

March 2016

Today's Chiropractic Monthly Newsletter

Amazing Everyday Uses For Apple Cider Vinegar



Dr. Charles M. Laycock

BEAUTY:

Face: ACV can help regulate the pH in your skin. Dilute ACV with two parts water, and spread the concoction over your face with a cotton ball as a toner. This can be done in the morning or at night after you wash your face. Dab ACV directly onto age spots and leave it on overnight to lighten the color.

Sunburn: Suffering from a bad sunburn? Add a cup of ACV to your bath and soak for 10 minutes!

Teeth: ACV can help remove stains from teeth. Rub teeth directly with ACV and rinse.



HEALTH:

Colds, throats, & sinus infections: Add 1/4 cup of ACV or more to a vaporizer to treat sinus infections or colds. Mix 1/4 cup ACV with 1/4 cup honey, and take 1 tablespoon 6-8 times daily for colds. Put a teaspoon of ACV 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 ACV to 16oz of water. Sip this throughout the day.

Arthritis: Daily, before each meal, drink a glass of water containing 2 teaspoons of ACV. This can relieve arthritis in as little as 3 weeks!



HOME & PETS:

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

Flea Reduction: Rub ACV onto your pet's skin. Add a little bit of ACV to their drinking water. Spray ACV, diluted 50% water, onto your pets and onto furniture to repel fleas.



Kick Start Salad Dressing

Ingredients:

1/2 teaspoon honey

1/4 cup cider vinegar

1/4 cup extra virgin olive oil

1 teaspoon red pepper

Juice from 1 lemon

Salt and pepper to taste

Directions:

- Whisk together honey, apple cider vinegar, lemon juice and red pepper.
- Slowly pour in olive oil while whisking to emulsify.
- Season with salt and pepper to taste.
- Pour into jar with lid and refrigerate.



Today's Chiropractic Clinic

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Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm