



Why should I use Apple Cider Vinegar?

Farr Better Recipes LLC

www.FarrBetterRecipes.com

Category: Natural Remedy Ideas

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Statistics

For centuries, vinegar has been used for various household and cooking purposes.

It is also an ancient folk remedy, claimed to help with all sorts of health problems.

The most popular vinegar in the natural health community is Apple Cider Vinegar.

It is claimed to lead to all sorts of benefits, some of which are supported by science.

You need to avoid Apple Cider Vinegar (ACV) if you have an allergy to this product.

How It Works with Type 2 Diabetes

Perhaps the most researched and the most promising of apple cider vinegar's benefits are in the area of type 2 diabetes. Several studies have found that vinegar may help lower blood glucose levels.

References

[6 Proven Benefits of Apple Cider Vinegar](#) **by Kris Gunnars, BSc**

Benefits of taking APPLE CIDER VINEGAR:

Detoxifies Body

Hair Conditioner

Teeth Whitener

Acid Re flux Cure

Weight Loss Aid

Household Cleaner

Relieves Allergies

Candida Cleanse

Soothes Sunburn

Repels Fleas

Cure a Cold

Natural Deodorant

Anti-Fungal

Balance pH

Ease Varicose Veins

Skin Toner

Heal Poison Ivy

Blood Sugar Balance

Lower BP

Removes Warts

Prevents flu and stomach illness

Dissolves Kidney Stones

Helps Reduce/Prevent Acne

Helps Relieve Nausea

Helps Relieve Heart Burn

Helps Relieve Asthmatics

Helps Relieve Allergies

Helps Relieve Gout

Helps Lower Glucose Levels in Diabetics

Helps Break Down Fat

Helps Relieve Migraines

Helps Relieve Sinus P reassure and Infection

Lowers Blood Pressure

Lowers Cholesterol

Kills Cancer Cells or Slow Their Growth

Reduces Inflammation

Gets Rid of Buildup on Scalp

Reduces or Relieve Arthritis

Gets Rid of Fingernail or Toenail Fungus

Resources

[Dr. Axe 20 Apple Cider Vinegar Uses](#)

[20 Uses for Apple Cider Vinegar](#)

[20 Unique Uses for Apple Cider Vinegar](#)

I personally use Apple Cider Vinegar for....

to remove skin tags. Just put some on a cotton ball or cotton pad and rub the vinegar on skin tag areas you want removed. I have also used it to help remove black heads. I use 1 tbsp of ACV in my honey/lemon water. Our family is a huge advocate of using ACV for its health benefits.

Product I use:

[Bragg® Organic Apple Cider Vinegar](#)



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Testimonial stories are not intended as a substitute for proper medical care or advice.

Nutritional Information is only as accurate as the information provided by the manufacturers. We suggest doing additional research to make sure your choices are suitable for you.