

# Why Keep Apple Cider Vinegar in Your Pantry?

The thought of apple cider vinegar will make some people cringe as the sour flavor and pungent odor can be challenging. If you are able to get past these things, there are many uses for apple cider vinegar and it is known to have a plethora of medicinal benefits. Apple cider vinegar is basically fermented juice derived from crushed apples. It has some other nomenclature such as *Malus Sylvestris*, *Vinigare de Manzana*, and *Vinaigre de Cidre*.

Due to its tremendous health benefits, I use apple cider vinegar every day in my tea elixir and always in my water, but I have found it to have a wide variety of uses ranging from fighting against warts, to marinating meat! Proper apple cider vinegar will include some strand like material that drops to the bottom of the container. This substance is called the “mother” which holds the raw enzymes and gut friendly bacteria that encourage healing, wellbeing and even aids in weight loss due to its metabolizing effects! Let’s look at some more of the reasons why you should keep apple cider vinegar in your pantry.

## **Apple Cider Vinegar Contains B vitamins– B1, B2, B6, Biotin, Folic Acid and Niacin**

Many of the B vitamins are found in apple cider vinegar. B vitamins are responsible for metabolizing fats and carbohydrates into the energy we need. B vitamins are also important for the nervous system and muscle functions. B Vitamins in appropriate amounts has been shown to alleviate stress, treat anxiety and depression, help memory, relieve PMS, and reduce heart disease risk!

Apple cider vinegar also contains folic acid, a member of the

B family of vitamins, that has been touted for reducing the risk of birth defects. Some research has shown that if taken enough, it can reduce the threat of certain types of cancer as well.

Niacin, another B vitamin found in apple cider vinegar, is an aid to boost the HDL cholesterol while decreasing the LDL cholesterol in the bloodstream. This effect makes it beneficial to the body because the more HDL in the body the more bad cholesterol it picks up and sends back to the liver for discarding. This equates to a healthier you!

### **Apple Cider Vinegar Contains Vitamin C**

Vitamin C acts as an antioxidant in the body protecting your skin cells from free radical damage due to exposure to air pollution, ultraviolet light from the sun, first and second hand cigarette smoke, and more. Vitamin C is the principal water-soluble antioxidant in the body, which deactivates free radicals and prevents damage in the environments both inside and outside the cells. Free radical damage to cellular structures and other molecules can result in excruciating inflammation. Vitamin C, strives to prevent the free radical damage that triggers the onset of inflammation and swelling, therefore it may be associated with relief from inflammatory conditions such as asthma, osteoarthritis, and rheumatoid arthritis. Regular consumption of vitamin C delays the development of hardening of the arteries and also boosts the production of two of the skin's most important proteins, collagen and elastin.

### **Apple Cider Vinegar is Rich in potassium**

Potassium is a mineral that is crucial for the heart, kidneys, and other organs to work properly. It helps cell growth and muscle building. Research has shown that a low level of potassium intake is linked with a risk of high blood pressure, heart disease, stroke, arthritis, cancer, digestive disorders and infertility. The good news is that potassium can

be derived naturally from our diet when we include apple cider vinegar! Potassium can also be found in foods such as radishes, bananas, avocados, nuts, and leafy green veggies, milk and potatoes, among others.

### **Apple Cider Vinegar Contains Much Needed Calcium**

Calcium is the most familiar mineral in the body but it can also be lost every day via urine and feces. The body replenishes the lost calcium easily from the diet so use lots of apple cider vinegar instead of dressing on your salad for a good source of this nutrient. Calcium is needed to build and maintain strong bones; is essential for blood clotting, muscle contraction, and nerve impulse transmission.

### **Apple Cider Vinegar Contains an Essential Mineral– Magnesium**

Magnesium is an essential nutrient that keeps the body healthy. It is accountable for about 300 biochemical reactions in the body if not more and it helps the body absorb phosphorous. The benefits of magnesium are endless and include proper transmission of nerve impulses, regulation of body temperature, detoxification and energy production. Magnesium is also necessary for the healthy formation of bones and teeth. Magnesium intake relieves symptoms of PMS and aids in the assimilation of calcium by the body. Some other health benefits include protein synthesis, boosting the bioavailability of B6, and improving muscle functions. Magnesium also works to prevent a myriad of health ailments that we experience today as a society such as osteoporosis, insomnia, constipation, heart attacks, hypertension, migraines, kidney stones and gallstones. Getting some magnesium into your system will only benefit you by helping to lower the risks of these ailments.

### **Apple Cider Vinegar Contains Antiviral, Antibacterial, and Antifungal Properties**

A key component of apple cider vinegar is malic acid, which

gives it the power against viruses, bacteria, and fungi. I have even heard of it being used as a deodorant because of its proven effects in fighting bacteria and absorbing and neutralizing odors. The pungent odor dissipates once it dries.

### **Apple Cider Vinegar May Be Used to Trigger Weight Loss**

Apple cider vinegar increases metabolism and stimulates fat burning when consumed every day before meals. It also makes you feel fuller and eat less. A study noted on Mercola.com involved 29 people who were given 2 tablespoons of vinegar before consuming a meal. These individuals were found to lose approximately 2- 4 pounds during a four-week period.

### **Apple Cider Vinegar Was Found to Be Effective in People With Diabetes or Those at Risk**

In 2004, the American Diabetes Foundation published a study in their journal, *Diabetes Care*, that found taking vinegar before meals helped decrease insulin and glucose spikes that typically occur after meals. In fact, WebMD also published a study in 2007 involving several people with type 2 diabetes taking 2 tablespoons of ACV before bedtime. In the morning, their glucose levels had been lowered by 4-6%. The research definitely looks promising in this area, however many more studies would be necessary to accurately determine the full extent of insulin stabilization that may occur by adding apple cider vinegar to the diet.

### **Hair and Skin Care**

Apple Cider Vinegar can be used as a rinse to soften and shine your hair due to its alkaline properties, making it feel smooth and silky. It will clear up and remove dirty residue and oils. Due to its alkalinity, it can also balance the pH in your hair. Just dilute 1 part apple cider vinegar to 3 parts water and rinse. This same dilution can be used for skincare. Apple cider vinegar can also be used as an astringent, firming up and toning the skin while reducing the

presence of wrinkles.

## **Incorporate Apple Cider Vinegar into Your Diet with Recipes from Mimi's Organic Corner**

I love organic food and pursue an eco-friendly lifestyle. So I suggest using certified organic ingredients to maximize flavors and nutrition while minimizing your risk of exposure to pesticides, chemicals and preservatives. Always choose raw, organic, and unpasteurized apple cider vinegar.

**Mimi's favorite herbal infused tea**– Steep mint leaves, lavender flowers, two sticks of cinnamon and a slice of raw ginger in water. Then add a tablespoon full of raw honey and a tablespoon of apple cider vinegar.

**Apple Cider Tonic**– Mix 2 teaspoons of apple cider vinegar in 2 cups of water everyday. Drink it before or during meals. To sweeten it up, use stevia, maple syrup, or molasses. A pinch of cinnamon may help you get it down.

**Apple Cider Vinaigrette Salad Dressing**– Mix apple cider vinegar, Italian herbs, your favorite oil—I suggest sesame, Hemp or avocado oil—add honey, crushed garlic, sea salt, black pepper and some feta cheese, then drizzle over your favorite green salad.

**Apple Cider Vinegar Marinade**– Drizzle apple cider vinegar over your favorite meats or poultry, then spice and cook as usual. Marinades will make your meats more tender.

**Substitute Apple Cider Vinegar**– Apple cider vinegar is a good substitute for lemon on your steamed vegetables or in other recipes that call for lemon. Mix it with crushed garlic, fresh ground pepper, salt, cumin, and oil.

**Pickling**– Pickled veggies are a fantastic side to serve with drinks or crudités. To prepare, combine apple cider vinegar, water, salt, and chili powder. Bring to a boil. Add cloves,

garlic and your favorite veggies. Bring to a boil again. Then remove from heat and cool for a while before refrigerating. Serve cold.

**Tomato Sauce**– Prepare your sauce as usual and add a tablespoon of apple cider vinegar to give it a tangy flavor.

### **Further Reading:**

- *Health Benefits of Apple Cider Vinegar & How to Make Your Own*