter it through a piece of cotton cloth. To extract more liquid, form a bundle with the cloth and press vigorously. Filter it for a second time if needed, and pour it out in an opaque glass bottle.

In good conditions (in a dark but not too warm place), your vinegar with plants can be preserved at least for 1 year.

CHECK THE RATE OF THE ASSIMILATION OF CALCIUM

Your stomach has as a function the disintegration of the food in order to make it assimilable.

If you take a calcium supplement, it should be disintegrated there but it's not always the case. Certain supplements resist the action of the acids.

To know if the supplement you take acts at this manner, try this small house test:

- Place a tablet in a little cider vinegar and note the time necessary to its disintegration and then to its complete dissolution.

- If, at the end of one hour, the tablet did not disintegrate, there is a problem: it will undoubtedly resist to the acids of the stomach and the blood could not assimilate the calcium.

- The time dedicated to the complete dissolution of the tablet in the vinegar would not have to exceed 1/2 day.

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