

How Interesting Is Vinegar?

Lowly vinegar, and we are talking about apple cider vinegar or brown rice vinegar, has several uses for health. Standard white (grain) vinegar is distilled by a process which removes nutrients. Many claims have been made for the benefits of vinegar, and it is a fact that vinegar, whether used as a supplement or a cooking ingredient, provides calcium, potassium, magnesium, copper, phosphorus and iron. It also does NOT contain saturated fat, cholesterol, or sodium. Vinegar has been used as a supplement or medical treatment for thousands of years. In addition to the results from the use of vinegar, it is inexpensive, easy to use (take it straight, mixed with water, or in a dressing), and not likely to cause adverse reactions. Cider vinegar and brown rice vinegar appears to be of help as an antiseptic, nutritional supplement, and digestive aid.

VINEGAR AS AN ANTISEPTIC

Some studies have shown that vinegar makes an excellent general antiseptic. A 5% solution of vinegar (straight from the bottle) kills 99 percent of bacteria, 82 percent of mold, and 80 percent of germs (viruses) in household cleaning use. For personal health, vinegar may be used as an antiseptic for abrasions, to reduce itch from poison ivy or mosquito bites, and even to help rehydrate sunburned skin. Vinegar appears to inhibit the growth of microbes, may aid immunity in cases of allergy, toxicity, infection, and even some food poisoning. It can be used to clean wounds, although it WILL burn. Vinegar has long been a staple in such simple remedies as vinegar and salt as a gargle for sore throat, vinegar and honey for a cough, and vinegar rinse for dandruff.

AS A DIGESTIVE AID

We are all familiar with the feeling known as heartburn, and most of us will pop an antacid such as Rolaids or TUMs, or swill down Mylanta in an attempt to decrease stomach acid. However, in some cases of heartburn and acid reflux, especially as we age, the problem may actually be NOT ENOUGH STOMACH ACID rather than too little. If the antacid doesn't seem to do the trick, you might try a spoonful of vinegar or two per day. Vinegar neutralizes many toxins taken into the body.

AS A NUTRITIONAL SUPPLEMENT

Vinegar is believed to be beneficial in the detoxification of the body, breaking down various deposits (including fatty deposits) and promoting the health of internal organs. Cider vinegar oxidates the blood, aiding in general health. Some studies have shown the benefits of cider vinegar in conditions ranging from arthritis to heart disease. While some studies have indicated a possible use of vinegar as part of a weight loss program, there does not seem to be any conclusive proof at this time that vinegar itself would CAUSE weight loss.

About the Author

Optical disk technology has played a key role in the data storage industry for more than three decades. The robust nature.

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