

Apple Cider Vinegar and Honey Remedy

The health benefits of the apple cider vinegar and honey drink are widely known. This recipe has traditionally been used as an at-home self remedy for many ailments, and even an anti-aging elixir. Many people have smartly made use of its cleansing and disinfecting properties to self-detoxify their body. It is seen as a powerful cleansing agent and healing elixir with naturally occurring antibiotic and antiseptic that fights germs and bacteria. So, how does this vinegar and honey remedy actually work? A person's bloodstream tends toward becoming acidic with our modern diet of fats, starches and processed foods, (e.g fast foods, meats, peanuts, seafoods, alcohol and coffee) and if your body is acidic, disease can flourish; if it is alkaline, it is in balance and can fight off germs and ailments such as bladder and kidney conditions, osteoporosis, brittle bones, joint pains, aching muscles, low energy and chronic fatigue, and slow digestion. Raw fruits, leafy green vegetables, legumes, and tea are examples of alkaline forming foods. Interestingly and ironically, a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For instance, lemons and limes are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons and limes are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming. It is important to know that stomach acid or the pH of the stomach is an entirely different matter from the pH of the body's fluids and tissues. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming). When this balance is compromised many problems can occur. The body is forced to borrow minerals—including calcium, sodium, potassium and magnesium from vital organs and bones to neutralize the acid and safely remove it from the body. And severe damage can be done to the body due to high acidity. Ideally, for most people, the ideal diet is 75 percent alkalizing and 25 percent acidifying foods by volume. Allergic reactions and other forms of stress also tend to produce excessive acids in the body. The alkalinity of apple cider vinegar can correct excess acidity in our system and help prevent and fight infection. Honey added to the vinegar naturally makes the mixture more drinkable for people. And the good news is that unprocessed raw honey has been classified as an alkaline-forming food. (Processed honey is only little acidifying and artificial sweetener is very acidifying). When you first drink the apple cider vinegar formula, it might taste horrible to you, but as your body becomes less acidic and more alkaline, it would begin to taste good. The ailments that could be cured by this apple cider vinegar and honey treatment include: 1. Premature aging 2. Obesity 3. Food poisoning 4. Heat exhaustion 5. Heartburn 6. Brittle nails 7. Bad breath 8. Rheumatism 9. Arthritis

Try this healthy and refreshing vinegar and honey drink! Essentially, to prepare: * Mix a tablespoon of apple cider vinegar and a tablespoon of raw honey. (Apple cider vinegar is actually made from fresh, organic, crushed apples that are allowed to mature naturally in wooden barrels, but you can get it easily from the grocery shops or supermarkets.) * Dissolve in a glass of chilled water. * Take it twice daily. Note: For this vinegar and honey remedy, do not get commercial distilled vinegars as they do not contain the same health values of organic, raw apple cider vinegar. The powerful enzymes and minerals like potassium, phosphorus, sodium, magnesium, sulphur, iron copper, fluorine, silicon, pectin and natural malic and tartaric acids, which are important in fighting body toxins and inhibiting bacteria growth, are all destroyed during the distilling process. Source: <http://www.benefits-of-honey.com/vinegar-and-honey.html>

About the Author

Yet, today, the commercially prepared dog foods made from a fixed formula of ingredients and preparation methods provides Buster with a balanced.

Source: <http://www.productsherbal.com>