

## **The Benefits of Apple Cider Vinegar**

Apple Cider Vinegar can improve your health in many ways. Here are just a few:

- maintain a youthful vibrant body
- fight germs and bacteria naturally
- slow down the onset of old age
- regulate calcium metabolism
- keep blood the right consistency
- regulate menstruation for women
- normalize the urine
- digestion and assimilation
- relieve sore joints, and cleans out toxins
- sinus and asthma sufferers to breathe easier
- maintain healthy skin
- prevent itching scalp, dry hair, baldness and banishes dandruff
- fight arthritis and removes toxins and crystals from joints, tissues and organs
- control and normalize weight

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