

Today's Chiropractic Weekly Handout



10 Uses For Apple Cider Vinegar

Dr. Charles M. Laycock

Why should we all start using more apple cider vinegar? First of all, apple cider vinegar is a completely natural product: apple juice is fermented to hard apple cider, which is fermented a second time to apple cider vinegar. In integrating this natural product into our homes, we instantly decrease the consumption of unnatural chemicals in our daily lives. Here are some of the many benefits of apple cider vinegar that can be applied to your lifestyle:

BEAUTY:

Hair: It is widely known that apple cider vinegar can be used as a rinse for your hair after shampooing to add healthy body and shine. Recycle an old shampoo bottle and fill it with 1/2 a tablespoon of apple cider vinegar and a cup of cold water. Pour through your hair after shampooing several times a week.

Face: Apple cider vinegar can help regulate the pH of your skin. Dilute apple cider vinegar with two parts water, and spread the concoction over your face with a cotton ball as a toner. You can do this at night after washing, and in the morning before you apply your moisturizer. Dab apple cider vinegar directly onto age spots and leave them on overnight to lighten their color.

Hands and Feet: Are your hands and feet feeling tired and swollen after a long day? Treat yourself to a personal spa massage by rubbing apple cider vinegar onto them.

Sunburn: Suffering from a bad sunburn? Add a cup of apple cider vinegar to your bath and soak for 10 minutes.

Teeth: Apple cider vinegar can help remove stains from teeth. Rub teeth directly with apple cider vinegar and rinse out.

Aftershave: Fill a bottle with equal parts apple cider vinegar and water and shake to blend.

HEALTH:

Colds, throats & sinus infections: Add 1/4 cup or more vinegar to the vaporizer to treat sinus infections and colds. Mix one-quarter cup apple cider vinegar with one-quarter cup honey, take one tablespoon six to eight times daily for colds. Put a teaspoon of vinegar in a glass of water. Gargle, then swallow to soothe a sore throat.

Weight-Loss: For daily weight and pH balance maintenance, add 2 teaspoons of apple cider vinegar to 16 oz of water. Sip this concoction throughout the day.

Relieve arthritis in 3 weeks: Daily, before each meal, drink a glass of water containing two teaspoons apple cider vinegar.

HOME AND PETS:

Cleaning: Mix 1/2 cup of apple cider vinegar with 1 cup water. You can use this concoction to clean microwaves, bathroom tiles, wood floors, kitchen surfaces, windows, glasses and mirrors. This mixture also works as a disinfectant.

Flea Reduction: Rub apple cider vinegar onto your pet's skin. Add a little bit of apple cider vinegar to their water. Spray apple cider vinegar, diluted 50 percent with water, onto your pets and onto your furniture to repel the presence of fleas.

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Today's Chiropractic

614 S. 225th Street

Des Moines, WA 98198

206-878 BACK (2225)

www.todayschiropractic.net

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